







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

-  Use a timer 
-  Plan your tasks
-  Make the most of your breaks
-  Adjust the intervals to suit your unique focus time
-  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

GUILD
WELLBEING

For more wellbeing advice and tips visit our **Wellbeing hub**.



exeterguild.com/wellbeing-hub

Exam
De-Stress
ease exam worries

THE
POMODORO
TECHNIQUE





EXETER STUDENTS'
GUILD

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

1.



Choose the task you want to do.

2.



Set your alarm or timer for **25 minutes**.

3.



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

4.



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

5.



Give yourself a longer break every **4 pomodoros**.

