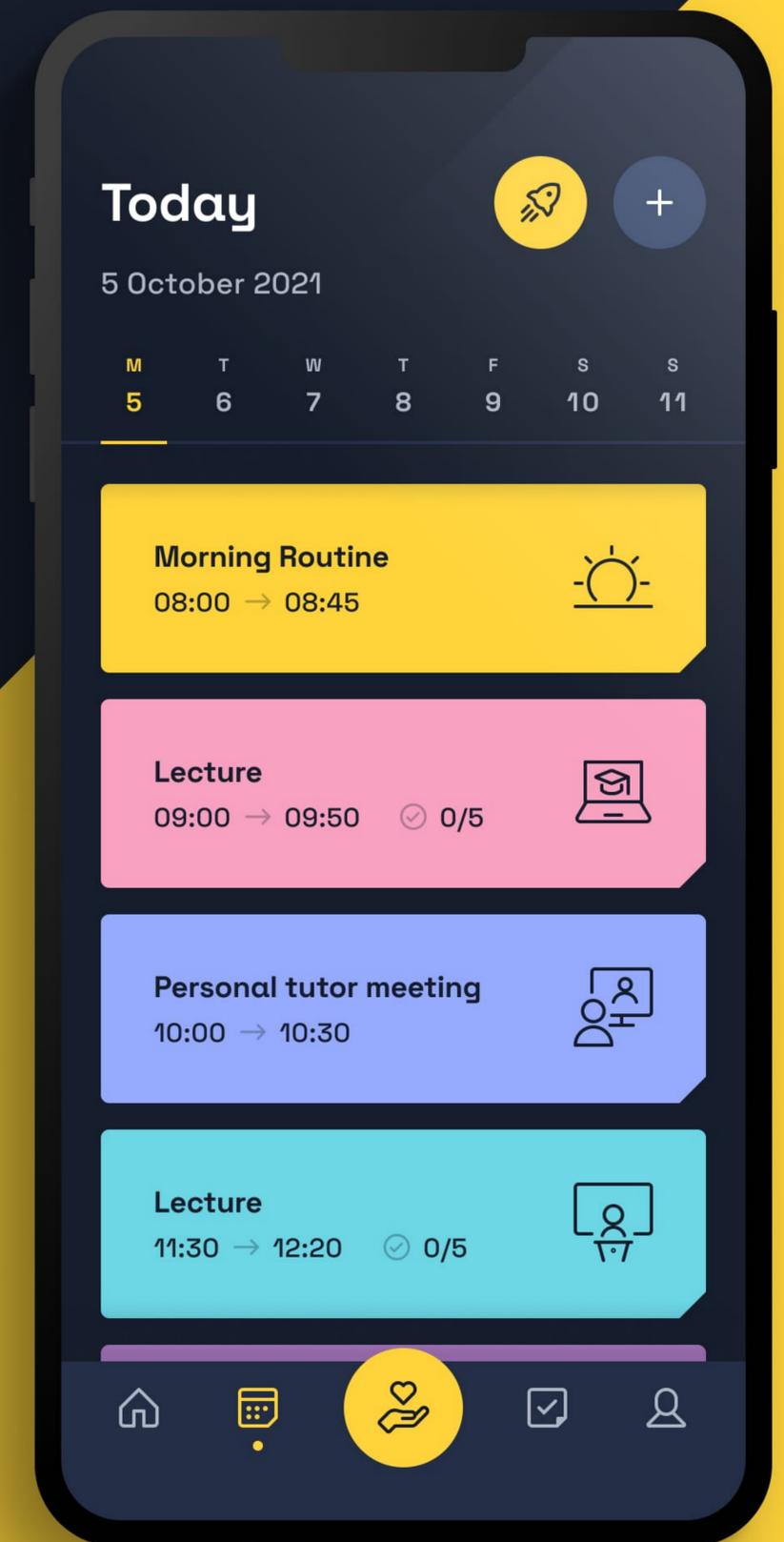
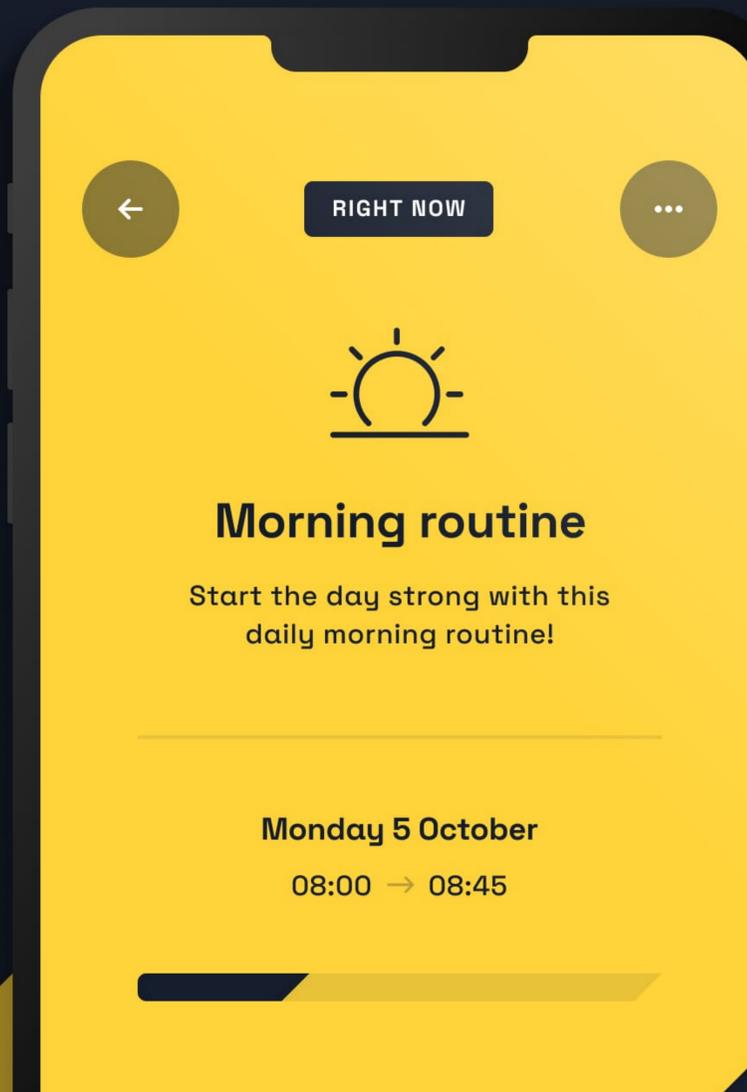


Organise.
Optimise.
Overcome.

with **boost** 

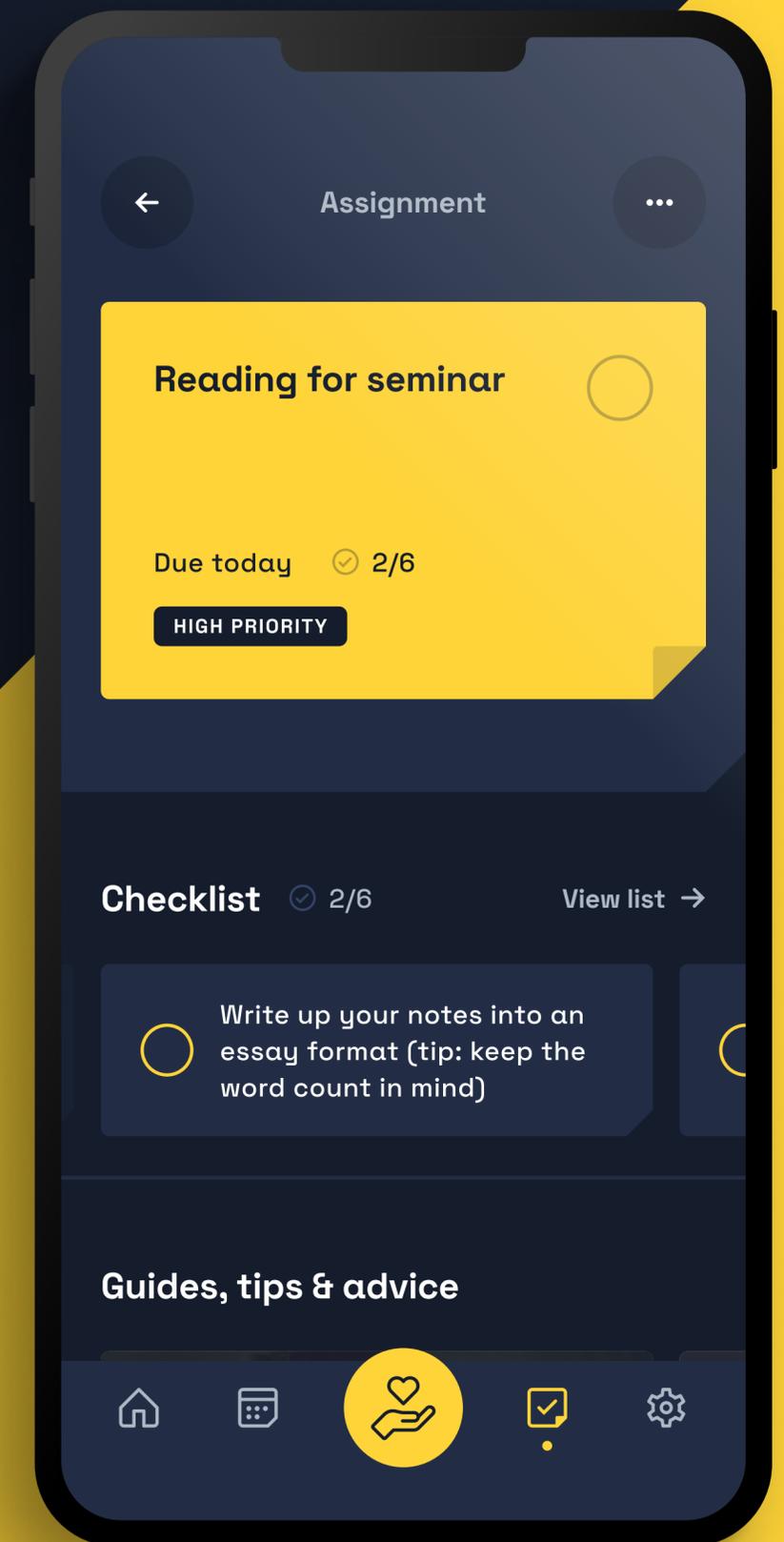
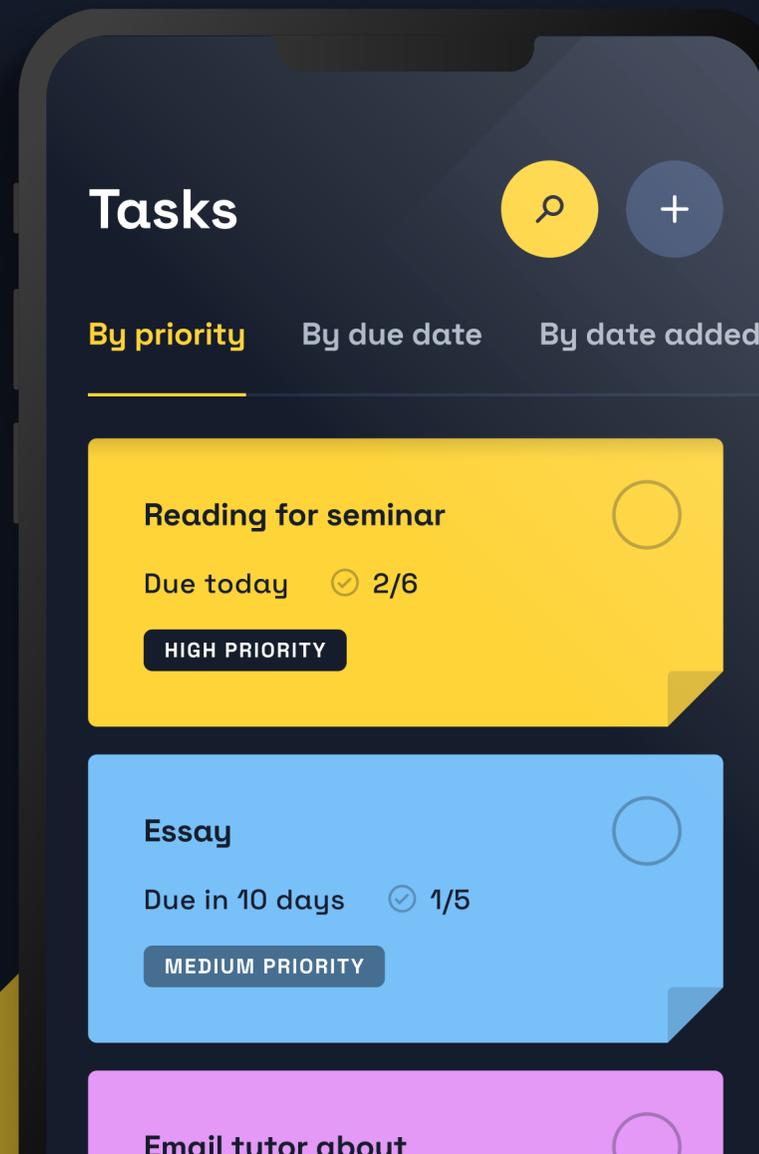
All your events and activities in one place

- Add all personal and study-related events
- Create your own routines to build healthy and productive habits
- Pre-loaded routines for you to customise



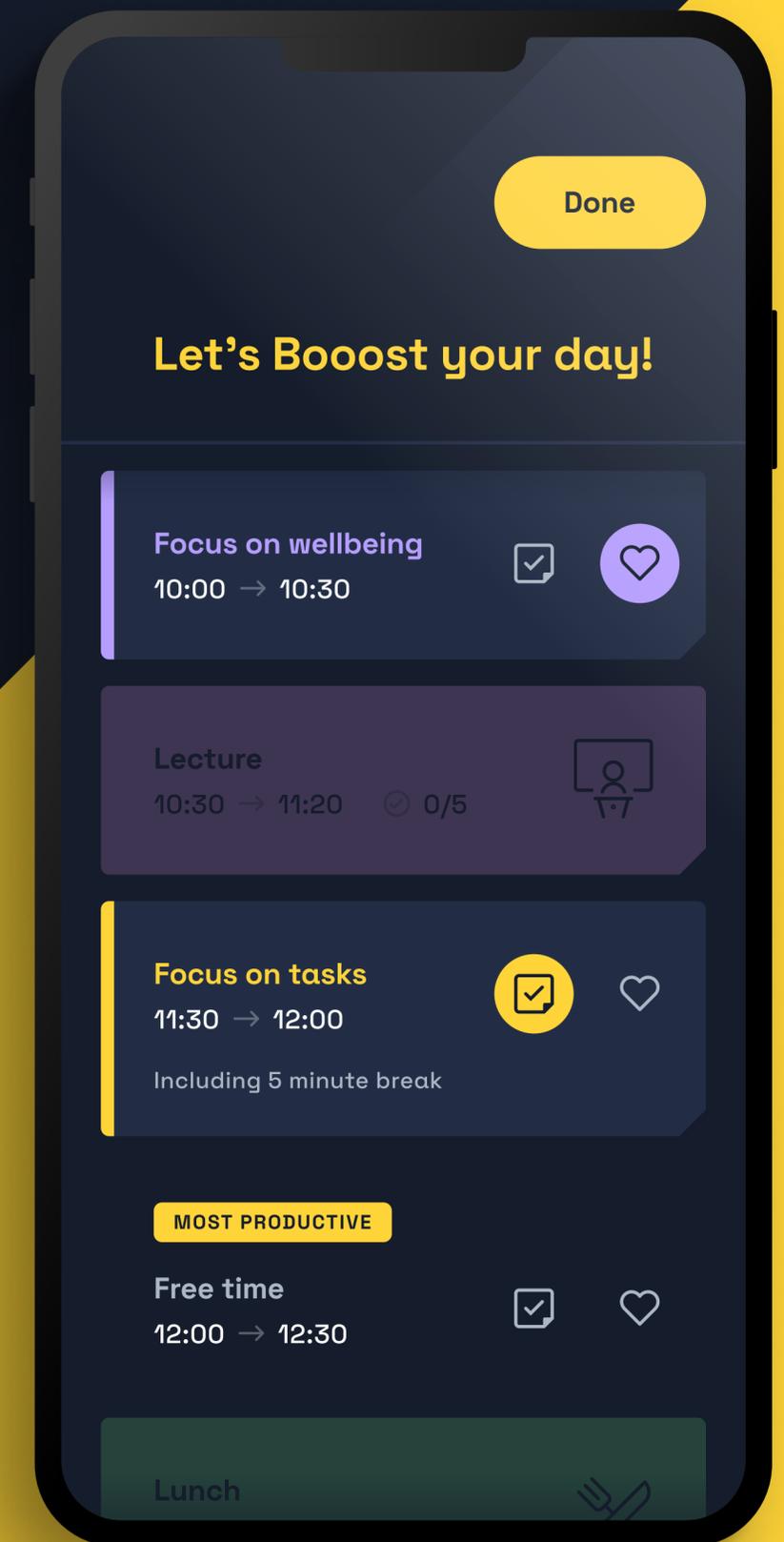
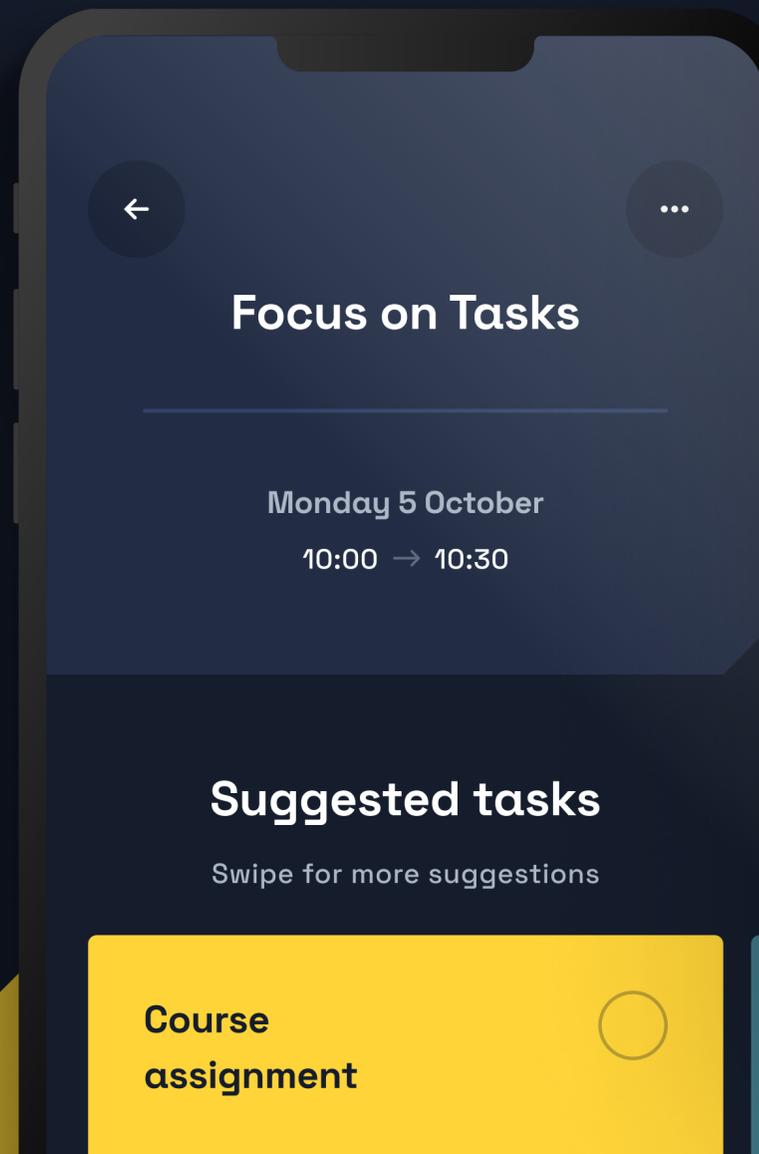
Keep track of what you need to do and when

- Add assignments and study-related tasks
- Include anything else you need to keep track of (such as doing the shopping)
- Set a due date and priority so Boost can keep you on track



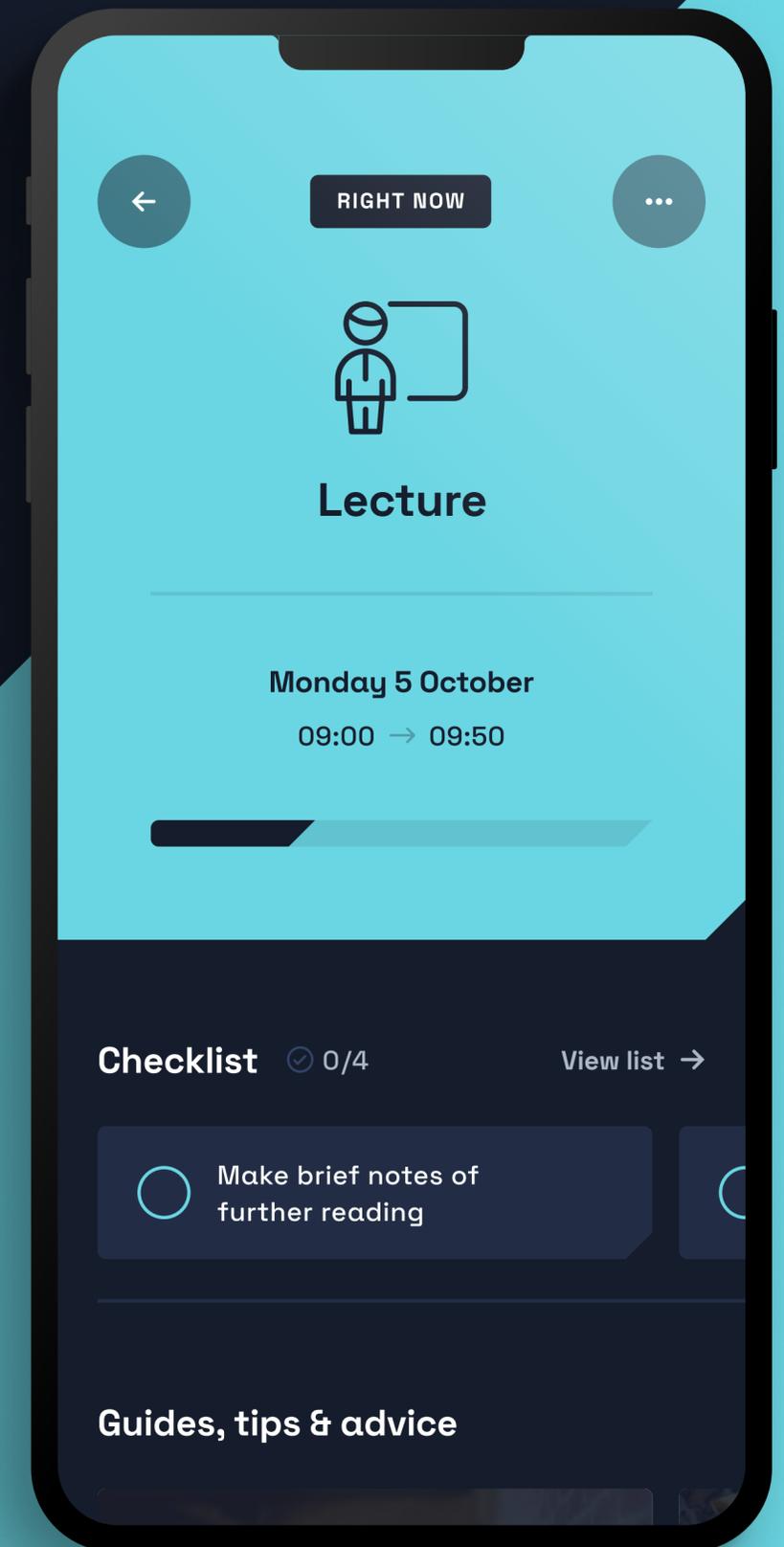
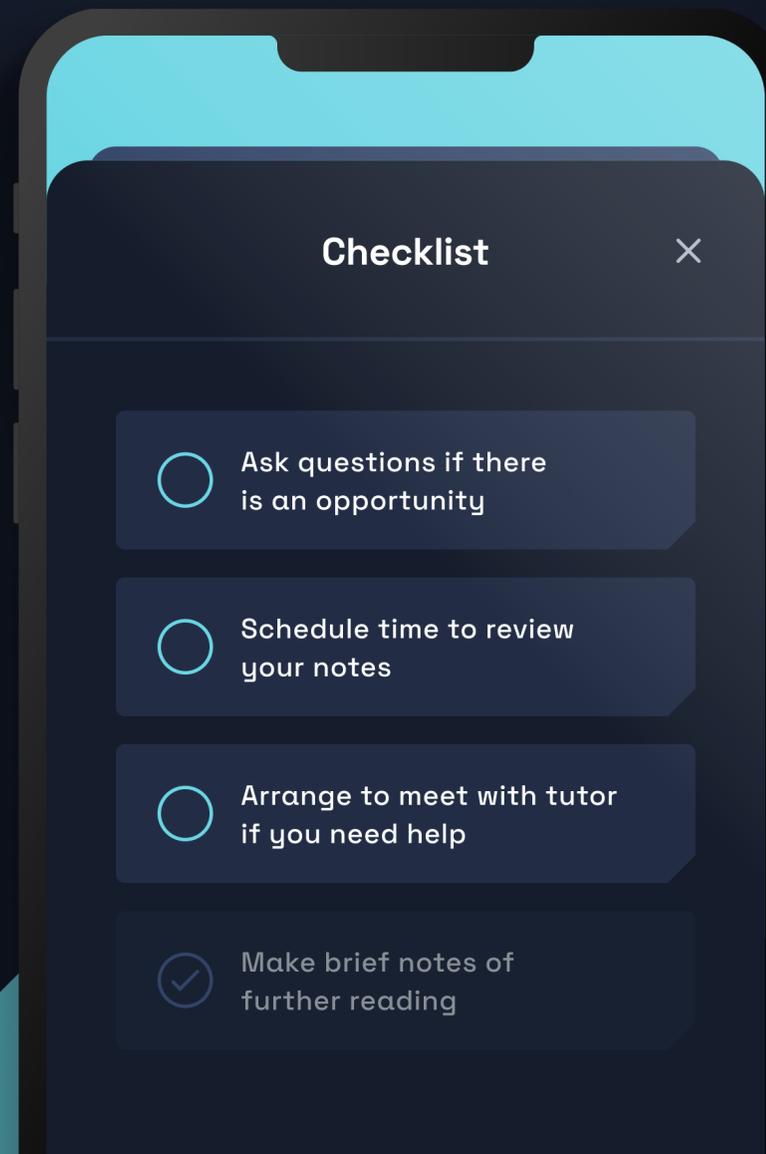
Maximise your available time by Boosting your day

- Boost breaks your day down into 30min slots, highlighting your most productive time
- You choose which times to focus on tasks
- Boost suggests what to work on in order to meet your next deadline or be ready for the next seminar



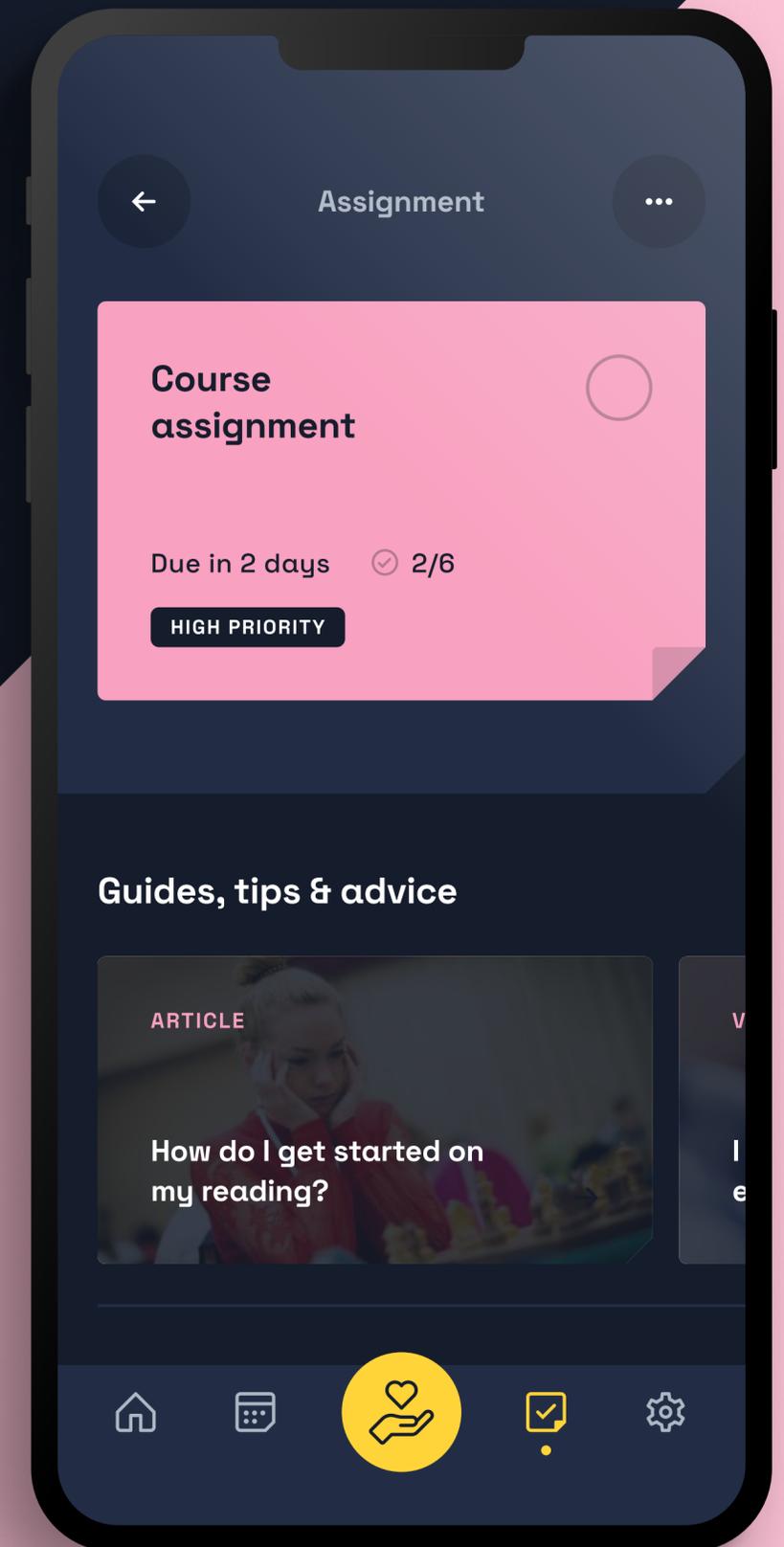
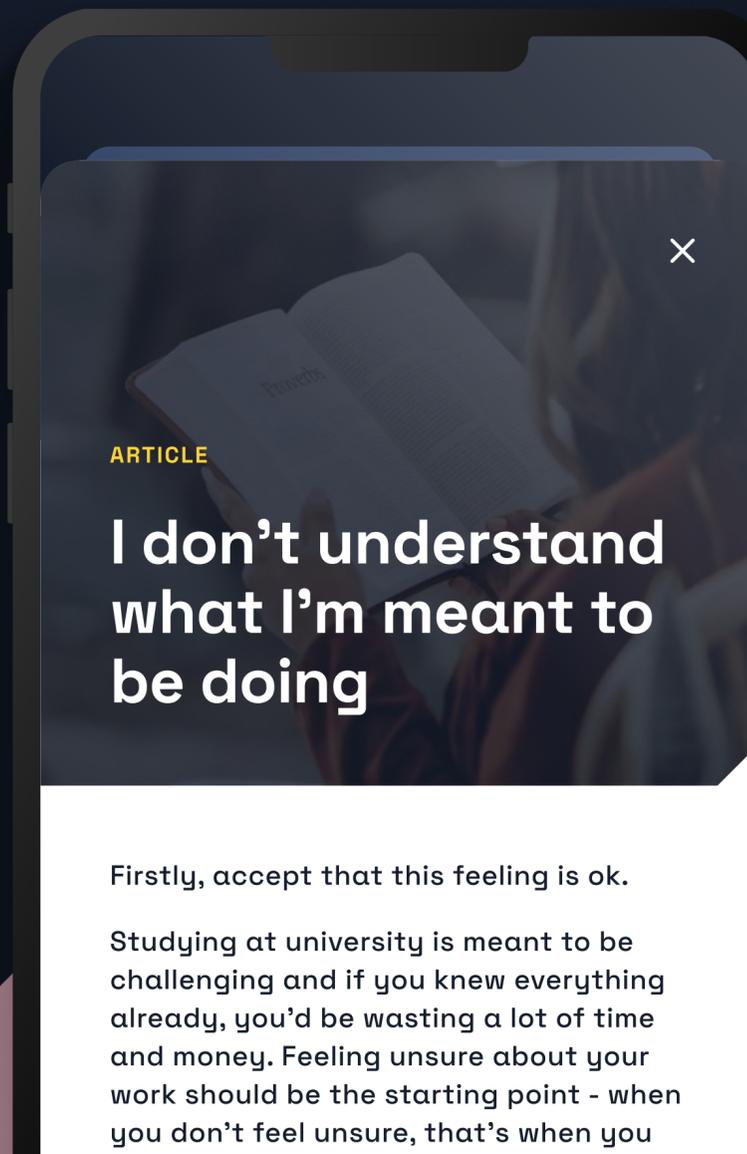
Focus and break down activities

- Boost suggests checklists to break down your study tasks and events
- No more getting stuck with where to start!
- Checklists included for things such as writing assignments, carrying out course reading and preparing for lectures and classes



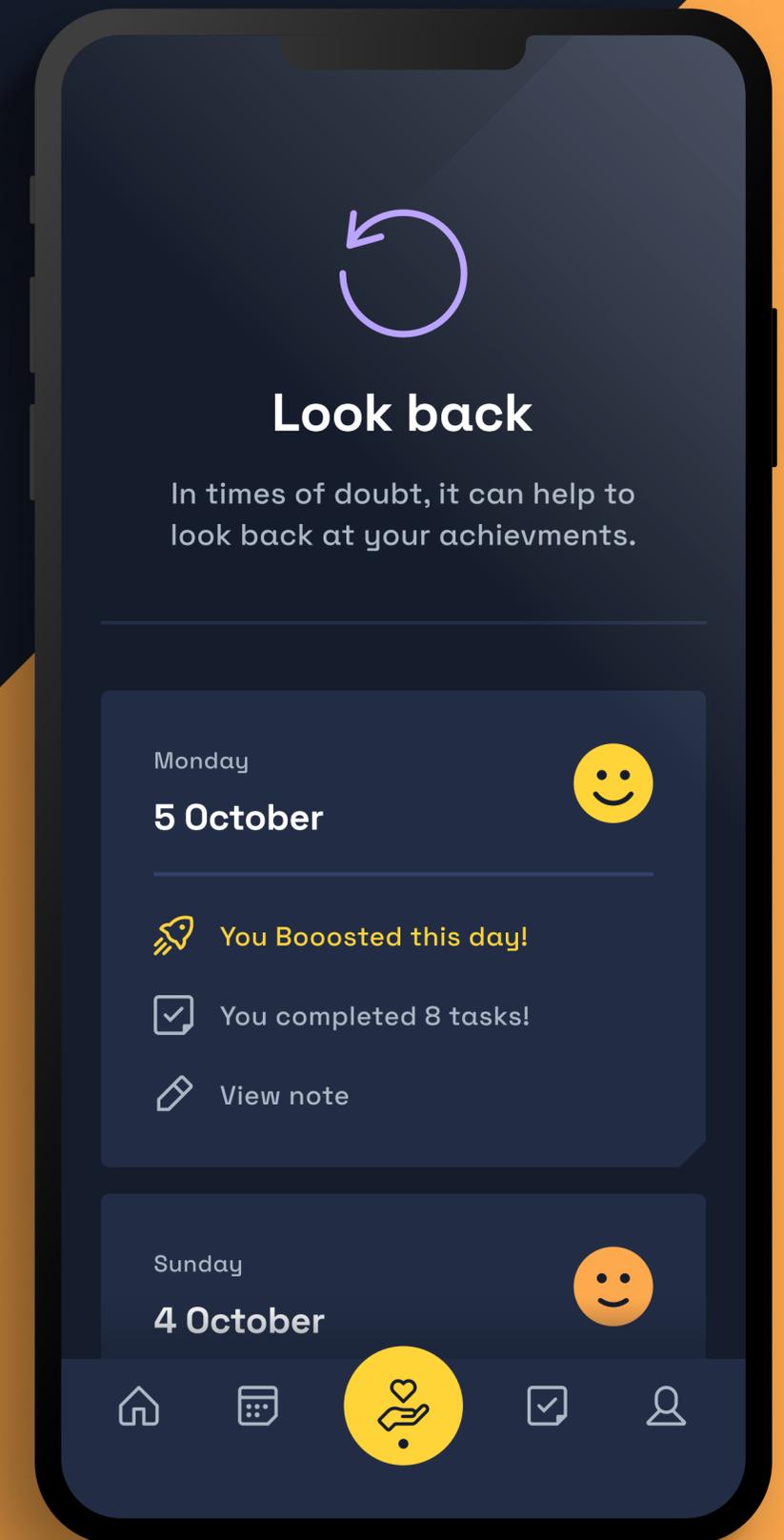
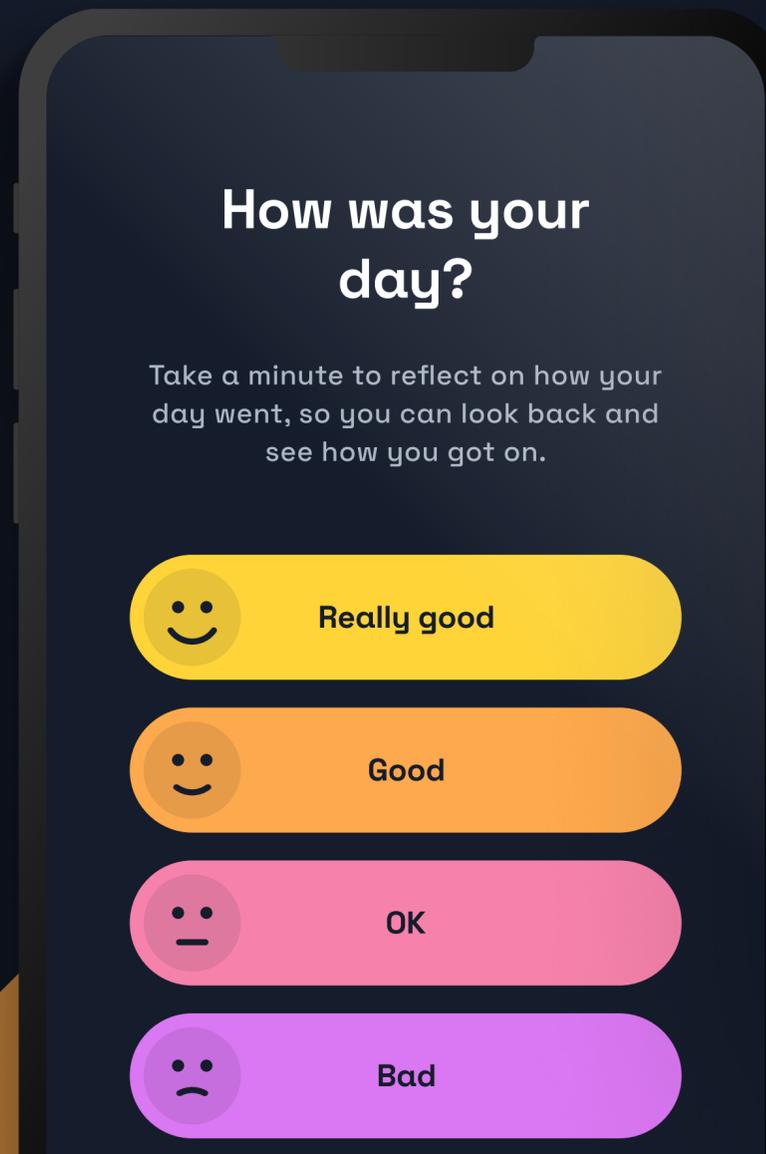
Expert guides, tips and advice, intelligently suggested

- Access an extensive library of specially created study guides and mental health resources
- Boost shows you help and support that is relevant to the specific task you are working on



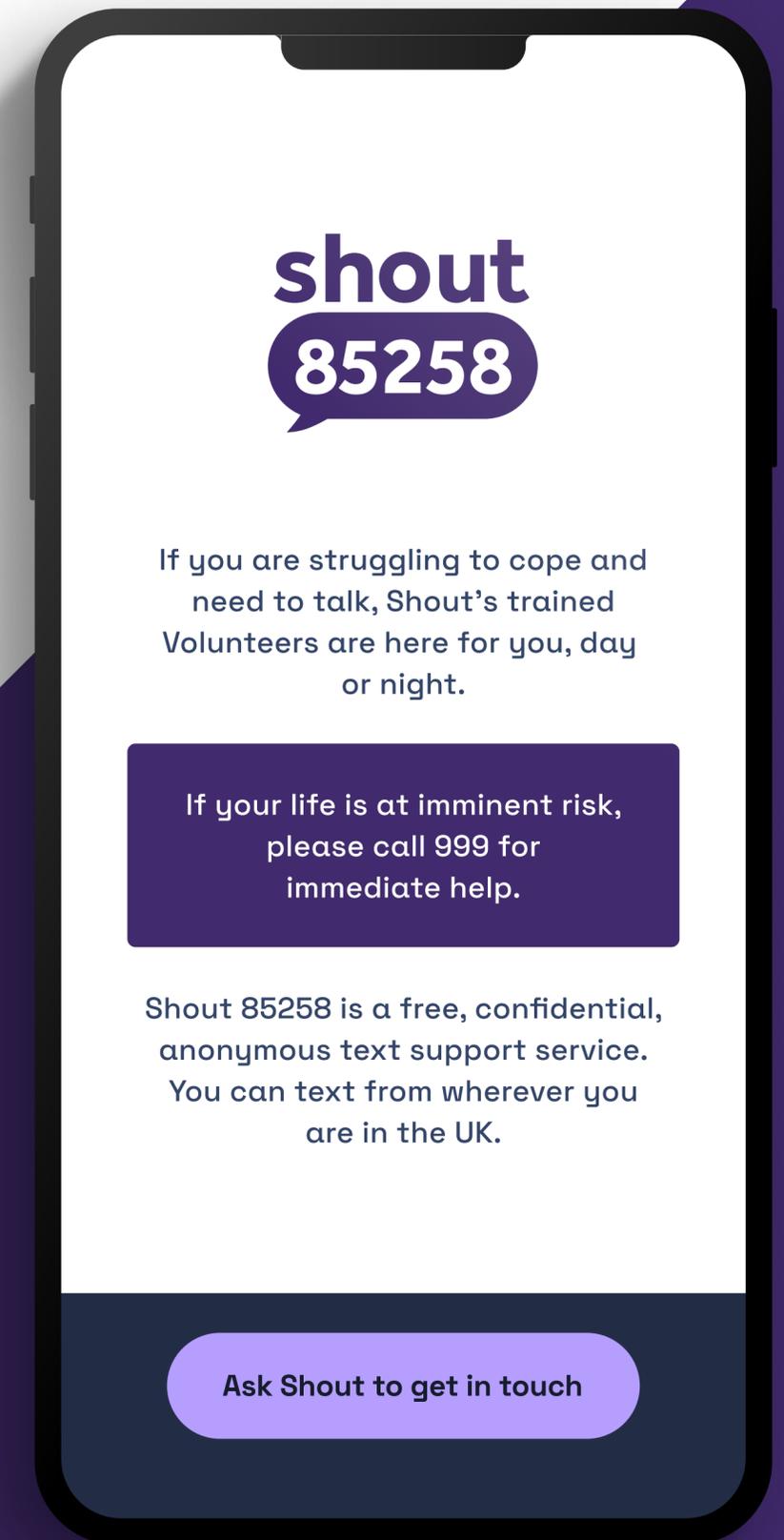
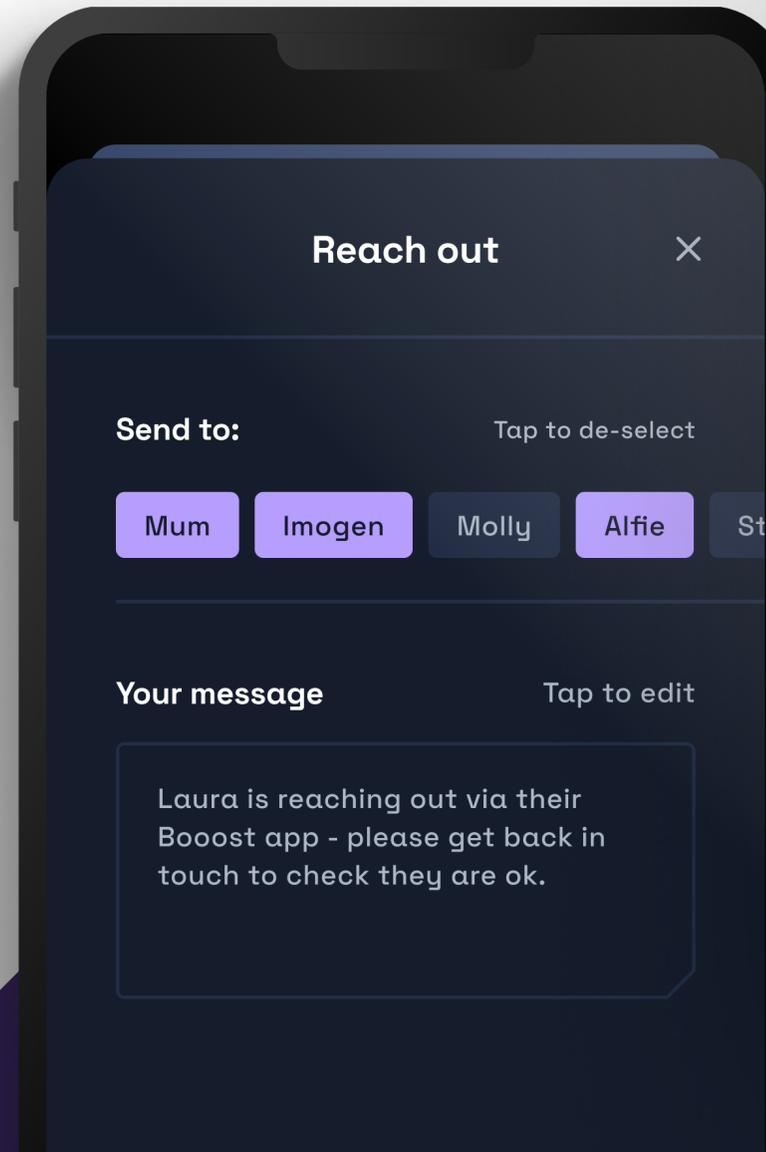
Look back on your achievements

- Help spot patterns in your productivity or mood using Boost's look back and mood tracking features



Get help whenever you need it

- Send a message to friends and family asking them to get in touch
- Get free, 24/7 mental health support from the Shout 85258 text support service



Access on any device



iPhone app



Android app



Web app (desktop & tablets)

