



Pomodoro Method

What is the Pomodoro Method?

The Pomodoro Method or the 25/5 Method is a way to break down your study sessions into smaller time intervals. Using this method, you can study for two hours in four timed intervals with short breaks in between.

Instructions

1. Determine what your goal for the study session will be. Gather all your materials.
2. Set a timer for 25 minutes. Focus on your homework or study materials intently for the full time.
3. After 25 minutes, set a timer for 5 minutes and take a break.
4. Repeat steps 2 and 3 three more times, for a total of 4 sets or 2 hours.
5. After 2 hours, take a longer break.

Use this chart to track your sets!

Set	Goal	Completed?