



اَوَّلُ شَيْءٍ يَنْبَغِي لَوِ اجْتِنَابُ
UNIVERSITI
TEKNOLOGI
MARA

What's *what* PSPM

EISSN: 2756-7729

- THE BASICS OF MULTI-LAYER FEEDFORWARD NEURAL NETWORKS
- MICRO:BIT – A BEGINNER-FRIENDLY TOOL TO INTRODUCE CODING TO CHILDREN
- UNFOLDING THE SECRETS OF PASCAL'S TRIANGLE
- HOW DATA SCIENCE WORKS IN OUR DAILY LIFE WITHOUT US EVEN NOTICING
- POMODORO TECHNIQUE FOR LECTURERS' PRODUCTIVITY



POMODORO TECHNIQUE FOR LECTURERS' PRODUCTIVITY

Rozianiwati Yusof, Sri Yusmawati Mohd Yunus, Normaziah Abdul Rahman, Norhafizah Hashim, Nor Azlina Aziz Fadzillah
Pengajian Sains Pengkomputeran dan Matematik ,Kolej Pengajian Pengkomputeran, Informatik dan Matematik, Universiti
Teknologi MARA (UiTM), Cawangan Negeri Sembilan, Seremban, 70300, Negeri Sembilan Darul Khusus, Malaysia.

rozian696@uitm.edu.my

INTRODUCTION

The Pomodoro Technique is an effective time management strategy that can significantly enhance lecturers' productivity. Lecturers can focus intensely for 25-minute intervals, known as 'Pomodoros', and followed by short 5-minute breaks (Sheldon & Wigmore, 2022). This technique helps minimize distractions and sustain a high level of focus. Moreover, it not only helps in managing time effectively but also reduces delayed action and allows for more efficient task completion (Kaplan & Courtney, 2023). Additionally, lecturers can also combine time blocking with the Pomodoro technique to allocate specific time slots for their tasks, enhancing productivity even further. Besides that, this technique also supports goal setting, enabling lecturers to define clear and measurable objectives, which can increase motivation and a sense of accomplishment as they move closer to their targets. Furthermore, by adopting the Pomodoro Technique, lecturers can boost their academic productivity, resulting in improved research output and teaching effectiveness.

METHOD

The following steps can be effectively applied when using the Pomodoro techniques. The steps are as follows: Do, A. (2024).

1. **Choose a Task:** Identify the task you want to work on and prioritize it based on its importance and urgency.
2. **Set a Timer:** Use a timer to set a 25-minute focused work period, known as a Pomodoro session.
3. **Work on the Task:** Concentrate solely on the task until the timer rings, avoiding any distractions during this time.
4. **Take a Short Break:** Once the session ends, take a 5-minute break to recharge.
5. **Repeat the Cycle:** After completing four Pomodoros, take a longer break of 15-30 minutes to maintain a sustainable work pace. By following these steps, you can enhance your productivity and reduce the risk of burnout through structured work and regular breaks.

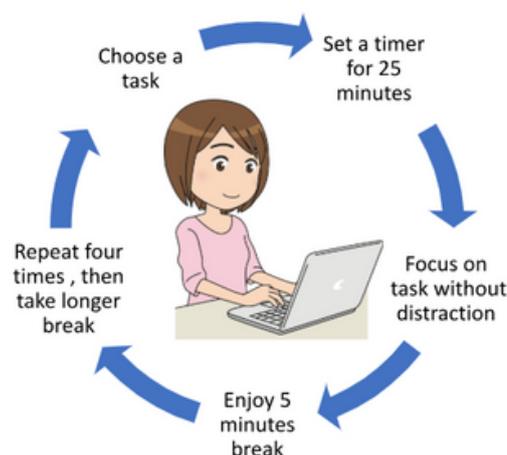


Figure 1. Pomodoro Method

As depicted in Figure 1, the diagram illustrates an example of how the Pomodoro Technique is applied to complete a lecturer's tasks.

Task: Write a bulletin article.

- Pomodoro 1: Create an outline for the article: 25 Minutes
- Break: 5 Minutes
- Pomodoro 2: Write the introduction part: 25 Minutes
- Break: 5 Minutes
- Pomodoro 3: Write the content of the article: 25 Minutes
- Break: 5 Minutes
- Pomodoro 4: Write a conclusion of the article: 25 Minute
- Break: 15–30 minutes.

TOOLS

There are four suggestion tools and apps which can assist lecturers to effectively implement the Pomodoro Technique in order to maintain the focus and productivity. The apps are listed as below:-

- Time stream:
 - A user-friendly and intuitive productivity tool designed to help maximize productivity.
 - This app can be accessed through online: <https://my.timestream.app/>
- Pomofocus:
 - A free and open-source app that provides a simple interface and keyboard shortcuts for ease of use.
 - Pomofocus online can be retrieved via this link: <https://pomofocus.io/app>
- Tomato Timers:
 - A minimalistic approach and a straightforward app that helps users implement the technique without distractions (Behal, G. 2025).
 - Tomato Timers can be retrieved via this link: <https://www.tomatotimers.com/>
- Forest App:
 - A gamifies the Pomodoro Technique, allowing users to grow a virtual forest as they stay focused, making productivity engaging and rewarding (Behal, G. 2025).
 - The app can be downloaded from this link: <https://www.bluestacks.com/apps/productivity/forest-focus-for-productivity-on-pc.html>

Each of these tools caters to different preferences, ensuring that users can find an app that suits their workflow.

CONCLUSION

Working smart and efficiently is very important to lecturers, as they seem to have many tasks to finish daily. Through the Pomodoro technique, the lecturers can enhance their work productivity, especially in the teaching and learning process and research tasks. They can finish their task without a stressful day and as "a piece of cake".

REFERENCES

- Behal, G. (2025). 10 Best Pomodoro Timer Apps to Boost Focus and Productivity in 2025. ClickUp. <https://clickup.com/blog/pomodoro-apps/>
- Do, A. (2024). Pomodoro Technique: The Secret to Laser-Sharp Focus. Blog. <https://www.any.do/blog/pomodoro-technique-the-secret-to-laser-sharp-focus/>
- Kaplan, Z. & Courtney, E. (2023). What Is the Pomodoro Technique? 6 Ways It Helps You Work Smarter, Not Harder. Forage. <https://www.theforage.com/blog/basics/pomodoro-technique>
- Sheldon, R. & Wigmore, I.(2022). Pomodoro Technique. Tech Target. <https://www.techtarget.com/>