

STUDENT SUCCESS SKILL SHEET

The Pomodoro Technique

The **Pomodoro Technique** is a time management system that breaks work into 25-minute intervals, called “pomodoros,” separated by short, 5-minute breaks, with longer breaks after every 4 pomodoros.



This technique can help improve focus, productivity, and accountability by reducing distractions, preventing burnout, and making large tasks feel more manageable!

