

# Study Techniques

## Pomodoro Technique

The Pomodoro Technique assists with time management and productivity during study sessions. It helps by breaking down tasks into smaller pieces and choosing one piece to focus on during each study session – each session is called a Pomodoro. Regular breaks are incorporated to ensure your body and brain remain regulated and ready to learn.

### To use the Pomodoro technique:

1. Choose a task to focus on.
2. Set a timer for 25 minutes. This is your first Pomodoro.
3. Take a 5 minute break once the timer finishes. Move, stretch, eat; whatever helps your body and brain!
4. Start your second Pomodoro by setting another 25 minute timer. Repeat.
5. Take a longer break (for example 15 to 30 minutes) after every 4 Pomodoro blocks.

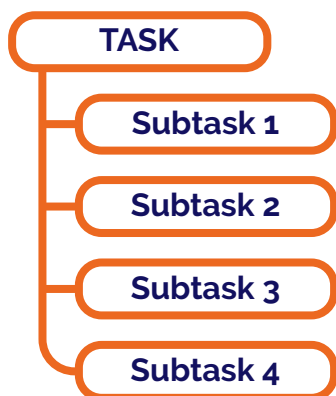


Diagram illustrating one main task at the top, with four smaller steps listed underneath.

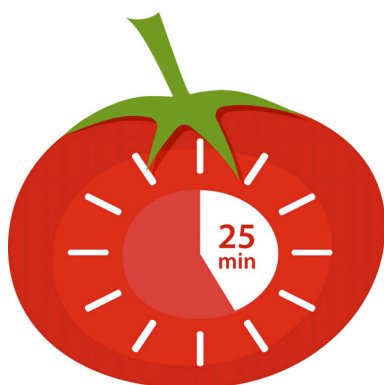


Illustration of a tomato-shaped kitchen timer showing 25 minutes remaining. Timer features white clock marks around its edge and a green stem at top.



Illustration of a pink cartoon brain with arms, legs, and a face meditating. There is a round timer in the background indicating 5 minutes of time remaining.

### Extra tips:

- Experiment with Pomodoro lengths. If 25 minutes feels too long, start smaller (e.g. 15 minutes) and build up over time.
- Use a passive timer. Sometimes loud timers can be harsh and disruptive. Try using a visual timer or fade-out music.
- Supercharge your breaks. Incorporate meditation, deep breathing, stretches, movement, crunchy snacks, or a cold drink to rebuild your energy and alert your nervous system.

# Flowtime Technique

This is a more flexible system that allows you to work in natural intervals until you feel the need for a break. Over time, by tracking your work sessions it allows you to identify your natural energy cycle (i.e. when you are most productive).

It is based on reaching a 'flow state' where you immerse yourself fully in a task until you feel the need to stop. If you're working effectively, you don't need to stop. This helps avoid the stress of getting back on task.

1. Choose a task to focus on.
2. Start working. Write down the start time, end time, and any interruptions.
3. Take a break. Decide how long and set a timer. Over time you will learn how long works for you.
4. Repeat.

To track your data, you can use a spreadsheet such as:

Date	Task	Start Time	End Time	Interruptions	Work Time	Break time
11/02/2026	Write essay	11:00am	12:45pm	1 (phone call)	1 hr 30 mins	15 mins
12/02/2026	Read articles	7:00pm	7:48pm	3 (delivery, phone notifications)	38 mins	8 mins

## Some guidelines for break lengths include:

- 25 minutes of work or less: 5 minute break
- 25 to 50 minutes of work: 8 minute break
- 50 to 90 minutes of work: 10 minute break
- 90+ minutes of work: 15 minute break

Developing study habits takes time. These are just two methods to use; try these and then adjust anything that does not work for you.

Contact us for more information on Access and Inclusion and how we can support you

E: [inclusion@cdu.edu.au](mailto:inclusion@cdu.edu.au)

P: +61 9 8946 6288

If you have feedback on the Neurodiverse Study Session, scan the QR code



Scan me

