

Example of the pomodoro technique essay

[Business](#), [Management](#)



The Pomodoro time management technique traces its roots back in 1980 when Francesco Cirillo developed it. The technique has some basic steps that one utilizes to increase focus and freshness throughout an activity with maximum productivity and minimum stress. An individual decides the activity, sets the Pomodoro timer, then works until the Pomodoro timer goes off and takes a break. The part of timing oneself is the most effective in the Pomodoro technique. In particular, timing oneself makes one focus on what one is doing since one must achieve a target before the time lapses. An individual is, therefore, able to focus on that one particular activity maximally. In most cases, when one works without timing, the persons tend to spend a lot of time doing things without focus and hence ends up achieving less despite spending a lot of time. The person is also exhausted. Time management to a student is very essential. I can apply the Pomodoro techniques in my chores. For example, I set a thirty-minute Pomodoro of reading my classwork after school. Each unit takes one hour after which I rest for fifteen minutes as I watch my favorite TV show. In a typical day, I study two different units within a span of two hours.

The Pomodoro can help one to focus since it breaks down all the activities one has to do within a specified time. With a noisy Pomodoro timer, the person knows when it is time to shift for the next activity in the list. One can handle one activity at a time and hence focuses on it. The breaks after each Pomodoro rejuvenate the person energizing him and consequently making the person able to focus on the next activity.