



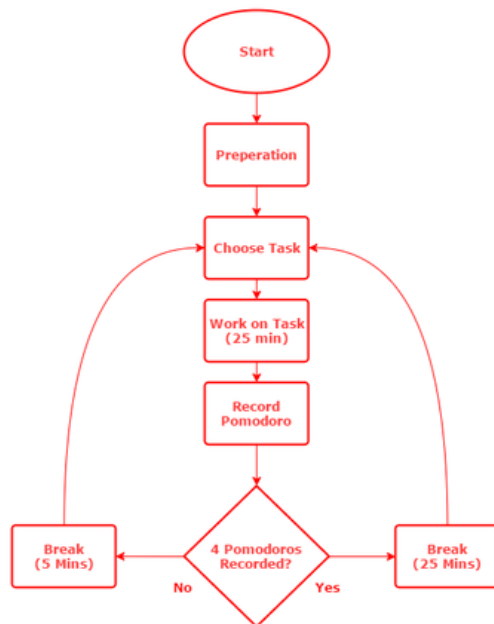
learningtolearn

Independent learner _____

Pomodoro technique

The technique was first devised in the 1980s by Francesco Cirillo. It was named after the tomato shaped kitchen timer he used to time his short bursts of work.

The method breaks down work into manageable periods (between 20-30 minutes is commonly used) This can often seem less daunting than sitting down for hours at a time to complete tasks.



The technique is ideal for managing workload. Students may set themselves a number of Pomodoros to complete across the week. As they progress from Year 7 through to 13, the number of pomodoros will need to increase.

If they commit to doing **15** sessions across a week, they have the freedom to change plans, have a night off and catch up later.

Alternatively, they might bank some extra Pomodoros on a Monday so that they can earn a lighter night later in the week.

Committing to a set time spent on work each week has a number of benefits.

- Students may slow down and focus on quality of work more
- Once homework is finished, students can use time to review work & older topics, potentially producing revision resources