

Session-1 : Ease into focus

2 hours

Pomodoro
30:00
Break
5:00

Focus: Build momentum with light effort.

Method: 30/5 Pomodoro (30 min work, 5 min break, repeat 4x).

Tasks:

- Begin with a subject you enjoy or find easy.
- Review with flashcards or a short educational video.

Mindset: Start smooth to gain traction.

Tip: Keep distractions at bay (phone on silent, clear workspace).

Session 2: Intense Concentration

2.5 hours



Focus: Master tough topics

Method: 75 minute Deep Dive Cycle
(Repeat Once)

Tasks:

- Tackle your most challenging subject early.
- Engage with active recall (Self-quiz or teach yourself)

Mindset: Push through discomfort for breakthroughs.

Tip: Take a 15 min break after each 75-minute block

Session 3: Skill Application

2 hours



Focus: Test and Refine Skills

Method: 50 minutes Practice Round
(Repeat Once)

Tasks:

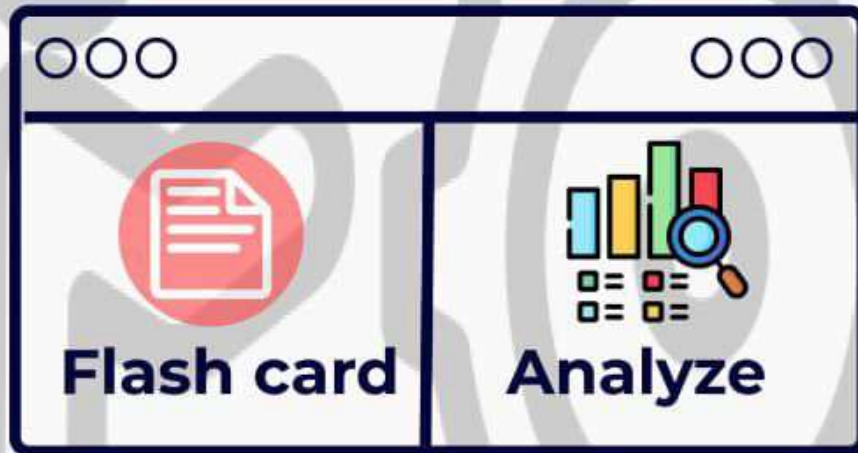
- Select 1-2 topics, complete timed exercise (e.g: past papers)
- Stimulate exam conditions (no notes, timer active)
- _ check answer, identify and log weak areas

Mindset: Practice builds steady confidence

Tip: Use a strict timer to mimic real pressure

Session-4 : Assess & Improve

2.5 hours



Focus: Solidify Understanding

Method: Error analysis + Key insights

Tasks:

- Review errors from prior sessions
 - Summarize each topics in 2-3 concise sentence
- Create a flash cards or a mind map for long-term memory

Mindset: Reflection turns effort into expertise.

Tip: Use a flashcard app for spaced repetition.