



Welcome back to...

TIPS & TRICKS TUESDAYS





This week...

STUDYING HACKS

HOW DO YOU LIKE TO STUDY?





POMODORO METHOD

This method is great for you if you have trouble with...

- focusing for long periods of time
- get easily distracted
- time consuming projects
- get easily overwhelmed with large amounts of school work





POMODORO METHOD

Steps for the Pomodoro Method:

1. grab your homework and pick out **one task** to work on
2. set a timer for **25 minutes**
3. work on assignment until the timer goes off
4. take a **five minute break**
5. repeat for 2 or 3 more times while taking **longer breaks** each round
6. repeat steps until homework is complete!



**HAVE FUN
STUDYING!
HAPPY
TUESDAY :)**

Sources:

<https://todoist.com/productivity-methods/pomodoro-technique>