

Chapter 3: The Clock App

The Clock application is one of those apps that might not seem that cool on first glance, but is very practical and can be fun to use. The Clock app allows you to:

- Set several clocks in different time zones
- Set alarms
- Use a stopwatch
- Use a countdown timer

To Open the Clock Application

- Tap the Clock app on the Home screen.
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The World Clock


The World Clock function allows you to set multiple clocks to display cities in various time zones. Figure 3-1 shows an example of the World Clock screen.



Figure 3-1: World Clock Screen

You may be asking yourself about the difference between the white clocks and the black clocks. Clock faces that appear in white indicate daytime (6:00 a.m. to 5:59 p.m.) and clock faces that appear in black indicate nighttime (6:00 p.m. to 5:59 a.m.).

To Add a World Clock

- Tap the Clock app on the Home screen.
 - Tap the World Clock option at the bottom of the screen.
 - Tap  in the upper right corner.
 - Tap the Search field and begin typing the name of the desired city.
 - Tap the desired city from the list.
-



GIVE IT A TRY!

- Add several world clocks:
 - Your city
 - Los Angeles
 - Denver
 - Dallas
 - Washington DC
 - London

Here's another question you might be asking yourself -- why are there two clocks for the Eastern time zone and two clocks for the Western time zone in my example above? I really don't need two clocks for the Western time zone; I know Cupertino and Los Angeles are both in California and, therefore, in the same time zone. You can always edit the clocks listed on the World Clocks screen.

You can add many world clocks to your list. If you have more than four clocks listed, you will have to touch and drag to scroll through the world clocks you have added.


To Rearrange World Clocks

- Tap  in the upper left corner of the World Clock screen.
 - Tap & hold  to the right of the clock to be moved.
 - Drag the selected clock to the desired location.
 - Tap Done in the upper left corner of the screen.
-

GIVE IT A TRY!

- Rearrange the world clocks entered above.

To Delete Clocks on the World Clock Screen

- Tap **Edit** in the upper left corner of the screen (see Figure 3-1 above).
- Tap  to the left of the city name to be deleted (see Figure 3-2).
- Tap **Delete** to the right of clock to be deleted (see Figure 3-3).

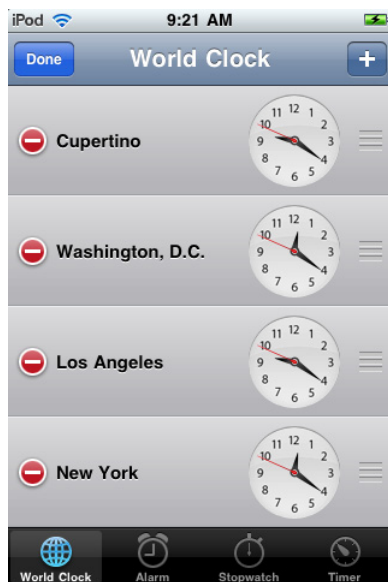


Figure 3-2: World Clock Edit Screen

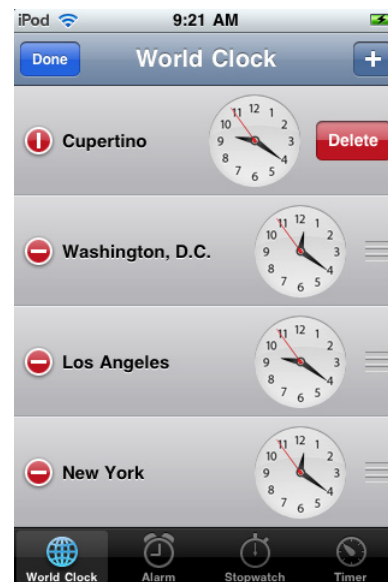


Figure 3-3: World Clock Edit Screen with Delete Option

GIVE IT A TRY!

- Delete the world clocks entered previously that you do not want.

Alarm

The iPod Touch allows for multiple alarms to be set as reminders for things like taking medication, feeding the animals, etc.

To Open the Clock App Alarm Screen

- Tap the Alarm icon at the bottom of the Clock app screen.

Figure 3-4 shows the Alarm screen.



Figure 3-4: Clock App Alarm Screen

Note the alarm can be toggled on or off by touching the On/Off field.

To Add an Alarm

- Tap the Alarm option at the bottom of the screen.
 - Tap **+** in the upper right corner. This will open the Add Alarm screen as shown in Figure 3-5 below.
 - Edit the Add Alarm screen as desired. (The options available on the Add Alarm screen are discussed below.)
 - Tap **Save** in the upper right corner.
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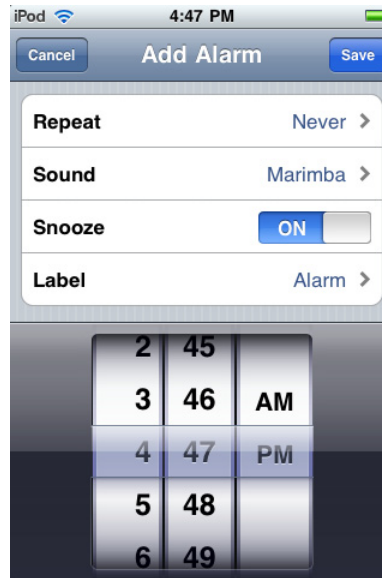


Figure 3-5: Add Alarm Screen

As Figure 3-5 shows, there are four options on the Add Alarm screen:

- Repeat
- Sound
- Snooze
- Label

Beneath the four options, you'll see the area used to set the time of the alarm.

Repeat

This option is used to set a repeat pattern for the alarm being set. As shown in Figure 3-6, multiple days can be selected from the Repeat screen.

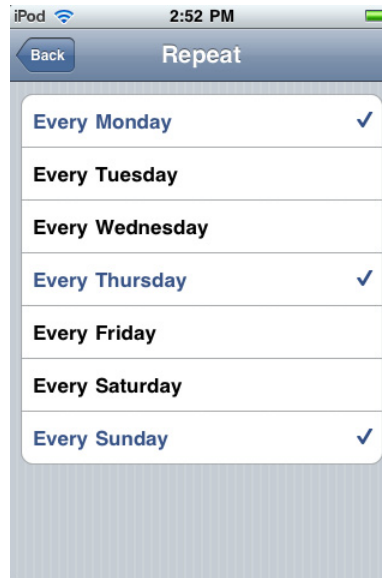


Figure 3-6: Repeat Screen

To Set a Repeat Option

- Tap the Repeat field (see Figure 3-5 above).
- Tap the desired repeat Alarm pattern(s) (see Figure 3-6 above).
- Tap **Back** in the upper left corner to return to the Alarm screen.

Sound

The Sound option allows you to select a sound for the alarm.

To Set a Sound Other Than the Default

- Tap the Sound field (see Figure 3-5 above).
 - Tap the desired sound (see Figure 3-7).
 - Tap **Back** in the upper left corner to return to the Add Alarm screen.
-

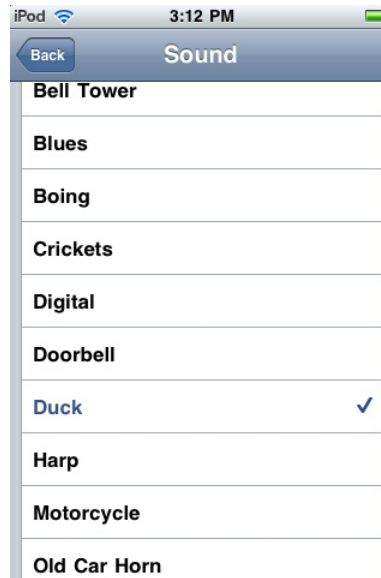


Figure 3-7: Sound Screen

Snooze

The Snooze option allows you to choose whether the alarm can be snoozed when it goes off. Snoozing will silence the alarm for 10 minutes before it goes off again.

It is a good idea to set the Snooze feature when setting alarms. There are often times when you can't deal with the alarm right at the time it goes off (e.g., you might be on the phone, driving, or in a meeting), but you don't want to forget about why you set it in the first place. Snoozing it will keep the alarm active so that you will be reminded again.

To Turn on the Snooze Option

- Tap the Snooze field to toggle between on and off (see Figure 3-5 above).
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Figure 3-8 shows the Snooze option as the alarm is going off.

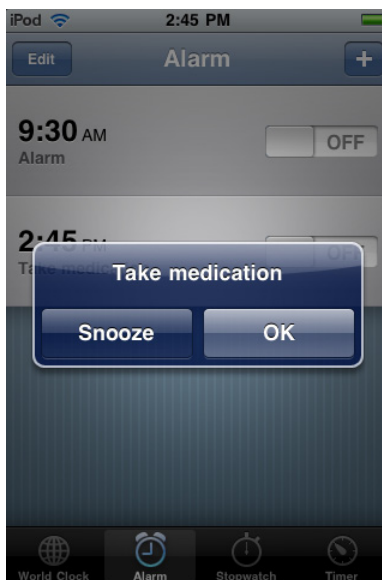


Figure 3-8: Snooze Screen

Label

The Label option allows you to enter a text reminder of the alarm's purpose. For instance, in the figure above, the label is "Take Medication."

Figure 3-9 shows the Label screen.

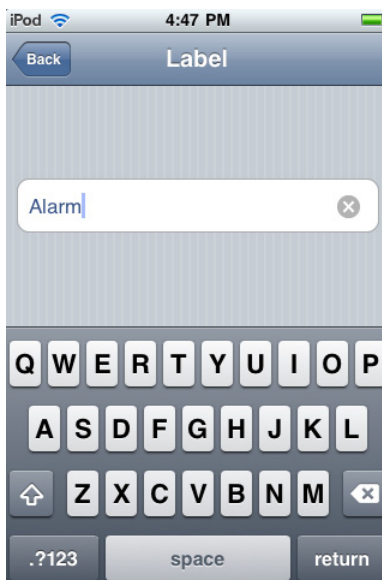


Figure 3-9: Label Screen

To Enter an Alarm Label

- Tap the Label field to open the Label screen.
 - Tap the Label text field (see Figure 3-9).
 - Enter the label for the alarm.
 - Tap **Back** in the upper left corner to return to the Alarm screen.
-

Alarm Time

The last option on the Add Alarm screen is to set the time for the alarm to go off.

To Set the Alarm Time

- Tap and drag to select the desired hour (see Figure 3-10).
 - Tap and drag to select the desired minutes.
 - Tap and drag to select AM or PM.
 - Tap **Save** in the upper right corner.
-

Figure 3-10 shows an alarm with all the options selected and the Save icon in the upper right corner.

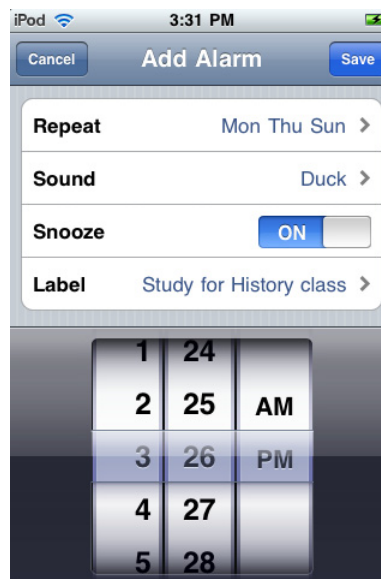


Figure 3-10: Completed Add Alarm Screen

GIVE IT A TRY!

- Set several alarms:
 - Two that repeat, each at a different interval
 - One that includes a sound other than the default
- All alarms should include labels.

Making Cognitive Connections 3-1

- Organization
- Planning
- Time management
- Memory
- Sequencing
- Relevance

This MCC exercise focuses on using alarms to help with time management and memory. Alarms can play a significant role in organization, planning, time management, and memory. There are many scenarios where an alarm can come in handy, such as setting an alarm to:

- Take medications
- Get to class or work on time
- Wake up
- Start dinner
- Feed your animals

It's interesting how many cognitive skills relate to the thinking process involved in choosing and setting alarms. Aside from choosing the appropriate time for an alarm to go off, identifying a relevant label for the alarm is extremely important.

The label associated with the alarm takes the guessing out of why you set the alarm in the first place. For instance, what if you went through the process of setting an alarm, but chose an inappropriate label or neglected to include a label? If you are like me, there are probably any number of times when you think you'll just set the alarm and will remember why you set it, only to have the alarm go off and then not remember its purpose.

The detail included in the label can also impact how successful the alarm will be. In other words, the text of the label should be descriptive enough for you to know the exact purpose of the alarm. For example, setting an alarm to "go to history class" versus "get to class on time" might make a difference for some people.

Editing Alarms

Now that you know how to set an alarm, it's important to learn to edit and/or delete alarms.

To Edit an Alarm

- Tap **Edit** in the upper left corner of the Alarm screen.
 - Tap the desired alarm to edit.
 - Modify the alarm options as desired.
 - Tap **Save** in the upper left corner of the screen (see Figure 3-11).
-

Figure 3-11 shows the Edit Alarm screen.

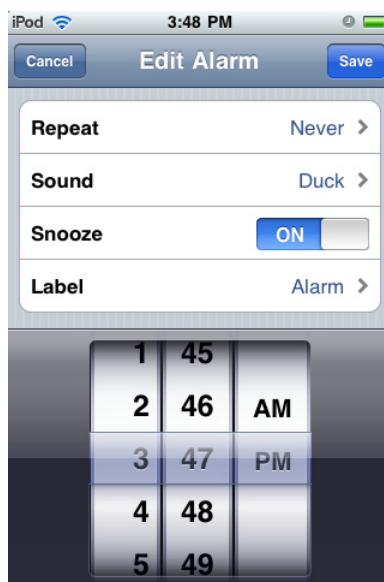



Figure 3-11: Edit Alarm Screen

GIVE IT A TRY!

- Edit the alarms set previously.

To Delete an Alarm

- Tap **Edit** in the upper left corner of the Alarm screen.
- Tap  to the left of the alarm (see Figure 3-12).
- Tap **Delete** to the right of the alarm (see Figure 3-12).
- Tap **Done** in the upper left corner of the screen (see Figure 3-12).

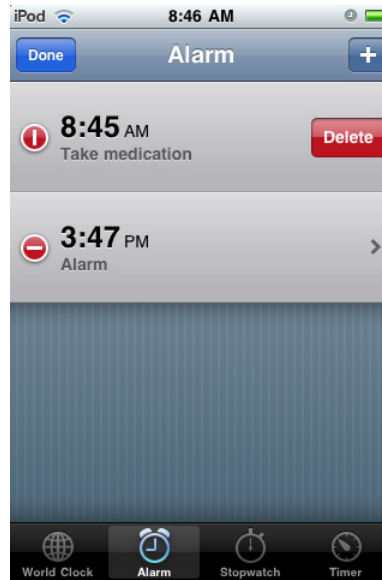


Figure 3-12: Alarm Screen

GIVE IT A TRY!

- Delete several or all of the alarms entered previously.

Making Cognitive Connections 3-2

- Organization
- Planning
- Time management
- Memory
- Sequencing
- Critical thinking

You identified two alarm scenarios relevant to your personal life in the previous MCC exercise. Now it is time to do a bit of critical thinking.

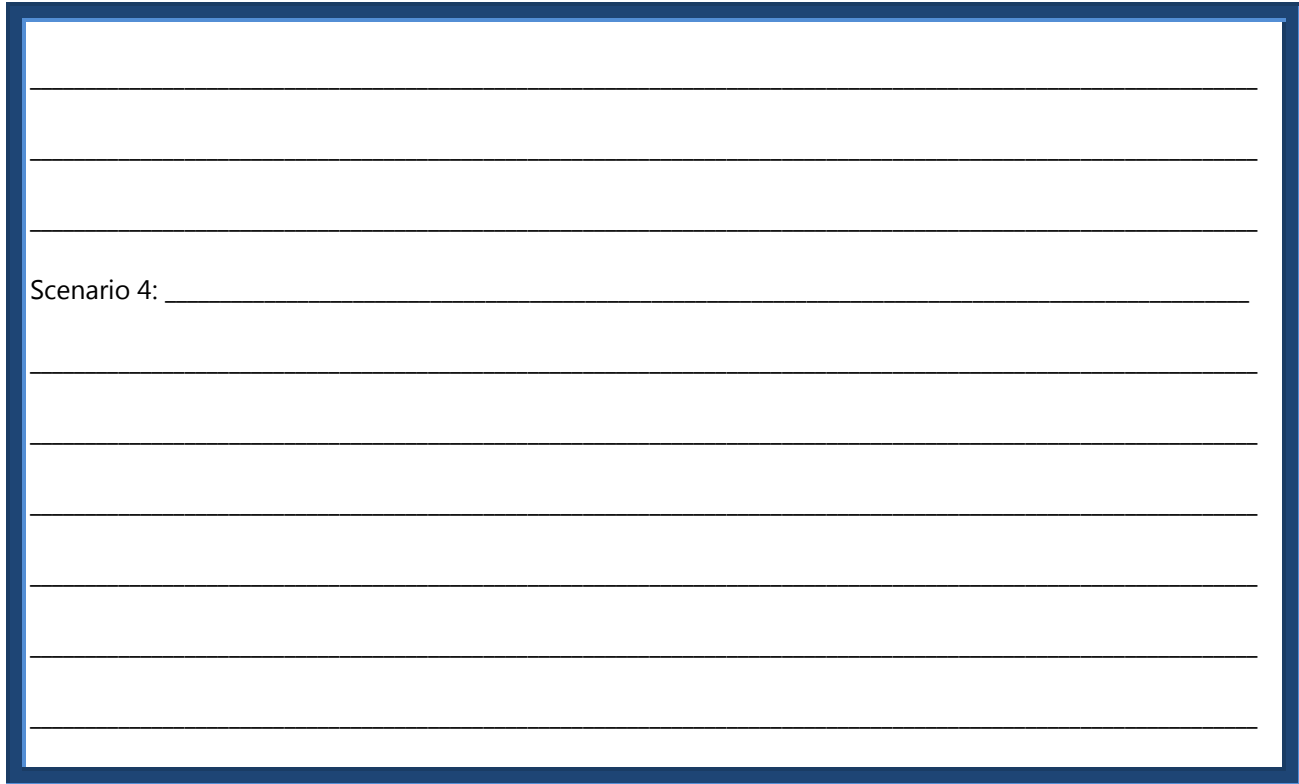
MCC @ School & Work

Identify several scenarios from school or work where you might have to edit or delete an alarm; for instance, you are at the end of a semester and your classes are about to change or your doctor changes the time you take your morning medication.

Scenario 1: _____

Scenario 2: _____

Scenario 3: _____



Scenario 4: _____

Stopwatch

The Stopwatch is used to track time as it passes.

To Open the Clock App Stopwatch Screen

- Tap the Stopwatch icon at the bottom of the Clock app screen.
-

Figures 3-13 and 3-14 show the Stopwatch Start and Stop screens respectively. Figure 3-14 also shows display lap times.



Figure 3-13: Clock App Stopwatch Start/Reset Screen



Figure 3-14: Clock App Stopwatch Stop/Lap Screen

To Use the Stopwatch

- Tap the Start icon to begin counting.
 - Tap the Stop icon to stop counting.
 - Tap Reset to reset the stopwatch back to zero.
-

The Lap feature allows you to track individual laps. For instance, in running, you could track your time for each lap you run, while keeping a continuous count going for the whole duration of the run.

To Use the Lap Feature of the Stopwatch

- Tap the Start icon to begin counting.
 - Tap the Lap icon after each lap to record lap time.
 - Tap the Stop icon to stop counting after the final lap.
 - Tap Reset to reset the stopwatch back to zero.
-

GIVE IT A TRY!

- Try the Stopwatch feature.
- Record at least five lap times.

Making Cognitive Connections 3-3

- Organization
- Planning
- Time management
- Memory
- Critical thinking

The Stopwatch feature can come in very handy in a variety of ways. Traditionally, a stopwatch is used to measure elapsed time, such as how long it takes to swim a lap in the pool or run around the track, etc.

You can certainly use the Stopwatch feature of the Clock app for the types of things referenced above; however, I'm going to suggest using it in a few different ways. Some less traditional uses of the stopwatch might include:

- Timing how long you can sit and do homework without losing interest. This might help those with shorter attention spans identify an average amount of time they can study and actually remain focused on the material. Once the average time is determined, study sessions and breaks can be planned more effectively.
- Timing how long it takes you to perform certain "getting ready" tasks, e.g., showering, dressing, brushing teeth, etc. Knowing how long such tasks *really* take can make a big difference in getting out the door (and to your destination) on time.
- Timing how much gardening you can do without getting too fatigued.

Don't let the fact that you are timing yourself distract you from what you are doing. It is way too easy to increase your pace when you're aware you are being timed. The point is to see how long a task typically takes, not how fast you can do it when you know the clock is ticking!

The lap feature of the Stopwatch provides an additional way to evaluate your use of time. For instance, if you use the Stopwatch to measure how long you can study at a time, start the Stopwatch, then stop it during each study break, restarting it when you resume studying. In this way, you establish study "laps." The study laps will help you see your overall study time as well as the amount of time you spend for each study lap.

MCC @ School & Work

Identify several scenarios from school or work in which you would benefit from using the stopwatch.

Scenario 1: _____

Scenario 2: _____

Scenario 3: _____

Timer

The Timer screen allows you to set a countdown timer. Figure 3-15 shows the Timer Start screen and Figure 3-16 shows the Timer Stop screen.

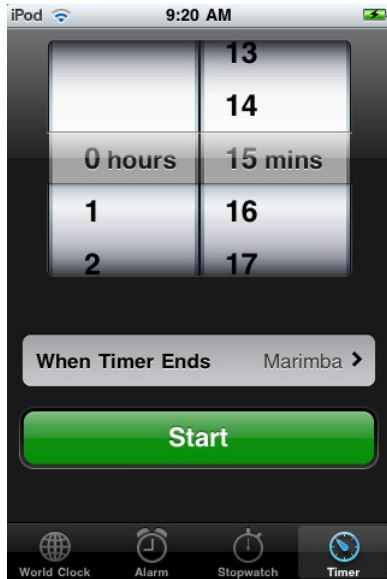


Figure 3-15: Clock App Timer Start Screen

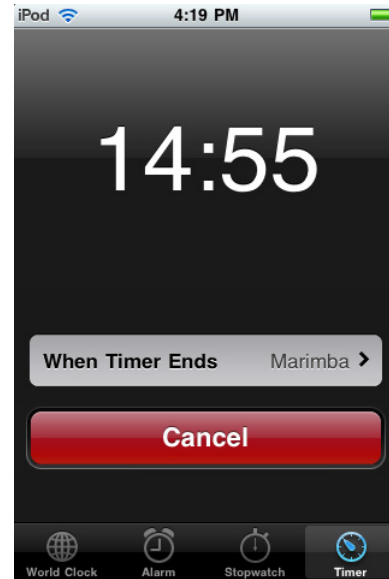


Figure 3-16: Clock App Timer Stop Screen

To Set the Timer

- Tap the Timer icon at the bottom of the Clock app screen.
 - Tap and drag to select the desired number of hours (see Figure 3-15 above).
 - Tap and drag to select the desired number of minutes.
 - Tap the “When Timer Ends” option to select the desired sound to play when the timer goes off.
 - Tap Start to begin the countdown timer.
 - Tap Cancel to stop the countdown timer from continuing.
-

GIVE IT A TRY!

- Try the Countdown Timer feature.
- Set the Countdown Timer for 5 minutes.

Making Cognitive Connections 3-4

- Planning
- Time management
- Critical thinking

The Timer feature can be useful on its own or in conjunction with the Stopwatch.

The Timer as an individual feature is like a kitchen timer and can be used to count down time. For instance, you could use the timer to:

- Count down 45 minutes for a gym workout
- Read for 30 minutes
- Count down a certain amount of time until you need to go somewhere

The Timer can also be used as a complement or follow-up to the Stopwatch. After using the Stopwatch to establish how long it takes you to perform certain tasks, the Timer can be used to count down so that you don't "overdo it" when it comes to working, studying, getting ready, etc.

MCC @ School & Work

Using the same scenarios you identified in the previous MCC exercise, describe how you might use the Timer to assist as a planning strategy.

Scenario 1: _____

Scenario 2: _____

Scenario 3: _____

Identify two additional scenarios in which the Timer feature might be helpful to you.

Scenario 1: _____

Scenario 2: _____

