The Pomodoro Technique

The Pomodoro Technique was developed by a university student Francesco Cirillo. Cirillo was struggling to focus on his revision. Feeling overwhelmed, he committed to **25 minutes** of focused study time. Motivated by the challenge, he found a tomato (pomodoro in Italian) shaped kitchen timer, and the Pomodoro technique was born - its biggest strength is its simplicity.

The **'Pomodoro'** is a single, indivisible unit of time, 25 minutes, that cannot be broken, especially not to check incoming emails, social media or text messages. **Cirillo set a rule that once a 'Pomodoro' is committed to, it must be completed.** Any distractions, requests or other tasks must be ignored or returned to later. Once a 'Pomodoro' is completed you are allowed a **five-minute break.**

In the event of an unavoidable disruption, take your five-minute break and start again. Cirillo recommends that you track interruptions as they occur and reflect on how to avoid them in your next session. The rule applies even if you finish your task before the timer goes off. Use the rest of your time for overlearning or depth of your knowledge.

Motivation

There is a variety of advice on motivation. Some top tips include:
- Set small targets with rewards.
- Make sure there are breaks in your revision.
- Remind yourself of your long-term goals.
- Plan a big treat for after your exams.
- Use effective revision timetables so that you can see the progress you are making.
- Schedule fun and relaxing activities during your revision timetable so that you can 'earn' the rest.
- Study or communicate with someone else revising for the same exams – peer support is useful for motivation and to discuss revision.

Avoiding procrastination

Procrastination means putting off a task that needs doing. The following advice is to help avoid procrastination - notice how it links to the 'Pomodoro Technique' and 'Effective Revision Timetables'

- Turn off your phone, TV and other distractions – give your phone to someone to look after.
- Give yourself regular breaks to help keep you focused.
- Break revision into small chunks that are more manageable to complete and not one endless, all day task.
- Build your revision around tasks to complete (past papers, revise from flash cards, read and summarise notes, answer quiz questions) with each task lasting 25-30 minutes.