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**Pomodoro Technique**

**Student Learning**

[Francesco Cirillo’s **Pomodoro Technique**](http://www.pomodorotechnique.com/) (TM) is a productivity booster and helps with time management.

1. Select a task to be accomplished.
2. Set the Pomodoro (a kitchen timer or even the timer on your phone) to 25 minutes.
3. Work on the task until the timer rings.
4. Then put a check on your sheet of paper to mark where you reached.
5. Take a short break (around five minutes).
6. Every four Pomodoros take a longer break (up to an hour).

