



How to Make a Good Distance Learning Space

LIMIT DISTRACTIONS:

Make sure your cell phone, TV and other electronics are off and away. Also consider distractions in your room. If you're working around other people who are talking, you might want to consider moving to another space. Perhaps being close to the window keeps you off task. Take note of what is distracting you and try to adjust your space to limit them.

BRIGHT LIGHTING:

The space you're working in should have lots of light. It will help you stay awake and focused.

CLEAN WORK SPACE:

Your work space should be clean and clear of clutter. Having a clean space gives your eyes and mind a place to rest.

CONSIDER THE TIMING:

Give yourself a break! Schedule in a quick stretch, snack or walk in between different subject areas. Remember, when in school, you have 3 minutes in between each class - try to keep the same routine at home.

CHECK OUT THE WAMS COUNSELING PAGE FOR MORE TIPS AND RESOURCES:

[HTTPS://SITES.GOOGLE.COM/BERNARDSBOE.COM/BTPS-SCHOOL-COUNSELING-DISTANC/HOME/MIDDLE-SCHOOL-COUNSELING?AUTHUSER=0](https://sites.google.com/bernardsboe.com/btps-school-counseling-distanc/home/middle-school-counseling?authuser=0)

