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Intercambio Idiomas Online

B2 MULTIPLE CHOICE:
THE POMODORO METHOD

Fill in the gaps in the text with the correct option (A-D). Only one answer may be possible.

The Pomodoro Method

Are you looking to improve your _____ (1) without having to study longer hours? It sounds like every student's dream, right? Well, The Pomodoro method is the answer to your prayers; it is a time saving study method _____ (2) in the 1980's.

The concept is simple to _____ (3) into practice. The main idea is to separate study sessions into short periods of 15-30 minutes and take regular breaks, allowing the learner to unwind and take _____ (4) of study time to its full potential. When it comes to studying, we can only focus for a short time span and that is why we feel exhausted and get _____ (5).

This method has been made famous through its application to many popular Apps. What makes Pomodoro so great is its flexibility. It can be adapted to _____ (6) the individual needs of the learner by modifying time period. At _____ (7) we have natural time constraints like work timetables or even family commitments. Pomodoro study sessions can _____ (8) those small gaps in your day and make them productive. This has been observed in various popular language courses like Coffee break languages and Intercambio Idiomas Online.

Choose the best word from the following options:

- | | | | |
|-----------------|---------------|-------------|--------------|
| 1. A. notes | B. categories | C. grades | D. sets |
| 2. A. developed | B. become | C. turned | D. converted |
| 3. A. turn | B. put | C. get | D. work |
| 4. A. advantage | B. benefit | C. profit | D. upside |
| 5. A. vague | B. distracted | C. absorbed | D. engrossed |
| 6. A. befit | B. suit | C. adjust | D. fashion |
| 7. A. times | B. time | C. hours | D. periods |
| 8. A. put up | B. end up | C. split up | D. fill up |

Answers:

1. C
2. A
3. B
4. A
5. B
6. B
7. A
8. D