

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.