

The Pomodoro Technique

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The Pomodoro Technique is a time management tool to help you work productively by setting goals for a work period, working and taking breaks for set intervals, and keeping track of your progress.

Plan your tasks

What do you want to accomplish? Write down your specific goals and how much time you expect it will take.

- 2 Set a timer and focus on your task for 25 minutes.
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When the timer ends:
Stop and record your progress.



- 4 Set a time to take a break for 5 minutes.
- Repeat steps 2-4
 Complete between three to five study/work cycles.



Take a longer break

Assess your progress and your time expectations.

Break for about 30 minutes.

Then move on to another task or keep at it, starting from the top!

The **Academic Success Centre** provides free content, study skills and writing tutoring for UNBC students.

To learn more, **scan the QR code**, or visit the **ASC**, located in the Library Learning Commons (5-139G).

