

# Math, Productivity, Happiness & Decision-making

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Wednesdays, 5:10–6:00pm, 740 Evans
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Feb 15      **Nick Hay**, Berkeley (CS)

*Training work-focus with the Pomodoro technique*

Maybe we can use this to write our theses sooner! The Pomodoro Technique is an intra-daily time management method developed by Francesco Cirillo in the late 1980s. The technique uses a timer to break down periods of work into 25-minute intervals called ‘Pomodoros’ (from the Italian word for ‘tomatoes’) separated by breaks. The main idea is that frequent breaks can improve mental agility. We’ll also consider the hypotheses that (1) resolving to work for 25 minutes is less daunting than for 5 hours, (2) starting many times trains the “get started” neural pathway, Hebbian-learning style, and (3) engaging in rewarding activity during breaks can gradually raise one’s instinctive urge to do work, Pavlovian-conditioning style. People with experience using pomodoros will share their experience, and their complaints.