The claims defining the invention are as follows:

1. A method of controlling access by a user to an electronic device, the electronic device being controlled by an administrator that has identified one or more software applications on the electronic device to which access by the user is to be limited and an allowable time period for the user to access the identified one or more software applications, the method comprising:

monitoring a use time for the user accessing the identified one or more software applications;

determining when the use time of the user accessing the identified one or more software applications exceeds the allowable time period for accessing the identified one or more software applications;

alerting the user that their use time for accessing the identified one or more software applications is to exceed the allowable use time for that user to access the identified one or more software applications and suspending access by the user to the identified one or more software applications on the electronic device;

enabling the user to request an extension to the allowable time period to access the identified one or more software applications;

providing the user with a task selected by the administrator in accordance with the educational requirements of the user, for the user to perform in response to the request for an extension to the allowable time period;

assessing the performance of the user in said task; and

upon successful completion of said task, extending the allowable time period for the user to access the identified one or more software applications.

2. A method according to claim 1 , wherein the allowable time period for a user to access the identified applications is set by an administrator supervising the user for each identified application.

3. A method according to claim 2, wherein the allowable time period is set in discrete time intervals as pre-determined or set by the user or administrator.

4. A method according to claim 1, wherein the use time of the user accessing the identified one or more software applications is monitored by a clock that records accumulative access time of the user to the identified one or more software applications.

5. A method according to claim 4, wherein the recorded accumulative access time of the user is compared against the allowable time period for accessing the identified one or more software applications.

6. A method according to claim 1, wherein the extension to the allowable time period for the user to access the identified one or more software applications is predetermined by the user or an administrator on behalf of the user.

7. A method according to claim 6, wherein the task assigned to the user in response to the request for an extension to the allowable time period comprises a quiz or test to be performed by the user.

8. A method according to claim 1 , wherein the performance of the user in the task is assessed on a level of success of the user in completing the task to a predetermined level of accuracy.

9. A method according to claim 8, wherein the predetermined level of accuracy is set by an administrator or the user.