

PREPARING FOR REMOTE LEARNING

A Student Resource

Creating a Productive Study Environment

1

MAKE ONE PLACE YOUR STUDY SPACE

If possible, find one area where you can prepare your study space by having all your materials (pens, papers, textbooks, etc.) easily accessible. Recreating a traditional learning environment will help you stay focused. You will save time when you don't have to set-up your work space each time.

2

PREPARE YOUR MIND FOR STUDY

Prepare your mind for studying remotely the same way you would for face-to-face classes. Dress the same way you would for an in-person class, put away your cell phone, turn off your TV and take a few mindful moments before the class starts to get ready to focus.

3

TRY TO KEEP THINGS QUIET

Share your class schedule with your housemates and family members. You can print out a copy to share or use post-it notes to let others know when you are in a class.

If you have challenges finding a quiet space, remember to mute your microphone while you are attending your lectures, so you don't disturb others. You can turn it on if you need to ask or answer a question.

4

MAKE IT COMFORTABLE - BUT NOT THAT COMFORTABLE!

Don't use your bed as your study space. Your mind quickly associates your location with specific activities - and your bed should be associated with rest and relaxation.

Make sure you have your charger handy and you are situated close to a power outlet. Recreating a traditional learning environment will help you stay focused.

5

TRY TO KEEP IT TIDY

Keeping your study space tidy and free of clutter will help you stay focused. Before you start your study session, clean up your desk and remove books, sticky notes, and papers that aren't relevant. Remove any distractions that impact your ability to concentrate on your class or assigned work.

For more help with learning remotely, please contact CITL's Client Support Centre.

citl.mun.ca/support

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