“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
Pomodoro Technique

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