

Pomodoro Technique



"Make Time Your Friend, Not Your Enemy"

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



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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



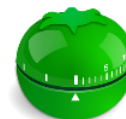
MARINARA TIMER

ANDROID



POMODROIDO:

A POMODORO TIMER



POMODORO TIMER LITE

IPHONE



FLAT TOMATO



WORKFLOW TIMER



FOCUS KEEPER