



Study Tip Series

The Pomodoro Technique

Planning Your Study

The Pomodoro Technique focuses on breaking up tasks into 25 minute intervals, called "pomodoros". The first step to setting this up, is listing the tasks you want to complete and estimating how many sessions it will take to complete each task. Make sure your list is achievable for the day.

List your task here.

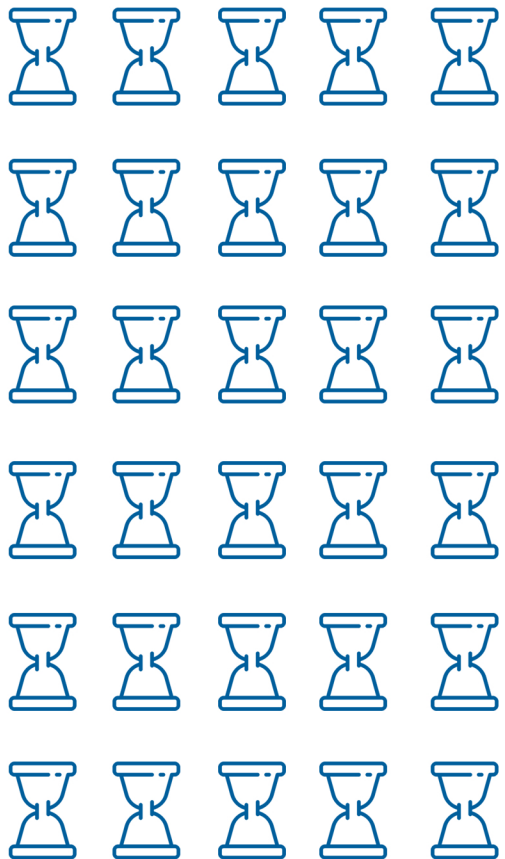
Shade top half to allocate Pomodoros



Shade in bottom half when you have completed the pomodoro to track your progress

To Do Today:

Pomodoro Estimate/Progress



Rules for the Pomodoro Technique:

- > Use a timer for the 25 minute segments
- > When the timer rings, end your work and have a short (5 minute break)
- > After 4 checkmarks, have a longer break (15-30 minutes)
- > Avoid interruptions and use your 5 minute breaks to check notifications