The Pomodoro Technique – Check your understanding

1. Are these sentences true or false?

   1. The Pomodoro Technique was invented in the 1980s.
   2. Students and workers can use the technique
   3. The technique is a bit complicated to use.
   4. You need to break down your tasks into smaller sections
   5. Each break is called a 'pomodoro'.
   6. Peter uses an app on his mobile to time himself.
   7. After four or five short breaks you can have a longer break.
   8. Peter takes less time to do his homework these days

2. Complete the following text with the correct word

TASK	PRODUCTIVITY	LIST	BREAKS	TIME	ITEM	TIMER	FIVE

The Pomodoro Technique is designed to help people work effectively and avoid wasting _____. It helps you to get the maximum _____ in the time you have. First you have to break down each _____ into steps. Then you use a _____ to organise your time into intensive work and _____. You write a list of things you need to do, set the timer to twenty-five minutes and start working on the first _____ on your list. When the timer goes off you stop work for _____ minutes. Then you repeat these steps four or five times, ticking items off your _____ as you finish them. After a few short breaks you can take a longer break.

LIVEWORKSHEETS

3. Rewrite the following statements said by Peter using "Reported Speech"

- "I use the tecnique for studying and working"

  Peter said ……

- "Pomodoro Technique is about breaking down your work into separate tasks"

  Peter said ……..

- "You set the timer to 25 minutes and you start working on the first item on the list"

  Peter said ……..

- "You don´t have to use your phone"

  Peter said ……

- "It stops me wasting time"

  Peter said ……

LIVEWORKSHEETS