



POMODORO STUDYING METHOD

What is the Pomodoro Studying Method?

The Pomodoro Method is used for studying. It allows you to focus on 1 task in short periods of time.

Materials Needed:

- Timer (clock, phone apps, or watch)
 - Recommended Apps - Marinara Timer, Pomodoro Timer, Flat Tomato, Workflow Timer, Focus Keeper, Flora and Forest
- Study Materials (Homework, Notes, Projects, etc.)

Let's Try It!

- Set the timer for 25 minutes.
- **Cycle 1:** Grab your study materials and begin studying. Once the timer goes off, you have a 5 minute break. You can do whatever you want for those 5 minutes! Reset the time for another 25 minutes.
- **Cycle 2:** Repeat Cycle 1
- **Cycle 3:** Repeat Cycle 1
- **Cycle 4:** Repeat Cycle 1, but at the conclusion of Cycle 4 you get to take a 15-30 minute break!



