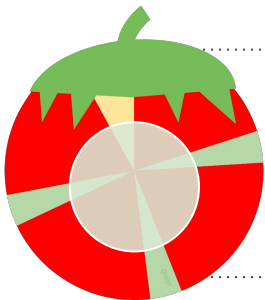


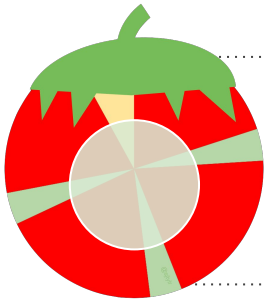
The **Pomodoro Technique** breaks down tasks into manageable pieces and helps to overcome procrastination.

Organize
“Put ideas and information into a proper or systematic order.”

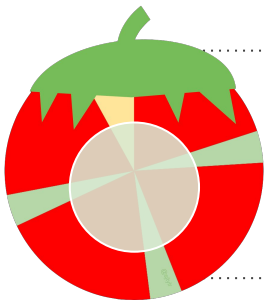
Goal: By the end of this work period, I will have:



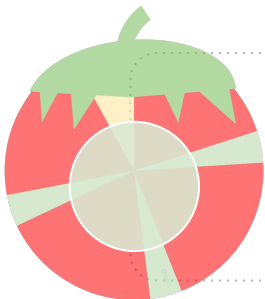
Goal for the first round:



Goal for the second round:



Goal for the third round:



Goal for the fourth round:



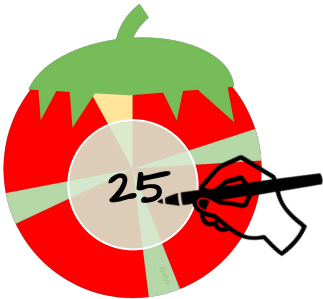
Outcome: Did I meet my goal?
What was effective? What is left to do?



**Self-management:
Organization Skills**

Plan short- and long-term assignments

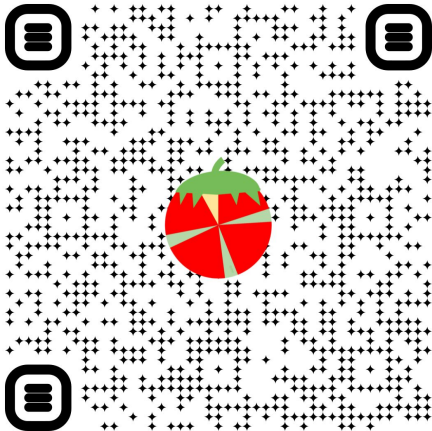
Plan strategies and take action to achieve personal and academic goals

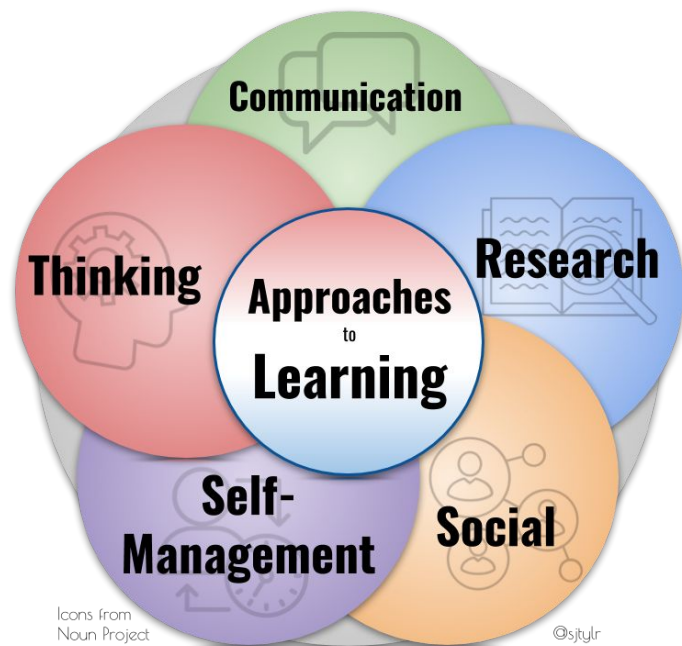


1. Set an overall goal
2. Decide an ending time
3. Set interval times
4. Set interval goals
5. Get to work!

Scan this for a timer

Quick link: is.gd/pomo25





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