Short transcript of interviews

(based from memory and from notes taken)

Interview 1

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| Have you heard of the Pomodoro Technique?  It’s a time management strategy where you take a 5 minute break for every 25 minutes of work.  Would you be interested in using it?  Is there a reason for not being interested in it?  If you could adjust the length of the timer would you then consider using it?  How long do you work for before taking breaks?  So you don’t take any breaks?  … (interview continues) | “I’ve never heard of it.”  “No.”  “I usually don’t study much so I often leave everything to the last minute. So, when I do have to study, there usually isn’t any time for breaks.  It also seems a bit too restrictive with the exact 25 minutes of work and 5 minute breaks.”  “No, it’s not my thing.”  “Until the work is finished. However long that takes.”  “Yep.” |

Interview 2

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| Have you heard of the Pomodoro Technique?  It’s a time management strategy where you take a 5 minute break for every 25 minutes of work.  Would you be interested in using it?  Any reason why?  How long do you normally work for before taking a break?  Do you ever record the length of time spent on tasks?  Would these statistics be useful though? For example you could be able to estimate the time it takes you to complete the homework for a certain subject and you could use it to manage your time more effectively.”  … (interview continues) | “No.”  “Not really.”  “I feel like if I took frequent breaks, it would disrupt my ‘study flow’. I would start to get distracted and procrastinate again.”  “It really depends. If I’m doing homework I’ll work on it until I’m finished which is usually around 1 hour. If I’m revising for something I’ll be studying for around 2 hours before taking a 10 minute break.”  “Not really. Maybe only when I’m doing practice tests or doing work that I need to improve my speed on. Like math exercises.”  “That actually does sound helpful.” |

Interview 2

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| Have you heard of the Pomodoro Technique?  It’s a time management strategy where you take a 5 minute break for every 25 minutes of work.  Have you used it before?  Is there anything that you think should be changed about the technique?  How long do you normally work for before taking a break?  … (interview continues) | “No.”  “Oh, then I think I have heard of it. I’ve never realised it was called that though.”  “No, but I would try it out. It sounds helpful.”  “I think that the 25 minutes work period is too short.  It takes a while to get into the correct mindset for studying, and the frequent breaks would just disrupt the workflow. You’d never be able to get anything done!  Maybe the length of the sessions should be changed to being 45 minutes.”  “Normally around 45-60 minutes with a 10 minute break until I’ve finished.” |