



The Pomodoro Technique (*ital. pomodoro = tomato*) is a great method to conquer procrastination. This time management philosophy was developed by the Italian life coach [Francesco Cirillo](#). It's based on working in 25-minute intervals and using a timer to keep yourself accountable. (The kitchen timer that Cirillo first used was shaped like a tomato.)

This is how you can apply the strategy when doing homework, writing a paper, studying for an exam or many other projects:

1. Pick **ONLY** one specific task (no multi-tasking).
2. Work on that task for 25 minutes and do **NOTHING** else. *Set the timer!*
3. Whenever you think of a **DISTRACTION** (another task, something you would rather do), write it down.
4. Take a 5-minute **BREAK** and do whatever you want. *Set the timer!*

Repeat those steps 3 more times (for a 2-hour study session) and then take a longer break. Repeat as needed.

Consider the following tips to **optimize the Pomodoro Technique**:

1. **Get everything in place before you start**, so that you don't get distracted looking for a pencil or a textbook. Also, remove anything that might distract you (e.g. social media, your phone, apps or websites).
2. **Experiment with time intervals** to see what works best for you. Your intervals can be shorter or longer depending on your energy level, time of day or nature of the task. If you have a good work-flow, feel free to keep working beyond 25 minutes but take regularly scheduled breaks to optimize your brain capacity.
3. **Use a commitment app on your computer or phone**. Instead of a tomato shaped kitchen timer you can use apps such as [Cold Turkey Writer](#), [Focus](#), [SelfControl](#), [Tomato Timer](#) or [Tide](#).
4. **Keep track of the number of pomodoros**, so you can take your longer (~20 minute) break.

Adapted from <https://collegeinfo geek.com/pomodoro-technique>.