

Pomodoro Studying Method

What is the Pomodoro Studying Method?

The Pomodoro Method is used for studying. It allows you to focus on 1 task in short periods of time.

Materials Needed:

- **Timer (clock, phone apps, or watch)**
 - Recommended Apps - Marinara Timer, Pomodoro Timer, Flat Tomato, Workflow Timer, Focus Keeper, Flora and Forest
- **Study Materials (Homework, Notes, Projects, etc.)**

Let's Try It!

Set the timer for 25 minutes.

Cycle 1: Grab your study materials and begin studying. Once the timer goes off, you have a 5 minute break. You can do whatever you want for those 5 minutes! Reset the time for another 25 minutes.

Cycle 2: Repeat Cycle 1

Cycle 3: Repeat Cycle 1

Cycle 4: Repeat Cycle 1, but at the conclusion of Cycle 4 you get to take a 15-30 minute break!
Awesome work, you earned it!

