The Pomodoro Technique – Check your understanding

1. <u>Are these sentences true or false?</u>

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. <u>Complete the following text with the correct word</u>

| 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.

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 ……………………………………………………………………………