Pomodoro for Librarians

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“FOR LIBRARIANS”
Barbara A. Wood, MLIS, Kennesaw State University
Science Boot Camp for Librarians: Southeast 2016
Athens, GA
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Overstimulated!
PROCRASTINATE NOW AND PANIC LATER
Free Pomodoro Technique Book Available:

http://caps.ucsd.edu/Downloads/tx_forms/koch/pomodoro_handouts/
ThePomodoroTechnique_v1-3.pdf
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<tr>
<th>NAME: Barbara A. Wood</th>
<th>DATE: 7/7/14</th>
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### ACTIVITY INVENTORY

**Job Description**

- Use rubric to complete judging
- Undergraduate Research Assistant

**Complete CITI training for IRB**

**Work on Systematic Review**

**Nursing Collection Development**

**Strategic Plan - Collections Section**

**Review 4 comments on Revised Collection Dev. Policy**

**Prepare report on Carnegie Classification**

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### TO DO TODAY

**E-mail 4 Pomodoro**

- Learning Commons Work on "required qualifications section"

- Register & start viewing CITI training

- Read undergrad research submission papers

- E-mail/free file tray desk
Choose a task to be accomplished

Set the pomodoro to 25 minutes

Work on the task until the pomodoro rings

Then put a check on your sheet of paper

Take a short break (3 minutes is ok)

Every 4 pomodoros take a longer break
Can you focus – really focus – for 25 minutes?
How the Technique Has Helped Me
The aim of the Pomodoro Technique is to do the following:

- Alleviate anxiety.
- Enhance focus and concentration.
- Increase awareness of your decisions.
- Boost motivation.
- Bolster determination.
- Refine the estimation process, both in qualitative and quantitative terms
- Process improvement.
- Strengthen your resolve to keep on applying yourself in the face of complex situations
“And when they played they really played. And when they worked they really worked.”

– Dr. Seuss
“One war at a time.”

--A. Lincoln
“To do two things at once is to do neither.”

--Publilius Syrus
How The Pomodoro Technique Can Help You Draft Your Book In Just 3 Weeks

The Pomodoro Technique Blog

The Pomodoro Getting Started Guide

The Pomodoro Technique Illustrated

The Pomodoro Technique, a Talk by Greg Head

The Pomodoro Technique at 52 Weeks of Habits

Our Pomodoro Tagpage
Works Cited


