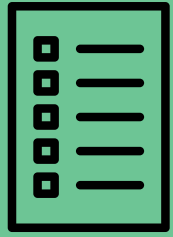


POMODORO METHOD

Method for managing your study time with breaks

CHOOSE A TASK YOU'D LIKE TO GET DONE:



Something big, something small, something you've been putting off for a million years: it doesn't matter. What matters is that it's something that deserves your full, undivided attention.

SET A TIMER FOR 25 MINUTES:



Make a small oath to yourself: I will spend 25 minutes on this task, and I will not interrupt myself. You can do it! After all, it's just 25 minutes.

WORK ON THE TASK UNTIL THE TIMER RINGS:



Immerse yourself in the task for the next 25 minutes. If you suddenly realize you have something else you need to do, write the task down on a sheet of paper.

WHEN THE TIMER RINGS, CHECK OFF YOUR TASK:



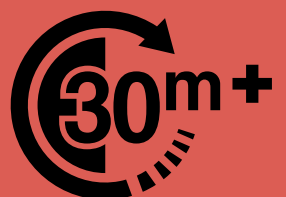
Congratulations! You've spent an entire, interruption-less Pomodoro on a task.

TAKE A SHORT, 5-MIN BREAK:



Breathe, meditate, grab a cup of coffee, go for a short walk or do something else relaxing (i.e., not work-related). Your brain will thank you later.

EVERY 4 POMODOROS, TAKE A LONGER BREAK:



Once you've completed four Pomodoros, you can take a longer break - 30 to 60 minutes is good. Your brain will use this time to assimilate new information and rest before the next round of Pomodoros.