

LATE NIGHT STUDY

# PRACTICE YOUR POMO

OUR FAVORITE CONCENTRATION TECHNIQUE

**Wednesday, December 4th**

7 - 11PM in Wiley Hall, C215

**REGISTER TODAY!**



This 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 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