

Column 1	What to look for	rating	examples	pros	cons	
Activation	Does the tool help users <i>get started</i> on tasks?					
Focus	Does it help minimize distractions or sustain attention?					
Effort	Does it support maintaining effort and motivation over time?					
Emotion	Does it reduce stress, anxiety, or frustration related to tasks?					

Memory	Does it help capture and organize information for later use?					
Action	Does it support task completion and self-monitoring?					
Usability	Is it practical for college students, academic needs?					
Effectiveness	General impression of how well it supports EFD challenges					

Accessi bility	Is the tool truly free, easy to use, and available across devices?					
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