



MPC

EDUCATION CENTER AT MARINA
MONTEREY PENINSULA COLLEGE

PRESENTS

THE POMODORO TECHNIQUE



**TIME
MANAGEMENT
METHOD**



- **BREAK DOWN
LARGE TASKS**
- **MANAGE
DISTRACTIONS**
- **SCHEDULE
BREAKS**
- **COMMIT TO
TIME**

MARCH 22, 2021 | 1:00 PM

ZOOM LINK: <https://cccconfer.zoom.us/j/93848908813>