

Pomodoro or Time Blocking? Quick Self-Check

Tick every statement that sounds like you. Count the ticks in each column, then read your result below (check the first row that matches). Most board exam students end up using both.

Column A — focus problems	✓	Column B — planning problems	✓
I often delay starting until it's late in the evening.	☐	I study every day, but some subjects never get a turn.	☐
I check my phone within a few minutes of sitting down to study.	☐	I decide what to study only when I sit down.	☐
Some chapters feel so heavy I keep avoiding them.	☐	Once I start a problem, I can focus for an hour or more.	☐
My mind wanders after about 20–30 minutes.	☐	I need to practise full 3-hour papers soon.	☐
Most of my revision is formulas, definitions and diagrams.	☐	My weekends disappear without much studying done.	☐

My score: Column A ____ / 5 Column B ____ / 5

What your score means

Result	Start with	How
A and B both 3+	Both (hybrid)	Plan blocks the night before; run Pomodoro rounds inside each block. Switch the timer off for mock papers.
A higher than B	Pomodoro	25/5 rounds on your two hardest subjects every day. Add a simple weekly plan after a week.
B higher than A	Time blocking	Plan tomorrow's blocks every night. Give each block one subject and one exact goal.
Both 2 or less	Keep your routine	Add one weekly 3-hour timed paper to build exam stamina.

Stamina ladder before the board exam

Stage	Session pattern
Early revision	25 min study / 5 min break
A few weeks in	50 / 10 for problem-heavy subjects
Pre-board phase	90-minute blocks + one full 3-hour timed paper each week