



Learning Space

Online Learning – Study Guide

How to create a space at home with the right atmosphere for studying?

Studying at home is an opportunity to create an ideal space for learning adapted specifically to your learning characteristics.

Learning Space – If possible, separate the learning space from other activities at home. If it is in your room, try to divide the room to different areas for learning/other activities.

Your Desk – Chose a desk big enough to contain all learning materials, but not too big that will then be a storage space for everything. A tidy and organized desk will decrease the feeling of being over loaded.

Lighting – During the day, give priority to studying with an open window that enables the sun light. During the evening make sure the light comes from behind your shoulder and tune the light to the appropriate strength.

How should we ensure that the chair we are using is right chair for studying? [Press here](#)

Avoid Destructions – Everyone knows what helps him and what destructs him: Does complete silence helps him to study or listening to music/background noise. We recommend closing all social media applications during our studies and the mobile should be on quiet mode and not next to you,