

Listen to the radio interview about the **POMODORO TECHNIQUE**.

**BEFORE LISTENING: CHECK VOCABULARY**

Match the vocabulary with the correct definition.

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|----------------------|--|
| 1 to go off          | a. a device that makes a sound or shows you when a certain amount of time has passed |
| 2 a timer            | b. a student who gets the best marks at school                                       |
| 3 productivity       | c. having good judgement or common sense   |
| 4 'to-do' list       | d. how much is being done or achieved  |
| 5 sensible           | e. a list of things you need to do   |
| 6 an A-grade student | f. to start making a noise (as an alarm or signal)                                   |
| 7 to waste time      | g. to earn or merit something because of what you have done                          |
| 8 to deserve         | h. to spend time doing something useless   |

Choose *True* or *False* for these sentences.

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

Complete the sentences with one word.

The Pomodoro Technique is designed to help people work effectively and avoid wasting **1**..... . It helps you to get the maximum **2**..... in the time you have. First you have to break down each **3**..... into steps. Then you use a **4**..... organise your time into intensive work and **5**..... You write a list of the things you need to do, set the timer to twenty-five minutes and start working on the first **6**..... on your list. When the timer goes off you stop work for **7**.....minutes. Then you repeat these steps four or five times, ticking off items on your **8**.....as you finish them. After a few short breaks you can take a longer break.