

Name: _____ Block: _____ Date: _____

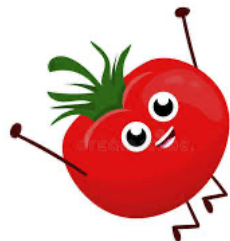
Strategies: Time Management & Motivation



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>