

NEW THIS ACADEMIC YEAR

PRACTICE YOUR POMO

A CONCENTRATION TECHNIQUE

WEDNESDAY, JANUARY 25
7PM TO 11PM, IN WILY C215



REGISTER HERE!

Registration is not required but will help us in the planning process. Please note that is a **drop in event**. Registering does not mean you have to attend the full 4 hours.

THE POMODORO TECHNIQUE

A popular method where you will alternate Pomodoros - focused work sessions - with frequent short breaks.

Join the ASC in this late night study session as we put the Pomodoro Technique to practice.

Student Leaders will lead you in alternating times. Use your breaks...

- to stretch
- grab a snack
- chat with peer
- participate in mini games

YOU'LL LEAVE WITH A NEW TECHNIQUE & POTENTIALLY A PRIZE!



Helen Bass Williams
Academic Success Center