How to Facilitate your own Pomodoro Sessions with others

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Learning Objectives

● Understand the concept of the pomodoro technique

● Identify the benefits of the pomodoro technique

● Create an effective pomodoro group study session
What is the Pomodoro Technique?

- Productivity technique to:
  - Increase focus
  - Lessen distractions / interruptions

Note. From Pomodoro Technique [Photograph], by Luca Moscaro., 2010, Flickr (https://www.flickr.com/photos/lucamascaro/4975166968). CC BY 2.0
How does it work?

1. Pick a task.
2. Set the timer for 25 minutes.
3. Get to work.
4. Stop when time is up.
5. Record progress.
6. Take a 5-minute break.
7. Get back to work.
8. After 4 Pomodoro sessions, take a 15-30 minute longer break.
9. Repeat as needed.
Restorative Breaks

- Restorative Breaks
  - Have a snack
  - Drinking water
  - Deep breathing
  - Nature break

- Addictive Breaks
  - YouTube
  - Social Media
  - Streaming services

Note. From Relax, refresh and recharge words [Photograph], by Ymgerman, 2016, Shutterstock (https://www.shutterstock.com/image-photo/relax-refresh-recharge-words-on-office-376750942)
Technology Resources

Use Technology to Manage Your Time

- Computer, phone or tablet timer features
- Website
  - https://www.marinaratimer.com/
    - A free web-based timer. Create and share timer link with your group.
- Apps
  - Focus Keeper
  - PomoDoneApp
  - Be Focused
  - Tide
  - Flora
  - Forest (free on Android)
Create your own Pomodoro With Others

- Be specific in your planning
  - Who is the moderator?
  - Where will you meet?
  - How will you meet?
  - How long will each study session be?
  - How long will each break be?
- Discuss examples of short breaks
Example: Group Pomodoro

- Tommy Trojan wants to start a virtual online group with 2-5 classmates.
  - **Who:** Tommy will be the moderator
- Determine your **when, where, how, and breaks:**
  - **When:** Wednesday from 3-6pm.
  - **Where:** Zoom
  - **How:** Section four 25 mins studying slots followed by 5 min breaks. Increase break length on the 5th section to at least 15 min.
  - **Breaks:** For 5 min -stretch, get a snack/water, deep breathing exercise, yoga, chat or get some fresh air.
USC Virtual Study

Join Virtual Study Sessions

- USC library - Pomodoro Study Cafe
- More info at: libguides.usc.edu/uscstudycafe

Note. From Pomodoro Study Café [Flyer], by USC Library, n.d., USC Library Website (https://libraries.usc.edu/events/study-cafe)
Thank you for watching this workshop presentation!
References
