



Study using the Pomodoro Method.

- 1. Study and focus for just 25 minutes.**
- 2. Take a 5-minute break.**
- 3. Repeat 3-4 times.**
- 4. Reward yourself!**

This proven technique uses a combination of the human brain's two natural modes of thinking – “focused” and “diffused.”

(Pomodoro is Italian for tomato.)