



Design Your Study

Online Learning – Study Guide

1. How should we best design our learning environment?

The space where we spend many hours of learning has a lot of influence on our capability to study and our motivation. Learning in Campus, we have little influence on the way this space is designed. We study in classes that were designed for the average learner. In online learning we have the great opportunity to design our own ideal learning environment at home.

2. What is the purpose of the learning environment at home?

To create a relaxed atmosphere for studying, wholesome and inviting.

3. How should we do it?

First, we have to decide where is the place at home that enables us to study: Is the living room the only place, or is there another place where we can study. If it is the living room, we should indicate a specific area which should be defined as the space where studying is the only thing done there. This means that a bed cannot be there. We shall never study on a bed or sleep on our desk. The desk and the space around it will be defined, from now on, as the space dedicated for studying: listening to lectures, writing essays, organizing our studies, all tasks will be executed in this space. Does it sound tough? Maybe, but think again on the meaning of having to drive to IDC for a whole day. Think of the separation that is created naturally between home and the university. This is exactly what we want to create in our own living room. No traffic jams, no parking problems, no transportation issues. It sounds wholesome, Correct?

4. How should we design this space?

Make sure you have a comfortable desk, not too big (that will very quickly change into a storage for all things) and not too small (that we will not be able to open our books, our computer, notebook, notepad, and a bowl of lentils to play with when we listen to lectures). Pay attention to the height of the table. The height should be such that it creates 90 degrees between your arms and the table.

Make sure you have the right lightning. If possible, use the sun light during the day. An open window allows a better ventilation and a feeling of less load. If it is too dark use a lamp, locate it so that the light will come from behind your shoulder. If the light is too strong, the reflection on the screen disturbs the eyes and the ability to concentrate, in addition it is very tiring. Make sure you have the right strength of lightning.

If you have a table-lamp pay attention, Left-handed students should place the lamp on the right side, and right-handed on the left side.

Make sure you have a comfortable chair; it is very important when sitting for a long time. The chair should enable you to reach the floor with your whole foot; your thighs should be parallel to the floor and your arms on the right height relative to the table.

Wherever your learning space will be, organize it so that when you decide to go and study you will enjoy being there.