

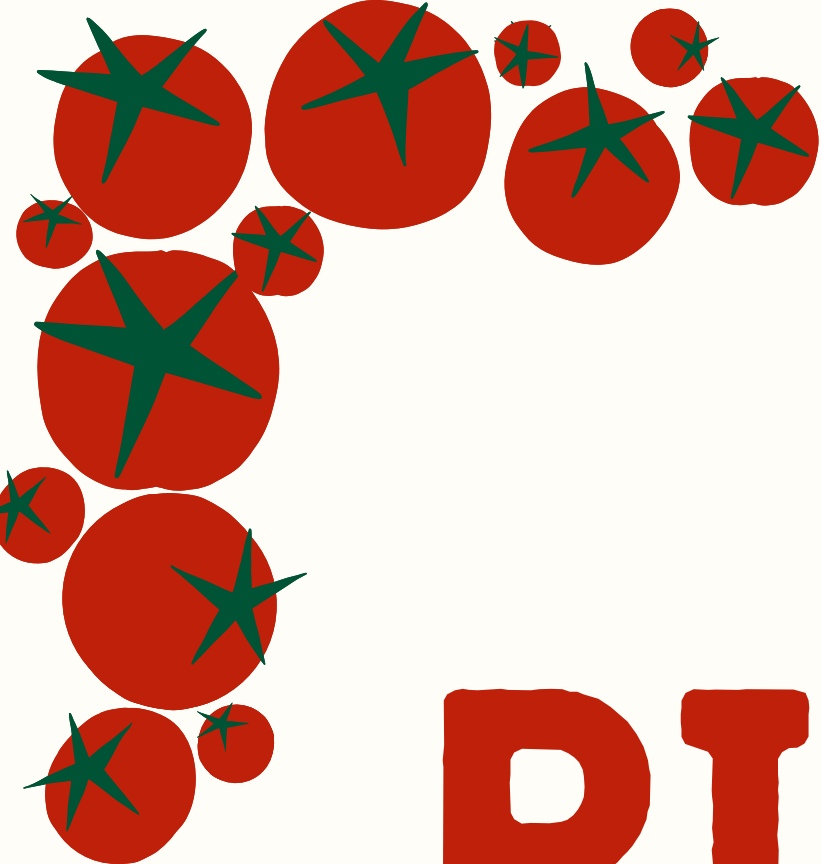


THE POMODORO TECHNIQUE



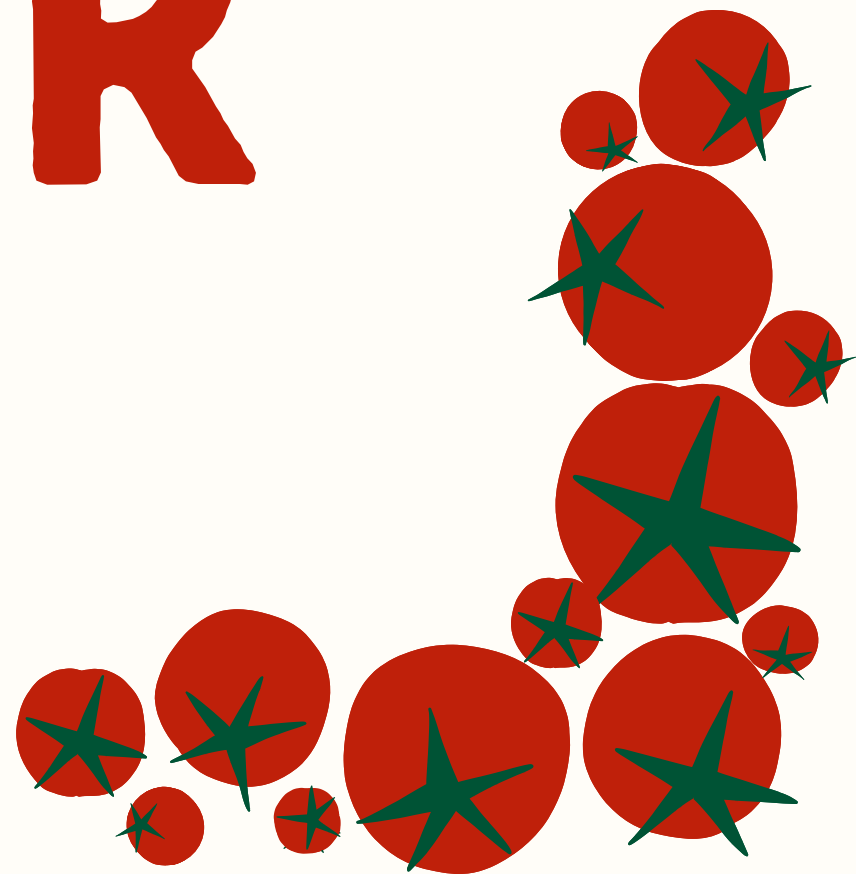
UNIVERSITY OF
LIMERICK
OLLSCOIL LUIMNIGH

Peer-Supported
Learning Centre



PICK A

TASK

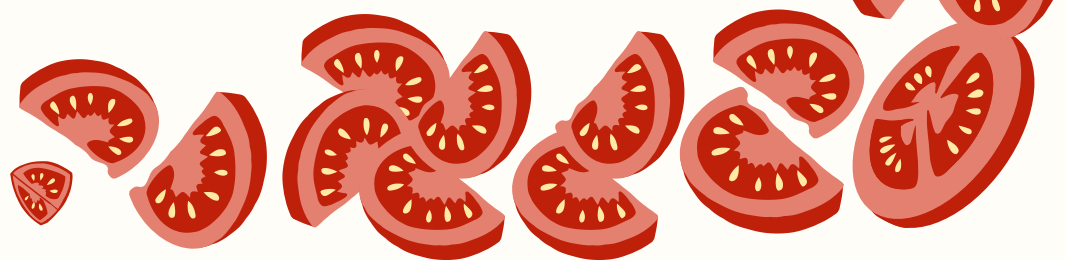
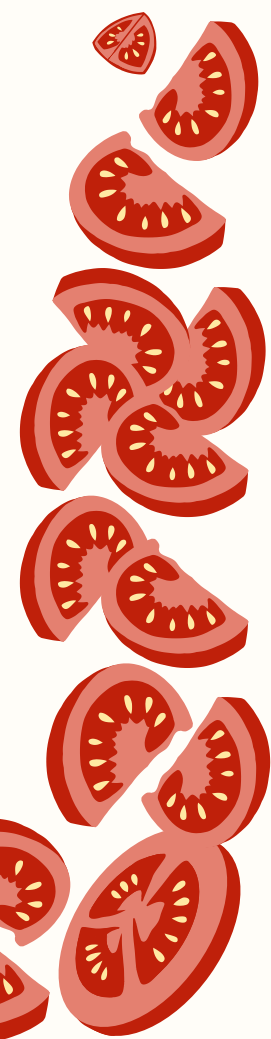




**SET A
TIMER
FOR 25
MINUTES**




**WORK ON
THE TASK
UNTIL THE
TIME IS UP**





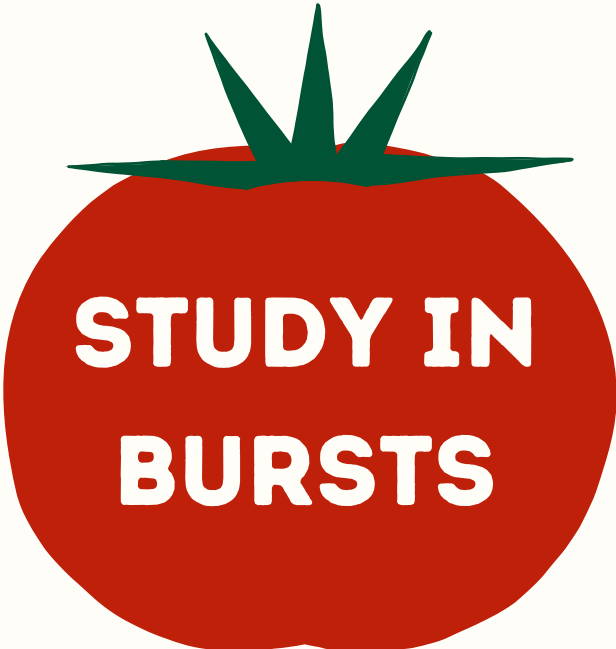
**TAKE A 5
MINUTE
BREAK**





**AFTER 4
CYCLES
TAKE A 30
MINUTE
BREAK**

WHEN TO USE



**STUDY IN
BURSTS**



**GATHER
RESEARCH**



**BRAIN
STORM**



**REPLYING
TO EMAILS/
MESSAGES**



PLANNING