

30 Sites/Apps in 30 Minutes
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1. TimeTune (Android) or ATracker (iOS)
2. Phone Balance (FindYourPhoneLifeBalance.com)
3. How to Read More (<https://time.com/6251239/how-to-read-more/>)
4. Writing Down Your Life (<https://www.dailyom.com/journal/5-ways-to-journal-to-change-your-life/>)
5. Intensive Journal (intensivejournal.org)
6. Volunteering (<https://www.volunteermatch.org/search/>)
7. Meeting People (www.meetup.com)
8. Hiking in LA (<https://www.latimes.com/travel/list/50-great-hikes-in-la>)
9. Public Speaking (<https://www.rev.com/blog/productivity/7-public-speaking-apps-to-improve-your-skills>)
10. Meowtalk (iOS app)
11. Exercise (<https://fitonapp.com>)
12. Food (<https://www.appshive.co/blog/best-food-delivery-app-los-angeles>)
13. Improve Your Relationship with Money (<https://www.dailyom.com/journal/improve-your-relationship-with-money-by-practicing-financial-wellness>)
14. Donating Money (<https://consumer.ftc.gov/articles/giving-charity>)
15. Build Expertise (gohighbrow.com)
16. Visualize Learning (Socratic.org)
17. Travel – Eating (www.eatwith.com)
18. Menu Mistakes (<https://www.roughguides.com/articles/20-great-menu-mistakes-from-around-the-world/>)
19. Toilet Finder (Flush app – iOS)
20. Reduce Stress (Mind Hero app – iOS)
21. Spirituality (<https://medium.com/@marjoriedadhich/6-spiritual-traditions-what-i-learned-and-why-it-matters-5febe017555e>)
22. Dealing with Challenging People (<https://www.inc.com/kevin-daum/5-ways-to-deal-with-difficult-people.html>)
23. Mentor – AALL (<https://www.aallnet.org/careers/mentor-program/>)
24. Mentor – SCALL (www.scallnet.org/community-support)
25. Professional Development (www.aallnet.org/conference)
26. Keeping up! 60 Best Law Librarian Blogs and Websites (<https://blog.feedspot.com/law-librarian-blogs/>)
27. Keeping up! Movies/TV shows (JustWatch app – iOS)
28. Nurturing Relationships (Nour app – iOS)
29. Building Empathy (<https://www.verywellmind.com/how-to-develop-empathy-in-relationships-1717547>)
30. Aging Gracefully (<https://www.sutterhealth.org/health/mind-body/7-holistic-tips-to-age-gracefully>)