

pomodoro STUDY CAFE

Connect with your fellow
Trojans through our
Virtual Study Sessions

Register at bit.ly/uscstudycafe



**\$5 Starbucks Gift
Cards are given away
every hour!**

8 – 11 PM PST

- 11/4 – 11/5 Wed & Thurs
- 11/10 – 11/12 Tues – Thurs
- 11/16 – 11/19 Mon – Thurs



USC

BREAK MENU

APPETIZERS (<5 min)

USC Kortschak Center for Learning & Creativity:

- [Mindful Drawing Online](#)
- [Virtual Guide Through Nature](#)
- [Ergonomic Check Up](#)
- [Quick Organization Tips](#)

USC Recreational Sports:

- [Desk Stretching](#)
- [Desk Mobility Exercises](#)

USC Student Health:

- [Zen-Tangle Mindful Doodling](#)

USC Physical Therapy:

- [Back Break](#)
- [Breathing Break](#)

ENTREES (>5 min)

USC Recreational Sports:

- [Dynamic Stretches](#)

USC Student Health:

- [Self-Compassion Meditation & Resources](#)

USC Physical Therapy:

- [Longer Stretch Break](#)



\$5 Starbucks Gift
Cards are given
away every hour!

A Collaboration of:

- [USC Libraries](#)
- [USC Student Health Keck Medicine](#)
- [Mindful USC](#)
- [Kortschak Center for Learning and Creativity](#)
- [USC Student Affairs Recreational Sports](#)
- [USC Division of Biokinesiology and Physical Therapy](#)
- [USC Phi Kappa Phi](#)

More info at libguides.usc.edu/uscstudycafe

WHAT IS POMODORO?



The Pomodoro Technique is a time-management tool named after the kitchen timer that was first used to implement it; Pomodoro means "tomato" in Italian.

HOW DOES IT WORK?

1. Create a to-do list and pick one task.
2. Set a timer for 25 minutes.
3. For 25 minutes, work exclusively on that task without interrupting, stopping to work on anything else, or taking a break.
4. When the 25 minutes is up, stop working and take a 5 minute break. You have now completed one Pomodoro.
5. Set a timer for another 25 minutes and continue working on the task until finished. Pick another task when done.
6. After 4 Pomodoro sessions, take a 15-30 minute break.
7. Repeat as needed.

WHAT ARE THE BENEFITS?

- Manage distractions by planning your time effectively
- Prevent burnout by taking breaks
- Decrease stress by focusing on one thing at a time
- Feel productive by accomplishing tasks

REGISTER AT
bit.ly/uscstudycafe