



StudyRails is a web based organization and time management solution that improves students learning performance.

## The Problem

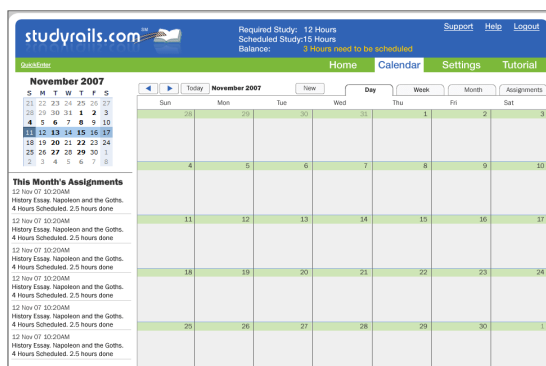
The academic performance of the majority of middle school, high school, and college students is hampered by poor organization and time management skills. Academic literature finds that organization and time management behaviors are significantly and substantially related to academic performance (Frazier, Youngstrom, Glutting & Watkins, 2007; Nofle & Robins, 2007; Steel, 2007), and that 50 to 95% of students procrastinate (Ellis & Knauss, 1977; O'Brien, 2002; Solomon & Rothblum, 1984). Also, 4.4 million children in the United States have received diagnoses of Attention Deficit Hyperactivity Disorder (U.S. Centers for Disease Control, 2003) a disorder strongly associated with poor organization and time management (see Barkley, 1997). To improve students' academic performance, it is important to provide behavioral support to enable students to organize and manage their time effectively.

## The StudyRails Solution

StudyRails solution improves students' academic performance by improving organization and time management behaviors. StudyRails uses research supported interventions, such as setting many small, short-term homework goals, prompting students about what they should be doing in the present moment, focusing students on one task at a time, and minimizing highly accessible and compelling distractions such as those found online. StudyRails also helps students to "keep their eyes on the road" by blocking online distractions such as YouTube and Facebook. StudyRails is intended for use by middle school, high school, and college students. Students can benefit from using StudyRails independently or within an existing learning support program.

## How to Get Started

It is easy to get started – just go to [www.StudyRails.com](http://www.StudyRails.com) and sign-up for a 2 week free trial or contact StudyRails at [support@StudyRails.com](mailto:support@StudyRails.com) to participate in a free pilot.



- ▶ **Improved homework completion rates**
- ▶ **Improved grades**
- ▶ **Improved test scores**
- ▶ **Decreased procrastination**
- ▶ **Decreased stress**



**References:**

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The screenshot shows the StudyRails website interface. At the top, there is a navigation bar with the StudyRails logo, a user profile icon, and links for Support, Help, and Logout. Below the navigation bar, there is a summary of the user's study progress: Required Study: 12 Hours, Scheduled Study: 15 Hours, and Balance: 3 Hours need to be scheduled. The main content area is divided into two sections. On the left, there is a calendar for November 2007, showing the days of the week and the dates. On the right, there is a list of assignments for the month, including the date, time, and description of each assignment.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

**This Month's Assignments**

- 12 Nov 07 10:20AM History Essay, Napoleon and the Goths. 4 Hours Scheduled. 2.5 hours done
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