



# Learning Methods

M12-D-U4



# Introduction-Preview

Three learning strategies

- **The 5-Minute Rule** – start small, reduce resistance
- **Pomodoro Technique** – focus with short work–break cycles
- **Chunking Technique** – organize information into groups



# Main point #1 The 5-Minute Rule

## What is it?

- CBT Technique.
- Purpose: Solve Procrastination.
- Commitment: Work for only 5 minutes.

## Why does this work?

- Key Benefit: Momentum.
- Low Barrier: 5 minutes is easy to accept.
- Gets You Moving: Once you start, it's easier to continue.



# Main point #1 The 5-Minute Rule

## **Step 1: Focus & Prep**

Remove distractions.

Get materials ready.

## **Step 2 : Set & Work**

Set a Timer for 5 min.

Work intensely until the timer goes off.

## **Step 3: Stop or Continue?**

Timer rings: You decide.

Guilt-free stop or Use momentum to keep going.



5 Minute  
Rule

# Main point #2 Pomodoro Technique

## what is Pomodoro Technique?

break work into 25-minute intervals of intense focus separated by 5-minute breaks.

## what we get by doing this?

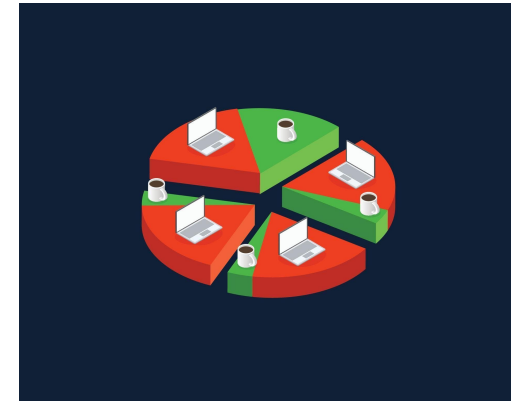
- maximize productivity
- Improve focus



# Main point #2 Pomodoro Technique

## How does it work?

1. Decide on the task to be done
2. Set the Pomodoro timer (25 minutes)
3. Work on the task
4. End work, take a short break (5 minutes)
5. repeat Step 2 ~ Step 4 (4 cycle)
6. After that, take a long break (15 to 30 minutes) and then return to step 2.



# Main point #3 Chunking Technique

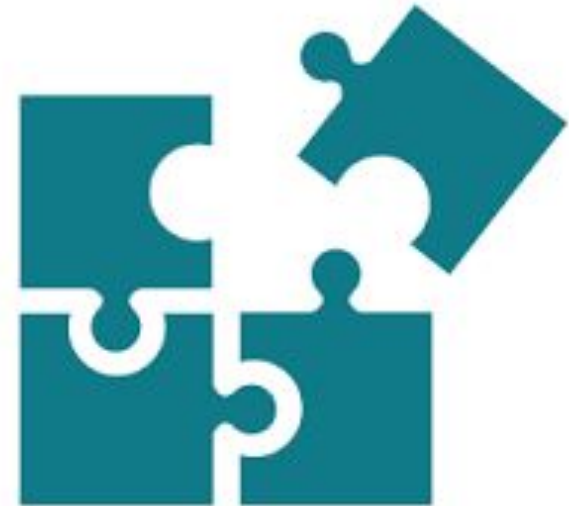
## What is it?

grouping small pieces of information into larger, more manageable units, or "chunks."

ex. 20251221 → 2025&1221

## Why does this work?

- Working memory has limited capacity
- Helps the brain see structure and connections
- Makes recall faster and more reliable



# Main point #3 Chunking Technique

## Step 1: Capture the moment, idea, or concept.

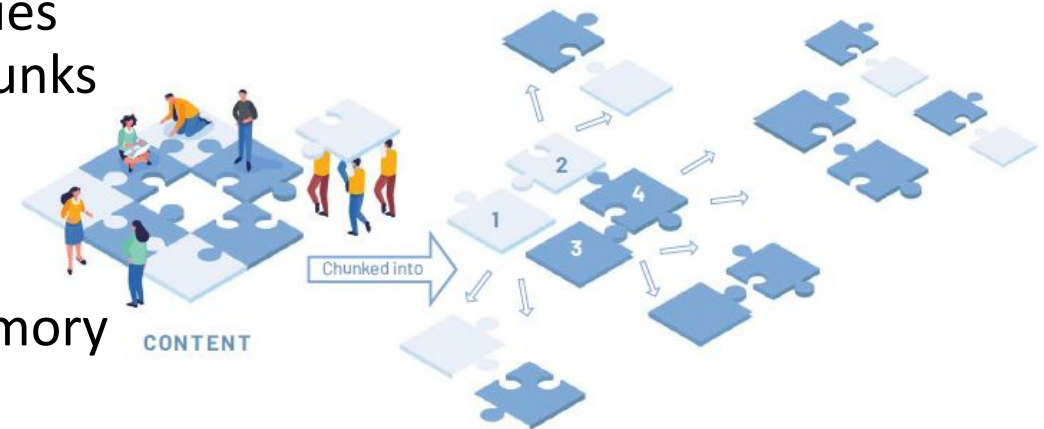
organize the information you want to remember  
Start with small, related sets of information

## Step 2 : Look for connections and associations.

Look for patterns, themes, and similarities  
Group items into meaningful, logical chunks

## Step 3: Practice and recall.

Practice recalling each chunk  
Review regularly to build long-term memory



# Conclusion-Review

- **Main Point #1 (The 5-Minute Rule)**

Instead of forcing yourself to work for a long time, just start with five minutes. This lowers mental pressure, helps you begin easily, and often builds momentum to keep going.

- **Main Point #2 (Pomodoro Technique)**

By working in short, focused time blocks with regular breaks, you can stay concentrated longer, reduce fatigue, and improve overall productivity.

- **Main Point #3 (Chunking Technique)**

Breaking information into meaningful groups makes it easier for the brain to process, remember, and recall information more efficiently.

# Q&A Session

- Q1: What is the step-3 of The 5-Minute Rule
- A1: Stop or Continue
- Q2: How many Pomodoro cycles should I do before taking a long break, and for how long?
- A2: 4,15 to 30 minutes
- Q3: What is the definition of the Chunking Technique?
- A3: Grouping small pieces of information into larger, more manageable units.

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## Main point 3 :

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