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When it comes to productivity, few methods are as simple or effective as the Pomodoro technique. Have you never heard of it? Never fear. The name of the technique comes from the word pomodoro, which is Italian for tomato. When Francesco Cirillo developed the technique in the 1980s, he thought the 25-minute intervals set by a standard tomato-shaped kitchen timer were perfect for productivity. The way the method works is simple. Set a timer for 25 minutes and focus all your attention on a single task. After the 25 minutes are up, take a 5 minute break before inserting a new 25 minute timer. After two 25 minute segments, or Poms, take a 10 minute break. Set another 25 minute hours, take a 5 minute break, rinse and repeat. Now that it's 2019, few people actually use kitchen timer anymore. Here are some of our favorite online Pomodoro timers to help you get the most out of your work sessions.

1. Tomato Timer Tomato Timer is the easiest and easiest implementation of Pomodoro Timer online. There are three main buttons: start, stop, and reset, although you can learn keyboard shortcuts if you really want to optimize productivity. There are no registration requirements, and Tomato Timer is completely free. You can even enter the settings menu to customize the experience longer, setting custom times for each Pom, short breaks, and long breaks. You can set daily goals, adjust the alert sound as the timer goes off, and much more. For those who rely on the Pomodoro Technique to get things done, Tomato Timer is the best option.

2. Pomodoro Tracker As Tomato Timer, Pomodoro Tracker is completely free. It can be used without creating an account, although registration provides additional benefits and statistics tracking. Pomodoro Tracker allows you to set a to-do list and track work by individual category. It also tracks how many poms you've done automatically. During the timer is a sliding view of tips and tricks for better efficiency in using the Pomodoro Technique, as well as the basics of how the method works.

3. Marinara Timer Marinara Timer is the most simplified version of a Pomodoro Timer imaginable. It allows you to set a customer timer, but the site consists of nothing more than a large view of numbers, with a pause and restart button below. During the timer, the site tracks the start and stop time of each of your sessions. It is simple, simple and perhaps the best option for beginners.

Summary After a couple of times using it, the Pomodoro technique will become second nature. Until then, here are some tips to keep in mind. Work at intervals. 25 minutes is standard, but 30 minutes and 15 minute sessions are fine. Whatever works for you. Take a break. After the first 25 minutes, take a 5 minute break. After two sessions, take a 10 minute break. Stand up, walk around and get your blood pumping. Focus only on the task at hand. Unless there is an emergency, save other tasks for the breaks between Pomodoro Using User time you have set aside to focus on your most important tasks.

By Jayzee A The University of South Africa (UNISA) is a distance learning school with three campuses and 10 learning centers. UNISA was first founded over a decade ago, first known as the University of the Cape of Good Hope. This makes UNISA the oldest university in South Africa. In 1916, the University of the Cape of Good Hope changed its name to what it is known now, the University of South Africa. Students can easily register with the university online. Registration should be done after students have already applied to UNISA. Visit the UNISA home page. Scroll to the bottom of the webpage. Click the WebRegistration link. Scroll down and select the registration process that applies to you. You can choose lower registration, postgraduate registration, and not formal qualifications. Follow the on-screen instructions to register with UNISA. When you have finished signing up, you will be asked to make a payment. Pay in full. Check the status of the registration. Keep in mind that it takes at least 2 weeks for registration to be processed. If you have hard copies and want to make them available online, you can do so using a hypertext mark-up language (html) code rendering. The forms can be in any format, such as a project application form, a product or service order form, or a financial application form to open an investment account. The advantage of online forms is users can fill them out in their spare time and in the privacy of their home. Select an online application rendering, such as Doc Sto or Adobe. Follow the application rendering instructions to create a form. Use the information from the hard copy program, include the name of your company, phone number and address, and a contact email. Insert all the fields the hard copy contains, including the applicant's name, phone number, mobile number, home address, and email address. Copy other fields printed on the hard copy program, such as reason for application, position applying for or service or product purchase, and mode of transport or the amount of initial investment or purchase price. Include an upload or attachment option. Use the features of the application renderer to create an upload or attachment tool. Render and integrate the HTML code. Complete and save the project, and then record or copy the HTML that is generated by the application renderer. Paste the HTML code into the editing feature of your website. Republish your website for changes to take effect. Test the program. Go to your website and navigate to the program. Complete the program and attach or upload a document. Submit your application and review the results. Make changes as needed and republish your website to reflect your changes. Applying to an online college can be particularly nerve-wracking. It can be difficult to know what the selected program expects, especially if you everyone who has attended school. Some online colleges have relaxed admission guidelines (it will want everyone who applies is accepted, provided they have a high school diploma or its equality). Other online applications are highly selective and accept only the best of the best. Most virtual colleges fall somewhere in the middle. They are looking for students who meet basic benchmarks such as a reasonably high GPA in previous courses and well-written application essays. Being aware of these references in advance can help you prepare to apply. A successful academic record. Online colleges want to know that accepted applicants will succeed in their classes, without any face-to-face encouragement. Applicants who have high-grade points in previous high school and schoolwork show the most promise. Many virtual schools specify minimum policy objects for incoming students. If your GPA is particularly low due to unusual circumstances (your aunt died and you adopted her child, in the middle of the semester) note it somewhere on your application. Lower GPAs are sometimes overlooked when the applicant shows other strengths. High test results. Whether they require SAT, ACT, GRE or LSAT, your online program wants to test your current knowledge and your ability to learn. There are many test preparation programs and books available to help you study. If your first score is too low, you may be able to take the exams a second or third time. Extracurricular and professional activities. Online schools may not offer a vibrant campus life, but they want students who want to make a difference in their own communities. Volunteering and leadership are especially important. If you are a mid-career professional, let the school know about your achievements related to your field of study. Whether you've spent your Saturdays in an animal shelter or run a successful internet company, don't be afraid to toot your own horn. Well-written essays. The application essay is your chance to let your personality show through. Online colleges are looking for articulate, thoughtful essays without grammatical errors. Let a professional proofread your essay and give suggestions. But don't let your voice be muted. Admission officials want to see who you are by reading your essay - authenticity matters. Outstanding recommendations. Online colleges will also know how other people see you. That's why many programs require multiple letters of recommendation. When you decide to recommend, choose people who know you well. Some colleges ask that the recommendations remain confidential - if you are not sure that the person will give you an excellent recommendation, do not ask. By meeting these basic application standards, you will position yourself as the ideal applicant in the eyes of many online colleges. But don't forget to check with your chosen college applications advisers. Knowing their specific requirements is the best way to ensure that acceptance letters make it to your mailbox. Mailbox.

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