

The Pomodoro Technique

A Simple Time Management Method for Student Success

Here's how to use the Pomodoro Technique to boost focus and productivity:

1. Choose a task you want to work on.
2. Set a timer for 25 minutes (this is called one 'Pomodoro').
3. Work on the task without distractions until the timer rings.
4. Take a 5-minute break—stretch, hydrate, or relax.
5. After four Pomodoros (25 min x 4), take a longer break (15–30 minutes).

Tips for Success:

- Write down your Pomodoros to track progress.
- Use breaks to refresh your mind and avoid burnout.
- Stay consistent—small focused sessions add up to big results!