



3.6 Lesson Extension-2: Applying the Pomodoro Method **HANDOUT 3.6.2**

The Pomodoro Method (Italian for “tomato”)

Like six chambers in a tomato, consider dividing every thirty minutes of study time into six increments. Each chamber represents five minutes of focused study time with the sixth chamber designated for a 5-minute break (e.g., get a drink of water, check your phone, exercise). Planned brain breaks allow you to put off distractions for 25 minutes and then enjoy a 5-minute refresher break before getting back to work.

- **What are some good 5-minute brain breaks for you?** What is refreshing but will not take more than five minutes? (Write your choices in one of the tomato sections below.)



- **How will you monitor your time?** What will help you stay consistent to 25-minutes of study time then a 5-minute break? (Check for a Pomodoro app. There are some good options.)

Application/Reflection: Experiment with the Pomodoro Technique

Try the Pomodoro Technique consistently for three days. Then answer:

- **How did a 5-minute break affect your focus and concentration level?** Did you feel more or less focused after a brief break?
- **Were you able to stay consistent with 25-minutes of studying and then a 5-minute break?** What were the challenges (if any)? What did you do to overcome those challenges?