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Mixed Practice with the Pomodoro Technique:

Use a timer for your Study Sessions

Topic 1 - 20 minutes work then 5 minutes break

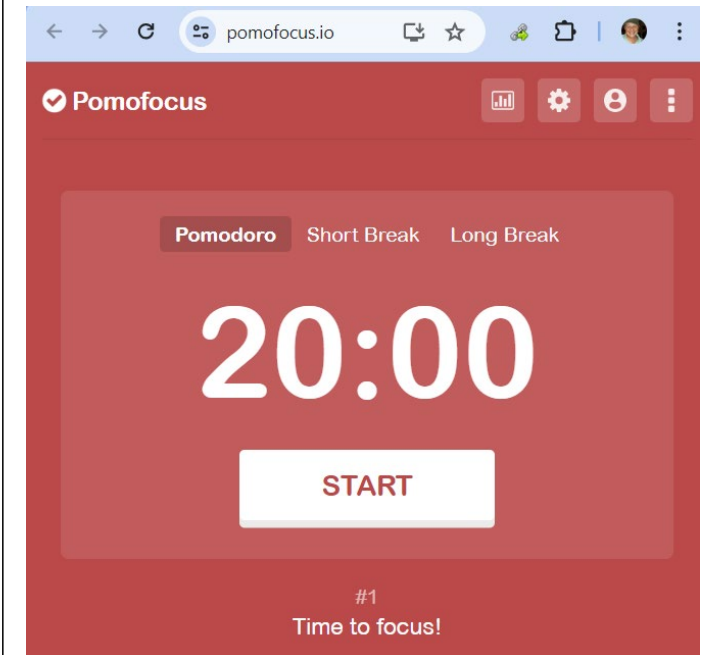
Topic 2 - 20 minutes work then 5 minutes break

Topic 3 - 20 minutes work then 5 minutes break

Total of 70 minutes including 10-min break, covers 3 subjects!

If you want to, extend work time!

- Refer to your **Revision Topics and Schedule**, spend a few minutes **Thinking** about what and how you are going to study.
- What **do you need to re-visit** that you have revised recently?
- What **do you need to focus on** revising from scratch?
- Make sure you **split your study** into 20-minute sessions
e.g. Math, Humanities, Theology
- **Use a timer!**
- In your 20 minutes focus with **Active Learning** techniques like:
- Create **concise notes** or **flashcards**.
- **Review** previous flashcards!
- **Review** previous notes by using **Retrieval Practice**
i.e. Cover your notes, **write out what you know**, & **check** against your notes.
- Do some **Self Explanation** – explain to yourself, or to Mum, what you remember!



Plan your work and work your plan!

Spaced **Mixed Active Retrieval Thinking**
S. M. A. R. T.