

Learning how to learn

POMODORO TECHNIQUE

1. Pick one project or task you want to focus on.
2. Set a timer for 25 - 30 minutes, and get to work.
3. When the buzzer sounds, record the session with a tick or X in your notebook and take a 2 - 5 minutes break.
4. Repeat.
5. After four sessions, take a longer break 15 - 30 minutes.

Learn	Break	Learn	Break	Learn	Break	Learn	Break
23-30	2-5	23-30	2-5	23-30	2-5	23-30	15-30

LEARNING TIPS

Take notes by hand.

Discuss learned topics with others.

Teach someone else or pretend doing it.

Learn in a quiet and comfortable study environment.

Review what you learned after a few days.

Put away all distractions.

Take study naps to improve recalling what you learned.

Try to find connections between concepts.

Summarize what you learned.

Shift your focus from challenges to benefits.

Use sources for different senses.

Test what you have learned.