Approaches to Learning Skills
Graphic Organisers & Note-taking

**Graphic Organiser Template: Pomodoro Technique**
ATL: Self-Management [Organization]

The *Pomodoro Technique* breaks down tasks into manageable pieces and helps to overcome procrastination.

**Organize**
“Put ideas and information into a proper or systematic order.”

**Goal:** By the end of this work period, I will have:

- Goal for the first round:

- Goal for the second round:

- Goal for the third round:

- Goal for the fourth round:

**Self-management:**
Organization Skills
Plan short- and long-term assignments
Plan strategies and take action to achieve personal and academic goals

1. Set an overall goal
2. Decide an ending time
3. Set interval times
4. Set interval goals
5. Get to work!

**Scan this for a timer**
Quick link: is.gd/pomo25

**Outcome:** Did I meet my goal?
What was effective? What is left to do?

**Useful link for this skill**
wikipedia.org/wiki/Pomodoro_Technique

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i-biology.net/attl