

STUDY METHOD: POMODORO

The Pomodoro Method focuses on interval studying to maximize the effectiveness of the study sessions. Implementing work blocks with a major focus reduces distractions, improves productivity, and limits the potential for burnout.

WHO MIGHT BENEFIT FROM THIS METHOD?

The method is useful for students looking to maximize their time dedicated to studying. Additionally, the process allows students to begin studying in smaller increments promptly. The technique can be implemented anytime leading up to an exam or deadline with the ability to shift intervals based on the student's needs.

WHAT GOALS ALIGN WITH THIS METHOD?

“I want to increase productivity and time management skills.”

“I feel that I am studying and not retaining the information for the exam.”

“I am unable to maintain focus when attempting to study.”

THE BASIC FRAMEWORK IS AS FOLLOWS:

1. Choose a task to focus on.
 2. Set a timer for 25 minutes.
 3. Work on the task without distractions.
 4. Take a 5-minute break when the timer ends.
 5. Repeat steps 1–3 three more times.
 6. Rather than the 5-minute break, take a longer break of 15-30 minutes.
 7. Reflection. Before ending your study session, reflect on the material and information learned or retained throughout the session.
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After completing steps 1 through 7, you have effectively set study blocks with intentional breaks. The reflection step allows you to note where further studying is necessary and promotes a general understanding of your knowledge of the topic at hand.

Now, the method can be repeated with the same material or remodeled with different materials as many times as you would like. If the 25-minute timer is too quick, the study blocks can be increased. It is not recommended to have a study block longer than 45 minutes. As the study blocks increase, the 5-minute break time should also increase. For example, with 35 minutes of study time, the break should be 10 minutes.

