The Pomodoro Technique is an effective study method when you need help focusing on your work. This technique allows you to focus on the task-at-hand in organized bursts of time. Tasks can include studying or homework in either one subject or multiple subjects.

How it works:

The Pomodoro Technique uses cycles of short bursts of focus and quick mental breaks (after 4 cycles, you take a longer break)

- **Step 1**: Set a timer for 25 minutes (the standard time – you can adjust it to fit your needs)
- **Step 2**: Study for 25 minutes (Cycle 1 begins!)
- **Step 3**: Take a 5 minute break (relax, grab a drink, run to the restroom)
- **Step 4**: Study for 25 minutes (Cycle 2)
- **Step 5**: 5 minute break.
- **Step 6**: Take another 25 minutes (Cycle 3)
- **Step 7**: Another 5 minute break here!
- **Step 8**: Last 25 minutes before a longer break! (Cycle 4)
- **You’ve completed 1 hour and 40 minutes of studying!**
- At last, a long break! The standard break time is 15-30 minutes or whatever fits your needs
Questions to ask yourself before you start your study time:

- Is this studying, homework, or a project?:
  - Studying
  - Homework
  - Project

- How many subjects do I want to cover during this time:

- How many full study cycles am I committed to completing?

- Will I know I am finished by the time spent or a point of completion?

Pomodoro Tools:

**ONLINE**
- Marinara Timer

**ANDROID**
- Pomodroido
- Pomodoro Timer Lite

**IPHONE**
- Flat Tomato
- Workflow Timer
- Focus Keeper