

Research protocol

How to keep myself focused and not get distracted along the way

発表者：唐渡湊

学年：Grade9

協働研究者：宮下響

① Research motive

Everytime I have a homework assigned to me, I end up giving up mid way or get distracted and ending up with nothing done.

② Previous research

The Pomodoro Technique is a popular time management strategy designed to improve focus. It involves studying or working for 25 minutes, followed by a five-minute break. After four sessions, take a longer break of 15 to 30 minutes. **This method helps break study sessions into manageable chunks, preventing burnout and promoting sustained concentration**

How it works:

The Pomodoro Technique works by leveraging the power of focused work and regular breaks. The 25-minute intervals create a sense of urgency, encouraging you to stay focused and work efficiently. The breaks help prevent burnout and keep your mind fresh.

• Bora, B. (2024). Habits of the Highly Successful: Your Guide to Winning Every Day. 292 pages.

Developed by Mel Robbins, the 5-second rule involves counting down from five and then taking immediate action on a task. **This technique aims to prevent overthinking and kickstart productivity**, making it particularly effective against procrastination.

• Robbins M. The 5 Second Rule: Transform Your Life, Work, and Confidence with Everyday Courage. Simon and Schuster; 2017.

Recognizing why you procrastinate is crucial. Procrastination often stems from an internal conflict between the rational desire to complete a task and an instinctual aversion to it. Understanding this can help in developing personalized strategies to overcome it. **Find out the reason why you procrastinate**

• Research and Teaching in Developmental Education excerpted from Vol. 23, No. 2 (Spring 2007), pp. 88-96

③ Issues and challenges of previous research

For some people, concentrating might be hard, since some people might have a lower attention span, mentally challenged, or their age is catching up to them.

By shortening the time focused might help some of the people.

It can also be challenging on where you are, or what is going on around you. Some people work better and can concentrate much easier than somewhere loud.

By choosing your on environment on where to work can fix this issue.

4 My Question

★Research Question

How do I make the pomodoro technique more effective

Hypothesis

Following the pomodoro techinque can work.

In a enclosed environment, typically when no one is disturbing me.

Good mood

Listening to music

Studying while chewing gum

5 Research objectives

The purpose of this survey is to find out how to effectively use the pomodoro technique for a 14 year old teen

If i manage to use this techniques properly and master it, I can help some people in my community having the same struggle as me, and how to overcome it.

This research will end when I have found what suits me best

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6 Method of investigation

Procedure

1. **Choose a Task:** Select a task you want to work on.
2. **Set a Timer:** Set a timer for 25 minutes. You can use a traditional kitchen timer, a smartphone app, or a digital timer.
3. **Work on the Task:** Focus solely on the task until the timer goes off. Avoid any distractions during this period.
4. **Take a Short Break:** Take a 5-minute break. Use this time to stretch, grab a snack, or simply relax.
5. **Repeat:** After four Pomodoros, take a longer break (15-30 minutes) to recharge.

Tips

-Eliminate Distractions: Before starting a Pomodoro, eliminate potential distractions. Turn off notifications, close unnecessary tabs, and create a conducive work environment.

- Stay Flexible: While 25 minutes is the standard Pomodoro length, feel free to adjust it to suit your needs. Some tasks might require longer intervals, while others might benefit from shorter ones.

- Track Your Progress: Keep a record of how many Pomodoros you complete each day. This can help you track your productivity and identify areas for improvement.

-Eating something, or having something in your mouth to stay energized and to stay in the state of flow.

-Have something playing in the background, to stay energized while working. I personally think classical music is the way to go.

-Being in a good mood, typically doing homework after doing something physical would help. (Working out or playing some sports.)