

The Pomodoro Technique

The need to manage your time as a learner is crucial to your success. It is good to be efficient when you study so that all of the time allocated to reviewing your notes, reading and doing past paper and tutorial questions is well spent. Sometimes people make the mistake of thinking that the amount of time they spend studying is directly proportional to how much they will learn. However, the quality of this time and how you use it is just as important.

Francesco Cirillo experimented with breaking up study periods into shorter blocks of time. He found that 25 minutes of studying followed by a 5 minute break repeated 4 times resulted in a more effective 2 hour study period. He was able to concentrate better and remember more of the material that he was reading. He used a kitchen timer shaped like a tomato, which is a pomodoro in Italian, to alert him to the end of the 25 minute study period and later named his method the Pomodoro Technique.



There are a few more details about this technique that you might find useful.

- The best way to use the 5 minute break is to go for a walk or do something active.
- Once the 2 hour block is finished a longer break is advised before resuming your studies.
- There are many apps and online resources that you can access to help you to apply this technique.
- The 25 minute study period is a good suggestion but you may find that slightly shorter or longer times are better for you.