Study Skills

The Pomodoro Technique

Why?

- Your brain forgets details of the work you did months ago, but…
- You need these details to answer the questions in the exam, so…
- You need to 'top-up', by using the correct revision technique

Where?

- In a quiet room, perhaps a bedroom, warm and well-lit, with a table.
- Ideally get a table-lamp, to help you to focus, with a clock for timing.
- Turn off the computer (unless you need it)
- Turn off your phone

When?

- Start **NOW**. Revision is practice. You need to practise throughout the year if you are going to perform your best.
- Start your revision early each evening, before your brain gets tired.
- Revise continuously throughout the year.

How?

The Pomodoro technique is a time management technique developed to **raise productivity**. The process is very simple. Work is split into 25 minute blocks (or POMs). Each POM is followed by a 5 minute break.

| 25 minutes work | → | 5 minute break | → | 25 minutes work | → | 5 minute break | → | 25 minutes work |
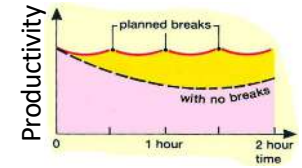
The skill is in sticking to the time scales and ensuring that you are fully focused for the 25 minutes of each POM. You should be able to remain focused for this time and this results in a greater learning efficiency over time.

What should I do?

- Write your own notes - summarise the topic.
- Elaborate on what you are reading - ask lots of WHY questions.
- Move on as quickly as possible from writing notes to answering questions. These questions could be from revision guides, class work, PP&R, set by yourself or could be past exam questions.
- When you complete exam questions ensure that you answer them in as much detail as possible- use your book or revision guide to help. You can then go over these model answers again.

Revision Plans

- We forget things over time. There are ways to boost your memory:
- **Review** work **the day after** it has been completed
- Return to the work again about **one week later**