The *Pomodoro* Method

What do you do?

1. Pick your task – read an article/chapter, research/work on paper, study for a quiz/exam
2. Set a timer for 25 minutes and work on the task
3. After 25 minutes, set a 5 minute time for a break
   - If you're making progress with your task and the timer goes off, finish what you're working on and *then* take a break!
4. Repeat a few more times until task is completed and take a longer break
   - Use the long break to recharge yourself before you continue on with a new *Pomodoro*

Stick with your task – If you think of something else to do, write it down and do it later:

- During one of your breaks
- Dedicate a *pomodoro* to do it

	Time	What to do
~ 2 hour block (*pomodoro*)	25 minutes	Work/study
	5 minutes	Short break
	25 minutes	Work/study
	5 minutes	Short break
	25 minutes	Work/study
	5 minutes	Short break
	25 minutes	Work/study
	15-30 minutes	Long break – you earned it!