

■ The Pomodoro Technique

A Fun, Focused Way to Study & Win in College!

■ Step 1	Choose a task you want to focus on.
■ Step 2	Set a timer for 25 minutes (this is 1 Pomodoro).
■ Step 3	Work only on that task until the timer rings.
■ Step 4	Take a short 5-minute break — stretch, sip water, or breathe.
■ Step 5	Repeat! After 4 Pomodoros, take a longer 15–30 minute break.

■ Pro Tip: Small focused steps = BIG wins for success! ■