Pomodor-OH Yeah!

College life is busy, and it's easy to sit down to study only to realize an hour has passed and you've mostly just scrolled. The Pomodoro Technique helps you work with your brain, not against it. By breaking study time into focused bursts and short, intentional breaks, you train your brain to concentrate, recharge, and remember more. Think of it as interval training for your focus muscle: 25 minutes at a time.

Quick Brain Science - why pomodoro?

- Your prefrontal cortex (the brain's focus center) fatigues after about 20–30 minutes of intense work.
- Short breaks reduce cognitive overload and strengthen neural pathways for memory and focus.
- The Pomodoro Technique trains your brain to shift from reactive distraction to intentional focus over time.

How it Works:

TASK	WHAT TO DO	WHY IT HELPS
1. Choose content to study.	Pick one concrete thing to work on. Break material into chunks.	Keeps focus specific and doable
2. Set a timer (25 mins)	Work without interruption	Builds a deeper focus
3. 5-min break	Move, stretch, breathe, and/or hydrate	Resets your brain
4. Repeat x 4	After 4 cycles, take a 15-30 min break	Prevents burnout

My Pomodoro Planner

Use this table as a guide to plan and organize your pomodoro cycles.

TASK	EST OF POMODOROS NEEDED	NOTES/DISTRACTIONS	COMPLETED?
Example: Read Chapter 3 and Notes	2 Pomodoros (2x25 min)	One phone notification – ignored water plants later	YES

My Best Time

Everyone's brain has a "focus sweet spot." This section helps you notice when, where, and how you work best—so you can plan your Pomodoros around your natural energy peaks instead of fighting them.

Best time of day to focus: _____

Biggest distractions: _____

5-minute break ideas that help me reset: _____

Reward I'll give myself after 4 Pomodoros: _____

Mini-Mindful Break: Between Pomodoros, close your eyes and take three deep breaths, noticing your shoulders drop. This helps shift your nervous system from fight/flight to focus/flow.