

NEW THIS SEMESTER

# PRACTICE YOUR POMO

## A CONCENTRATION TECHNIQUE

THURSDAY,  
NOVEMBER 3

WEDNESDAY,  
NOVEMBER 9

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 trivia

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



Helen Bass Williams  
Academic Success Center