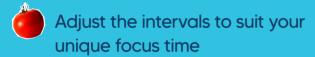
Tips for using The POMODORO **Technique correctly:**









Take longer breaks if repeating the technique 4 rounds or more.

For more exam tips and tricks visit our Exam De-stress page.



exeterguild.com/exam-destress



For more wellbeing advice and tips visit our Wellbeing hub.



exeterguild.com/wellbeing-hub





POMODORO **TECHNIQUE**







How to study for exams with The POMODORO Technique

Struggling to get through your workload or revision? Try this technique for a short burst of focus time.

This technique can help to:



Beat procrastination and help you focus



Improves your efficiency and productivity



Work on your chosen task for that time - without any distractions or breaks.



Choose the task you want to do.



Once you have finished your task, take a **5-minute** break.





