

THE POMODORO TECHNIQUE

A STRATEGY TO RE-STRUCTURE UNFOCUSED STUDY TIME

HOW IT WORKS:



1. CHOOSE A TASK YOU'D LIKE TO COMPLETE

It can be big, small, something you've dreaded: What matters is that it's something that deserves your full, undivided attention.



2. SET A TIMER FOR 25 MINUTES

Make a deal with yourself. I will spend 25 minutes on this task without interruption! You can do it!



3. WORK ON YOUR TASK UNTIL TIME IS UP

If your mind wanders to something else you need to do, write it down for later and let it go. Get back to your task!



4. CHECK SOMETHING OFF!

A check mark on any paper will do. This will signify completing one 25-minute timer, not necessarily a whole task.



5. TAKE A TRUE 5-MINUTE BREAK

Get up, walk around, talk to someone, grab a snack, and just breathe.



6. REPEAT STEPS 1-5 THREE MORE TIMES

Now you've completed 2 hours of work. Hooray! After, take a 20-30 minute break and start the process again.

WHY IT WORKS:



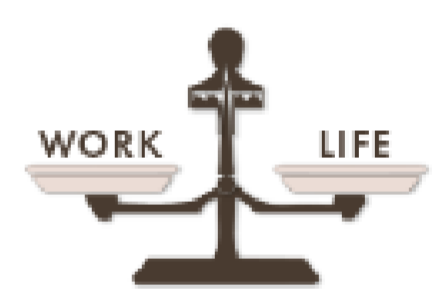
START TO SEE TIME AS A TOOL FOR SUCCESS, NOT THE ENEMY



ELIMINATE BURNOUT FROM TRYING TO DO TOO MUCH AT ONCE



AVOID DISTRACTIONS BY ADDING IN SCHEDULED BREAKS



CREATE BALANCE BETWEEN SCHOOL & SELF CARE TIME

MANY STUDIES HAVE SHOWN THAT HUMANS HAVE A MAXIMUM ATTENTION SPAN OF 20 - 45 MINUTES AS LONG AS OUR BRAIN HAS TIME TO REST PRIOR. POMODORO TECHNIQUE IS RIGHT IN THE SWEET SPOT!!

WHAT'S A POMODORO ANYWAY?



Pomodoro typically refers to a tomato-based pasta sauce. The Pomodoro Technique got its name from the tomato-shaped timer used by its creator, Francesco Cirillo. In the 1980's, Cirillo invented this technique to help with his own college studies.

The Pomodoro Technique is actually more effective with the use of a mechanical ticking timer. The ticking sound gets your mind into work mode and eventually becomes soothing and rhythmic. You can buy your very own Pomodoro on Amazon for less than \$10!