

Pomodoro / Sprint Study

Years 7–12 | Neurodivergence-Friendly Study Strategy

WHAT IS THE POMODORO TECHNIQUE?

The Pomodoro Technique breaks study into structured time sprints with built-in breaks. The classic format is 25 minutes of focused work, followed by a 5-minute break. After four sprints ("Pomodoros"), take a longer 15–30-minute break. For neurodivergent learners, sprint lengths can be adjusted to suit your needs (e.g. 10-minute or 15-minute sprints).

WHY DOES IT WORK? THE PSYCHOLOGY

- For ADHD and other attention-related profiles, fixed work intervals create a predictable, manageable structure that reduces the overwhelm of an open-ended task.
- The scheduled breaks prevent mental fatigue and regulate arousal, keeping focus sustainable.
- Breaking study into discrete chunks makes starting easier — you only commit to 15 or 25 minutes, not "the whole afternoon".
- The timer creates gentle external accountability, replacing the internal regulation that can be challenging for neurodivergent learners.

"You don't have to study for hours. You just have to start one sprint. Then another. That's all."

YOUR SPRINT SETTINGS

Choose a sprint format that suits you. Adjust based on what feels sustainable:

Sprint Format	Best For
10 min work / 5 min break	High distraction, difficulty getting started.
15 min work / 5 min break	Moderate focus, building endurance.
25 min work / 5 min break (Classic)	Established focus, general use.
45 min work / 15 min break	Strong focus, HSC+ extended tasks.

MY SPRINT STUDY SESSION TRACKER

Date: Subject: Sprint length I'm using:

Sprint #	Task I Worked On	Completed? / Notes
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Sprint 1		
BREAK	5 min break	
Sprint 2		
BREAK	5 min break	
Sprint 3		
BREAK	5 min break	
Sprint 4		
LONG BREAK	15–30 min break	

How many sprints did I complete today? _____ How did my focus feel (1–10)? _____

Neurodivergence Note

There is no "correct" sprint length. If 25 minutes is too long, use 10. The goal is to finish the session, not to follow a format perfectly. Adjust until it works for your brain.