

## Getting Started with Digital Literacy: Useful tools to stay ahead in school



An introduction into the noteworthy tools and techniques that helped me transition to Post-Secondary and learning to create academic and personal stability.

Primary focuses around studying and learning productively:

- 1) Being More Effective,
- 2) Taking Less Time and
- 3) Reducing Overall Stress

Proficiency with technology comes from an individual's skill and awareness around using computers, mobile phones, and other digital devices to discover, evaluate, create, and utilize information through a series of digital platforms. There are numerous ways we can increase our odds of success and preparedness transitioning into post-secondary or independent living and I'm advocating for a few techniques and apps that helped me along the way.

The webinar is about productivity and time management tools with an emphasis on reducing the friction with getting things started and promoting effective task and time management centered on the individual's goals in mind. I'm reviewing approaches to simple and narrow-focused task ordinance, time blocking, basic habit tracking, useful collaborative services for academia and work while learning to source information about the world through brief automation that'll help an individual stay intuitively connected.



### Google Drive

File management system to store and backup all your files from any device.



### Google Calendar

All your calendars in one place-- save time and make the most of every day.



### Google Keep

Quickly capture what's on your mind and get a reminder later at the right place or time.



### Google Tasks

Get more done and integrated with Gmail and Google Calendar.



### Focus To - Do

Pomodoro Timer with Task Management that'll motivate and keep you focused get things done.



### Toggle Track

Simple time tracker that helps you learn how much your time is worth within one click.



### IFTTT

Connect your services and devices in a new and remarkable way through applets build for you.



### Quizlet

Easiest way to study, practice, and master what you're learning. From flashcards to quizzes!



### Zotero

Connect your services and devices in a new and remarkable way through applets build for you.



### Liquid Text

Review documents faster, find facts effortlessly, and excel beyond the limits of paper.



### Grammarly

Compose bold, clear, mistake-free writing with an AI powered assistant.



### MindNode

A delightful way to capture, organize, and share your thoughts through mind mapping.



### MINDLY

# Mobile and Desktop Apps

## Google Apps



### - Google Drive

Google Drive is a safe place to back up and access all your files from any device. Easily invite others to view, edit or leave comments on any of your files or folders.

With Drive, you can:

- Safely store and access your files anywhere
- Quickly access recent and important files
- Search for files by name and content
- Share and set permissions for files and folders
- View your content on the go while offline
- Receive notifications about important activity on your files
- Use your device's camera to scan paper documents

Google accounts get 15 GB of free storage, shared across Google Drive, Gmail, and Google Photos.

For additional storage, you can upgrade to a premium subscription plan as an in-app purchase. Subscriptions start at \$1.99/month for 100 GB in the US and can vary by region.



## - **Gmail**

Gmail is an easy-to-use email app that saves you time and keeps your messages safe. Instantly receive your messages via push notifications, read and respond online and offline and find any message quickly.

With the Gmail app, you get:

- An organized inbox – Social and promotional messages are sorted into categories so you can read messages from friends and family first.
- Less spam – Gmail blocks spam before it hits your inbox to keep your account safe and clutter-free.
- 15 GB of free storage – You won't need to delete messages to save space.
- Multiple account support – Use both Gmail and non-Gmail addresses (Outlook.com, Yahoo Mail, or any other IMAP/POP email) directly from the app.



## - Tasks

Get more done with the Google Tasks mobile app. Manage, capture and edit your tasks from anywhere, at any time, with to-dos that sync across all of your devices. Integrations with Gmail and Google Calendar help you get tasks done, faster.

Quickly capture tasks anywhere

- Create task lists with your most important to-dos
- View, edit and manage tasks on the go, from any device
- Manage tasks created in Gmail or Calendar on the web from your mobile device

Add details and create subtasks

- Break down your tasks into subtasks
- Add details about the work you need to focus on
- Edit details about any task as your work progresses

View tasks created from emails

- Create a task directly from an email in Gmail
- View your tasks in the side panel of Gmail
- Trace a task back to its source email

Stay on track with due dates and notifications

- Set a due date for every task to help you achieve your goals
- Organise your tasks by date or prioritize using drag and drop
- Receive due date notification reminders to keep your tasks on track

Start managing your to-do list easily on the go with the Tasks planner app from Google.



## - Keep

Quickly capture what's on your mind and get a reminder later at the right place or time. Speak a voice memo on the go and have it automatically transcribed. Grab a photo of a poster, receipt or document and easily organize or find it later in search. Google Keep makes it easy to capture a thought or list for yourself, and share it with friends and family.

Capture what's on your mind

- Add notes, lists, and photos to Google Keep. Pressed for time? Record a voice memo and Keep will transcribe it so you can find it later.

Share ideas with friends and family

- Easily plan that surprise party by sharing your Keep notes with others and collaborating on them in real-time.

Find what you need, fast

- Color and add labels to code notes to quickly organize and get on with your life. If you need to find something you saved, a simple search will turn it up.

Always within reach

- Keep works on your phone, tablet, computer, and Android wearables. Everything you add syncs across all of your devices so your thoughts are always with you.

The right note at the right time

- Need to remember to pick up some groceries? Set a location-based reminder to pull up your grocery list right when you get to the store.

Available everywhere

- Try Google Keep on the web at <http://keep.google.com> and find it in the Chrome Web Store at <http://g.co/keepinchrome>.



## - Calendar

Get the official Google Calendar app for your Android phone and tablet to save time and make the most of every day.

- Different ways to view your calendar – Quickly switch between month, week, and day view.
- Events from Gmail – Flight, hotel, concert, restaurant reservations, and more are added to your calendar automatically.
- To-dos – Use Reminders to create and view to-dos alongside your events.
- Goals - Add personal goals – such as 'run 3 times a week' – and Calendar will schedule a time for them automatically.
- All your calendars in one place – Google Calendar works with all calendars on your phone, including Exchange.



## - Google Search

[www.google.com](http://www.google.com)

Google Search's learning curve is an odd one. You use it every day, but still, all you know is how to search. But the search engine has plenty of tricks up its sleeve.

### 1. Use quotes to search for an exact phrase

This one's a well-known, simple trick: searching a phrase in quotes will yield only pages with the same words in the same order as what's in the quotes. It's one of the most vital search tips, especially useful if you're trying to find results containing a specific phrase.

### 2. Use an asterisk within quotes to specify unknown or variable words

Here's a lesser-known trick: searching a phrase in quotes with an asterisk replacing a word will search all variations of that phrase. It's helpful if you're trying to determine a song from its lyrics, but you couldn't make out the entire phrase (e.g. "imagine all the \* living for today"), or if you're trying to find all forms of an expression (e.g. "\* is thicker than water").

3. Use the minus sign to eliminate results containing certain words

You'll want to eliminate results with certain words if you're trying to search for a term that's generating a lot of results that aren't of interest to you. Figure out what terms you're not interested in (e.g. jaguar -car) and re-run the search.

4. Search websites for keywords

Think of the "site:" function as a Google search that searches only a particular website. If you want to see every time TIME.com mentioned Google, use the search "Google site:TIME.com".

5. Search news archives going back to the mid-1880s

Google News has an option to search over 100 years' worth of archived news from newspapers around the world.

6. Compare foods using "vs"

Can't decide between a burger or pizza for dinner? Type in "rice vs. quinoa," for example, and you'll receive side-by-side comparisons of the nutritional facts.

7. Filter search results for recipes

If you search your favorite food and then click "Search Tools" right under the search bar, you'll be able to filter recipes based on ingredients, cook time, and calories. It's the perfect tool if you have certain dietary restrictions.

8. Use "DEFINE:" to learn the meaning of words—slang included

Streamline the dictionary process by using, for example, "DEFINE: mortgage." For words that appear in the dictionary, you'll be able to see etymology and a graph of its use over time alongside the definition. Google will even sift the web to define slang words or acronyms. Try out "DEFINE: bae" or "DEFINE: SMH".

9. Tilt your screen by searching "tilt"

This is one of the fun additions built in by Google engineers. Try it out yourself (search without quotes).

10. Search images using images

Ever come across a photo that looks strangely familiar? Or if you want to know where it came from? If you save the image and then search it on Google Images (with the camera button), you'll be able to see similar images on the web.

11. Press the mic icon on Google's search bar, and say "flip a coin" or "heads or tails"

The feature released last month lets Google flip a coin for you when you don't have one on hand.

<https://time.com/4116259/google-search-2/>

## Automation



### - IFTTT

Connect your favorite apps, services, and devices to create new, seamless experiences.

Over 630 apps work with IFTTT including Twitter, Telegram, Google Drive, Twitch, Weather Underground, Dropbox, Slack, and devices like Google Home, Amazon Alexa, iRobot, LIFX, Philips Hue, and your Android.

#### **Turn on connections and:**

- Control everything around you with your voice and Amazon Alexa or Google Assistant
- Stay informed about what's happening from publications like The New York Times and ProPublica
- Always stay prepared for the weather with custom daily forecast notifications
- Message roommates when you're near the local grocery
- Get an alert as soon as there's a new Craigslist listing that matches your search
- Stay safe with automated and intelligent home security alerts
- Streamline your social media
- Back up and share your Android photos automatically
- Back up important files, photos, and contacts to cloud-storage solutions, such as Dropbox or Google Drive
- Set your home thermostat to an optimal temperature when you arrive home
- Post all your Instagrams as Twitter photos or Pinterest pins
- Trigger events based on your current location

**There are thousands of use cases! New services are added every week. Some popular ones include:**

Sonos, YouTube, Google Calendar, Tumblr, Medium, Pocket, Square, eBay, Giphy, Automatic, Honeywell, Fitbit, Withings, littleBits, Google WiFi, Evernote, Reddit, Digg, Slack, LINE, MailChimp, Salesforce, Todoist, and hundreds more.

## Dictation and Notation



### - Grammarly

The Grammarly Keyboard helps you write mistake-free and with ease in any app you use on your mobile device. It provides hundreds of checks and features, along with seamless integration. Whether you're sending an urgent email, important LinkedIn message, or essential Facebook post, you can write from your phone with confidence.

#### Mistake-Free Writing

- Sophisticated grammar checker
- Contextual spelling checker
- Advanced punctuation correction
- Vocabulary enhancements

#### Works Everywhere

- Keyboard integrates smoothly with all apps
- Easy to set up

#### Improve Your Skills

- See short, clear explanations for every correction
- Helps you understand your mistakes and avoid them in the future



- Quizlet

<https://quizlet.com/>

*You bring the brains, we'll bring everything else*

From flashcards to help you learn francais, to games that make it easy to get a handle on the history, use a variety of tools to conquer any challenge.

*Your next win is just a fact away*

Each new thing you learn is an achievement. Quizlet breaks down topics and subjects, so you accomplish something new every step of the way.

*Don't get frustrated. Get it done.*

When even the smallest lessons feel like a victory, it's easy to keep going.

Quizlet is the easiest way to study, practice and master what you're learning. Create your own flashcards or choose from millions of flashcard sets created by other students. More than 50 million students study for free with the Quizlet app each month!

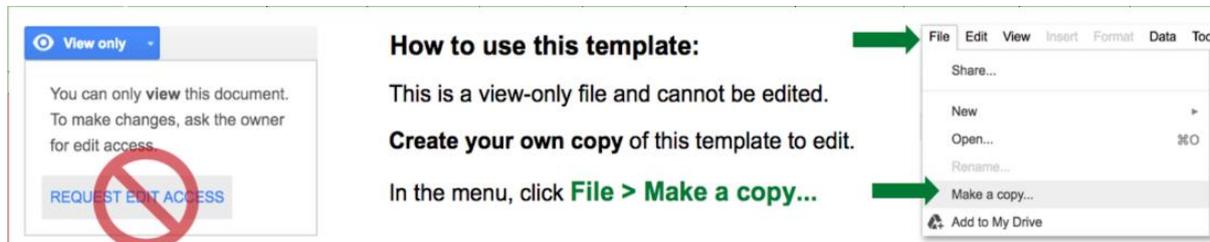
With the Quizlet flashcards app you can:

- Get test-day ready with Learn
- Learn with flashcards
- Put your memory to the test with Write
- Race against the clock in a game of Match
- Share flashcards with friends, classmates, or students
- Learn foreign languages like German, Spanish & Italian
- Listen to your material pronounced correctly in 18 languages
- Learn about science, math, history, coding, and more
- Study for the GCSE exams with custom GCSE flashcards
- Create student flashcards to test yourself
- Take quizzes created by your teacher to help study
- Study your vocabulary and grammar

# Habit Tracking

Free Excel Templates can be found online, here's one:

<https://docs.google.com/spreadsheets/d/1AuxK04vpVuaHWxTW0NULAtFdbI9QhJKjh8MBz-8a4hl/edit?usp=sharing>



**View only**

You can only view this document.  
To make changes, ask the owner for edit access.

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**Create your own copy** of this template to edit.  
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File Edit View Insert Format Data Tools

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New

Open... %O

Rename...

Make a copy...

Add to My Drive



- Toggle

<https://toggl.com/track/>

Toggl Track is a simple (& powerful) time tracker that helps you learn how much your time is worth. With this time tracking app you'll be able to start tracking your hours and manage your hours with just one click - filling timesheets has never been this easy!

With a simple tap start tracking your hours and see where are you spending your time and use that data to go through your reports and break down your hours by projects, clients and tasks - **find out what's making you money, and what's holding you back.**

We also have you covered across **all of your devices!** Start tracking your hours in a browser, then stop it later on your phone - all of your tracked time is safely synced between your phone, desktop, web & a browser extension (which offers more of a Pomodoro timer experience).

Our time-saving features:

## ■ Reports

See how you spend your time with daily, weekly, or monthly reports and graphs. Look them in the app or export them to send that data to your clients (or to analyze it further through business intelligence and see where your hours are going).

## ■ Calendar

Toggl Track integrates with your Calendar! With this feature, you can now easily add your events from your calendar as time entries, through the Calendar View!

## ■ Suggestions

Based on your most used entries, the app will give you suggestions on what you could track. (We are also working on making this feature a bit smarter in the future)

## ■ Notifications

Enable notifications so that you always know if & what are you tracking (or if you're not tracking anything!), and always be aware of where does your time goes.

## ■ Customize your time entries with projects, clients, and tags

Organize and add more details to your time entries by adding projects, clients, and tags. Clearly see where your work hours go and adjust your precious time & routines accordingly.

## ■ Shortcuts

By using @ and #, you can quickly add those projects and tags much faster and get back to work right away!

## ■ Sync

Your time is safe with us - phone, desktop, or web, your time is seamlessly synced and kept safe between all of your devices.

## ■ Manual Mode

Want more control? Add and edit all of your time manually and make sure that every second of your time is accounted for. This feature is optional and it's accessible from the Settings menu.

▫ But what if I'm offline?

No problem! You can still track your time through the app, and once you're back online, it will sync with your account (and the rest of your devices) - your time (and money!) is not going anywhere.

▫ Is the app free?

Yes, Toggl Track for Android is completely free for you to use. Not only that, there are no ads at all - ever!

▫ Can I send you some feedback?

You betcha (and we'd love to hear from you)! You can send us feedback directly from the app - look for the 'Submit Feedback' in the Settings menu.

And that's **Toggl Track** - a time tracker so simple that you'll actually use it and get things done! Track important tasks, use reports to see how you spend your time, and boost your productivity. Whether you are at an office, in commute, stuck on a space mission to Mars, or just want to see how much time you're wasting on projects that aren't bringing you money - track your time anywhere you go!

# The Toggl Manifesto

## Do your best work from anywhere

Doing your best work means being the master of your time. Whether from your desk, a cafe, the beach, or a van, we help you maintain your freedom while dominating your to-do list. So, where are we heading next?

## Pick something and master it

Tools should be fit for purpose. We're led by laser-focused vision, and obsessively make it a reality. The result? World-class tools that solve the problems they were designed to solve, instead of trying to tackle a million things at once and getting nowhere.

## Adaptability beats one-size-fits-all

Everyone's work style is as unique as they are. Who are we to get in the way of that? Prescription is patronizing, so instead of telling you how to work, we built tools universal enough to add value to anyone's workflow.

## Busy ≠ productive

Don't fill your 8 hours for the sake of it. Leave the mundane tasks behind and get more done in less time by focusing on what really matters.

## Simplicity wins every time

You want a tool you'll actually use - something that slides organically into your life. Our tools are lightweight, value-packed, and so beautifully simple, your grandma could use them.

## Learn from other's experiences

Our tools grew out of our own experiences hitting productivity roadblocks. We've been refining them for over a decade to help you go from "uh-oh..." to "oh yes!".



- Focus To-Do

<https://www.focustodo.cn/#products>

*Be focused and make things easier.*

Focus To-Do is an easy-to-use time and task management application that helps you to manage tasks anywhere and anytime and helps you to perform tasks efficiently. Millions of users around the world use our application and have gained efficiency.

*Based on the Pomodoro Technique*

Set an execution time for the task, focus on the task until the end of the time, the harvest is not only efficient but also the unexpected sense of accomplishment.

## Features



### **Pomodoro Technique**

Let you concentrate on your work, finish your work efficiently, and say goodbye to the procrastinates



### **Report**

Record every bit of progress every day



### **Synchronize within all devices**

Synchronize data between multiple devices



### **Due Date**

Set a due date so that no deadline is missed



### **Reminders**

Add a reminder to make sure no task is forgotten



### **Subtask**

Split a task into small pieces.



### **Repeat**

Frequent tasks no longer need to be added each time



### **Note**

Add a note to make sure all information of the task is not missed

# Websites

## - 10FASTFingers

<https://10fastfingers.com/>

### Typing Test

If you want a quick way to test your typing speed, try out our 1-minute free Typing test (available in over 40 languages). You can quickly see how fast you can type and compare your result with your friends.

One huge benefit: The more you use our typing game, the faster you will be able to type as the typing test uses the top 200 words of each language. If you are able to type the most frequent words faster, you will be able to type everything else faster as well!

### Typing Competition

Ready to compete against the big guys? Then check out our typing competitions! Every competition is open for 24 hours, during this time you will have the opportunity to reach first place. The competitions work in the same way as our Typing Test but instead of having a random list of words every time you reload the test, the words will stay the same for each competition. If you have a friendly typing competition with just your buddies you should try out the "private competition"-option.

### Text Practice Mode

The Typing Test is great if you want to practice the most common words of a language, but what if you want to practice more difficult words, punctuations, special characters or just a paragraph from a book?

In this case, check out our Text Practice Mode! You can create your own text to practice or pick from a huge list of user-generated practice texts. Just select one text from the top-list and you will be guaranteed to have a fun and challenging experience. Start now and improve your typing skills even further!

### Typing Practice

If you want to steadily improve your typing speed or train some specific typing skills you should check out the typing practice page. Improve your typing speed with practicing the Top 1000 words of each language (while unlocking those sweet, sweet stars), or challenge your typing skills with a user-submitted text. The practice mode is currently under development, more features & modes will be added in the near future.

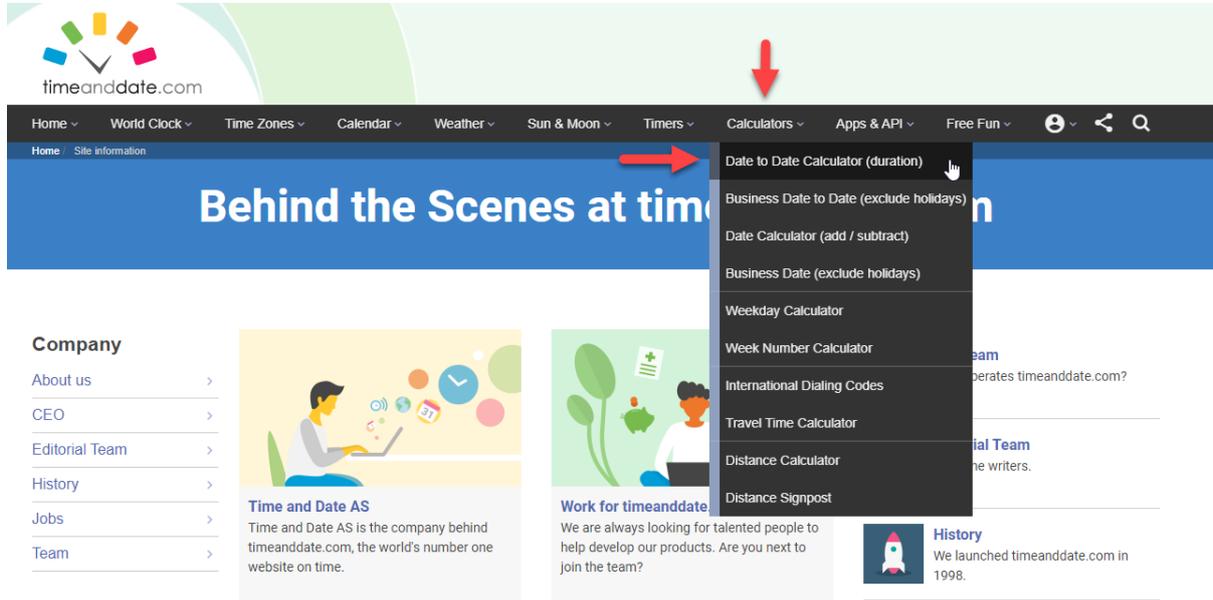
### Mobile Typing App

How fast are your thumbs? Our mobile typing app will let you know! No matter if you use your mobile phone or your tablet (iPad, etc.) the mobile test will surely suit your needs, good luck climbing the high score list

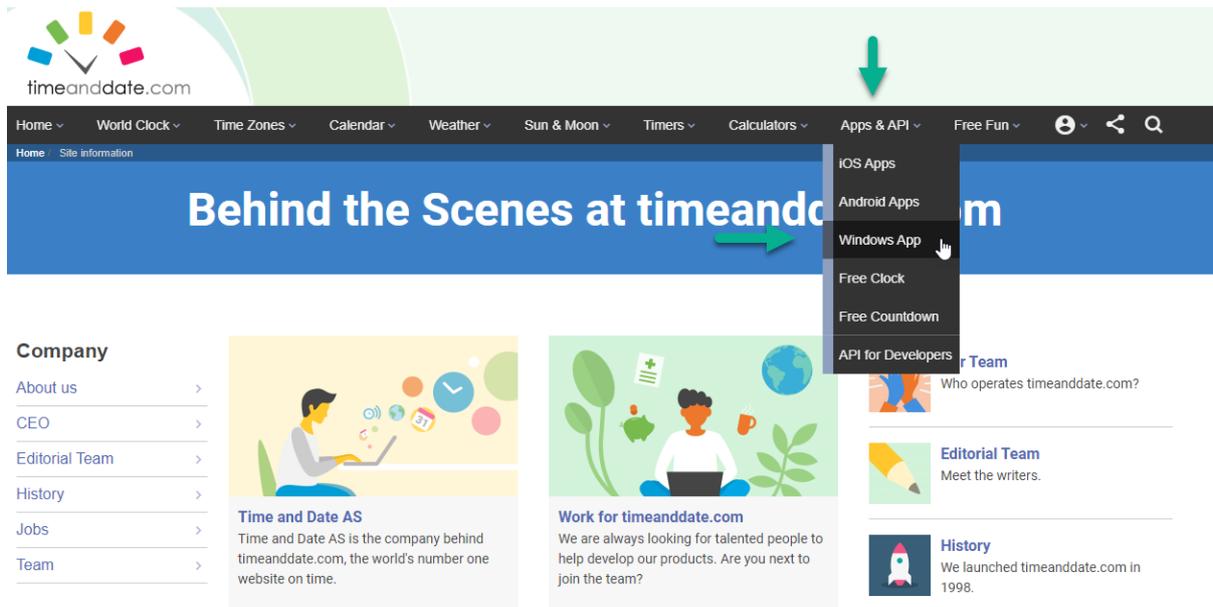
- Time and Date

<https://www.timeanddate.com/>

Time and Date AS is based just outside Stavanger, Norway, where our teams work together to operate timeanddate.com, the world's top-ranking website for time and time zones. With free online services you can rely on, we make it easier to organize your life, both at work and at home.



You can also enjoy our content on your phone or tablet because we make apps for iOS and Android too!



## - W3 RSS Validator

<https://validator.w3.org/feed/>

When using IFTTT RSS applets you can validate the URLs here.



## - Medium

<https://medium.com/>

The best ideas can change who we are. Medium is where those ideas take shape, take off, and spark powerful conversations. We're an open platform where 170 million readers come to find insightful and dynamic thinking. Here, expert and undiscovered voices alike dive into the heart of any topic and bring new ideas to the surface. Our purpose is to spread these ideas and deepen our understanding of the world.

We're creating a new model for digital publishing. One that supports nuance, complexity, and vital storytelling without giving in to the incentives of advertising. It's an environment that's open to everyone but promotes substance and authenticity. And it's where deeper connections forged between readers and writers can lead to discovery and growth. Together with millions of collaborators, we're building a trusted and vibrant ecosystem fueled by important ideas and the people who think about them.

# MAC Applications

## Productivity



### - Alfred

Alfred is an award-winning app for macOS which boosts your efficiency with hotkeys, keywords, text expansion, and more. Search your Mac and the web, and be more productive with custom actions to control your Mac.

#### Search and Browse

Launch applications and find files on your Mac or on the web. Alfred learns how you use your Mac and prioritizes results.

Save countless hours by using hotkeys, keywords and customizing how you want to search your Mac and activity history.

#### Type Less, Say More

With Alfred's Clipboard History and Snippets features, there's no need to type the same URLs or responses over and over.

Use the Clipboard History to locate any text, image, or file you copied earlier and paste it again.

Create your own snippets and type a short abbreviation to auto-expand them into a full-text snippet, saving yourself hours of typing in the long run!

With Alfred's Powerpack, use immensely powerful workflows to perform tasks more efficiently and cut down on repetitive manual tasks.

Link hotkeys, keywords, and actions together to create your own workflows; There's no need to write a single line of code to create a workflow. Import workflows from the thousands our community of creators has shared.

# Windows Applications

## Research

zotero

- Zotero

<https://www.zotero.org/>

Zotero is a free, easy-to-use tool to help you collect, organize, cite, and share research.

Zotero helps you organize your research any way you want. You can sort items into collections and tag them with keywords. Or create saved searches that automatically fill with relevant materials as you work.

Zotero instantly creates references and bibliographies for any text editor, and directly inside Word, LibreOffice, and Google Docs. With support for over 9,000 citation styles, you can format your work to match any style guide or publication.

Zotero can optionally synchronize your data across devices, keeping your notes, files, and bibliographic records seamlessly up to date. If you decide to sync, you can also always access your research from any web browser.

The screenshot displays the Zotero application window. On the left, there is a sidebar with a tree view of collections, including 'My Library' and 'Group Libraries'. The main pane shows a list of items with columns for 'Title', 'Creator', and 'Year'. The selected item is 'Circulation of Medicine in the Early Modern Atlantic World' by Cook and Walker, published in 2013. The right pane shows the 'Info' tab for this item, displaying details such as 'Item Type: Journal Article', 'Title: Circulation of Medicine in the Early Modern Atlantic World', 'Author: Cook, Harold J.', 'Author: Walker, Timothy D.', 'Abstract: The search for powerful drugs has caused people and commodities to move around the globe for many centuries, as it still does...', 'Publication: Social History of Medicine', 'Volume: 26', 'Issue: 3', 'Pages: 337-351', 'Date: 2013/08/01', 'Series Title: Soc Hist Med', 'Journal Abbr: en', 'Language: en', 'DOI: 10.1093/shm/hkt013', 'ISSN: 0951-631X', 'Short Title: https://academic.oup.com/shm/article/26/3...', 'Accessed: 1/24/2018, 10:17:12 AM', 'Loc. in Archive: Archive', 'Library Catalog: Library Catalog', 'Call Number: Rights', 'Extra: Modified: 1/24/2018, 11:50:15 AM'.



- Liquid Text

<https://www.liquidtext.net/home>

Note-taking and document analysis tools have changed little from the margin notes, highlighting, and sticky notes we have used forever. Most apps today try to duplicate paper, but, in spite of this, over 80% of knowledge workers still prefer paper at work and school.

LiquidText moves beyond paper. It captures your reading, notes, highlights, annotations, and observations just like paper; but goes further to reveal their connections: to source materials and each other in a way that documents and maps your project in a clear and shareable form. We connect related notes into ideas, and we connect your ideas into reports.

Gather and organize.

Every note, idea, and observation can be connected to others, and a single tap can show those relationships and original context.

Connect across pages and documents.

Looking for something in another part of your document? Just pinch and it comes together. Make connections between important information across pages and documents.

Search without losing context.

LiquidText's unique visualizations let you bring your highlights and search results together to see the bigger picture but see the context of each of them with just a pinch.

Export and collaborate.

After you organize your notes and excerpts, LiquidText can export them in standard formats (PDF and DOCx) so you can share and communicate your findings to others.



- Quizlet

<https://quizlet.com/>

You bring the brains, we'll bring everything else  
From flashcards to help you learn francais, to games that make it easy to get a handle on the history, use a variety of tools to conquer any challenge.

Your next win is just  
a fact away

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- Put your memory to the test with Write
- Race against the clock in a game of Match
- Share flashcards with friends, classmates, or students
- Learn foreign languages like German, Spanish & Italian
- Listen to your material pronounced correctly in 18 languages
- Learn about science, math, history, coding, and more
- Study for the GCSE exams with custom GCSE flashcards
- Create student flashcards to test yourself
- Take quizzes created by your teacher to help study
- Study your vocabulary and grammar

# Lighting



- f.lux

<https://justgetflux.com/>

Ever notice how people texting at night have that eerie blue glow? Or wake up ready to write down the Next Great Idea, and get blinded by your computer screen?

During the day, computer screens look good—they're designed to look like the sun. But, at 9 PM, 10 PM, or 3 AM, you probably shouldn't be looking at the sun.

f.lux fixes this: it makes the color of your computer's display adapt to the time of day, warm at night and like sunlight during the day.

It's even possible that you're staying up too late because of your computer. You could use f.lux because it makes you sleep better, or you could just use it just because it makes your computer look better.

The screenshot shows the f.lux website interface. At the top left is the f.lux logo with the tagline "software to make your life better". To the right are links for "Forum" and "News". The main content area contains the same text as the previous blocks, including the "Download f.lux (v4.118)" button. A red arrow points to this button. Below the button, it says "Free on Windows, for personal use" and provides a link for corporate use. It also mentions that users agree to the EULA and that the software is available for Mac, Linux, iPhone, iPad, and Android. At the bottom, there is a paragraph explaining how f.lux works and a note about user preferences.

