

THE POMODORO METHOD

Use a stopwatch to study with the Pomodoro Method. Repeat four times, then give yourself a 20-30 minute break.



Set a timer for **20 minutes**. Study hard for all 20 minutes.



Once the timer goes off, get up from your student area and **take a 5 minute break**.



Do something non-academic for those 5 minutes-- take a walk, eat a snack, get a breath of fresh air.



Come back to your study area refreshed and ready to **study hard for another 20 minutes**.

! Younger students may need shorter intervals and students who **struggle with transitions** may prefer **longer intervals**. Adjust the time on-task and the time off-task to **suit your needs**.

