

Using a Timer During Study

Source: Mike Mills, Biology

Using a timer to set small, focused periods of study time can greatly improve focus and knowledge transfer. A specific technique called the Pomodoro Technique works as follows:

- Pick one project or task you want to focus on.
- Set a timer for 25-30 minutes, and get to work.
- When the buzzer sounds, take a two-to-three-minute break.
- Repeat.
- After four sessions, take a longer break.¹

Mike teaches this technique when students struggle with focus issues or time management skills.

¹ <https://www.forbes.com/sites/bryancollinseurope/2020/03/03/the-pomodoro-technique/?sh=2cd9f25d3985>