

Name: _____ Block: ____ Date: _____

Strategies: Time Management & Motivation



Using the Pomodoro Technique

If you want a system for studying in short bursts, try the Pomodoro technique.

This method was invented in Italy in the late 1980s.

Using a kitchen timer shaped like a tomato ("pomodoro" means tomato in Italian), the inventor (Francesco Cirillo) found he could concentrate better by studying in short stretches.

Here's how to use the Pomodoro technique:

1. Decide on the task that you'll work on
2. Set a timer for 25 minutes
3. Work on the task
4. Stop working when the timer rings
5. Put a checkmark on a piece of paper and take a 5 minute break.
6. Then repeat Steps 1 to 5.
7. After four pomodoros (breaks), take a **15- to 30-minute** break.
8. Draw a line through the four checkmarks and start again if you need to continue the task.

There are lots of free apps online, for example: this is a free pomodoro timer website: <https://pomodor.app/timer>

