

# POMODORO TECHNIQUE

A way to keep yourself working effectively



# POMODORO TECHNIQUE

- A well used strategy for productivity
- Widely used in the work place
- Also widely used in schools/universities as a strategy for effective study time



# WHAT IS IT?

- <https://www.youtube.com/watch?v=mNBmG24djoY>

# HOW DO I DO IT?



## The Pomodoro Technique

**Pomodoro** is the Italian word for tomato. The inventor named the technique after a tomato-shaped timer he used to track his work.

**1.**  
Identify task



**2.**  
Set timer  
for 25 minutes



**3.**  
Work on task  
(with no distractions)



**4.**  
End work when  
timer rings and  
mark task as done



**5.**  
Take a 5 minute  
break, then move  
on to next task



**6.**  
After four sprints,  
take a longer break  
(15–30 minutes), then start again



Pomodoro 1

Pomodoro 2

Pomodoro 3

Pomodoro 4

Break :)



# HOW CAN I APPLY THIS TO MY REVISION

- Spend 10 minutes making a list of:
  - What you need to re visit that you have revised recently.
  - What you need to focus on revising from scratch.
  - Split these into chunks e.g English, History – revisit these. Maths – alegbr – revise this!
- Use your 25 minutes to do things like:
  - Create Cornell Notes on one of the subjects
  - Review previous revision using your flashcards
  - Review previous revision using your Cornell Notes by reading your questions on the left and checking your understanding.
  - Do some Self Explanation/Feynman Method.