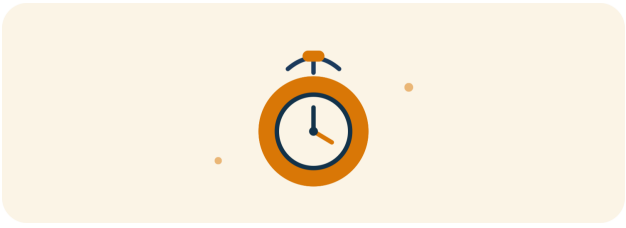
TUTORwow

The Pomodoro Method

Turn a wall of work into four focused blocks



THE STUDY LAB

TutorWow

01 Why students freeze

When two free hours and a pile of tasks meet, most students freeze. The brain cannot see a starting point, so it stalls and reaches for the phone. The Pomodoro Method removes that problem by shrinking the decision to one small block of time.

A Pomodoro is 25 minutes of single-task focus, then a 5-minute break. Four blocks make a session. The size is not arbitrary. Deep focus runs on a limited battery, and teenage attention starts to drop after 25 to 30 minutes. Short blocks keep the third hour as sharp as the first.

The core idea

- **Focus is a resource, not a switch.** It drains with use and refills on breaks.
- **The break is the active ingredient.** It is what lets the next block stay sharp, so it is not optional.
- **One task per block.** Switching tasks mid-block is where most of the time leaks away.

Why the breaks matter more than the work

Students cut the breaks first, believing more minutes at the desk means more learning. The opposite is true. During a break the brain consolidates what it just processed, which is when the material actually moves into memory. Skip the break and the next block starts on an empty battery, so the hours look productive but very little sticks.

02 Run the cycle



1. Set a timer for 25 minutes. Choose one task. Close every unrelated tab and put the phone in another room.
2. Work until the timer sounds. If your mind wanders, note where and return to the task.
3. Take a proper 5-minute break. Stand up, drink water, look out a window. No feeds.
4. After four blocks, take a longer break of 15 to 30 minutes.

In practice. Finish the task before the 25 minutes is up? Do not stop and do not switch. Go deeper on the same topic: try a harder question, or explain what you just did out loud.

A worked session

Say the task is a maths topic that is not sticking. Block one: work through the three example problems in the textbook, slowly. Break. Block two: attempt three unseen questions with the notes closed. Break. Block three: mark them and rewrite every mistake with the correct method. Break. Block four: redo only the questions you got wrong. In two hours you have moved from copying to independent recall, which one long unbroken session rarely achieves.

03 Where it breaks



Watch out. The most common failure is letting a 5-minute break become a 30-minute scroll. A single video resets the focus battery to zero. Set a second timer for the break, and keep the phone out of reach until the session is done.

Try one full session tonight. Plan the four blocks before you start, so the only decision left is to begin.

Plan your four blocks

Cover the guide and fill these from memory. No marks, just recall.

Block 1:

Block 2:

Block 3:

Block 4:

The one distraction I will note on a scrap list until the session ends:

Make it stick. Come back in two or three days and redo the exercise from memory, without looking. The gap between attempts is what fixes it.

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