



## Context

The physical environment in which learning is set is of strong influence for the students' success in following the proposed lecture. Classrooms are usually set in a way that merges attention to the black/whiteboard and the teacher's spot in general. Home environment is generally full of distractions, contrarily to school environment, which should be purposely kept spoil of distractions.



## A productive work environment

When participating to online learning the environment shall be set in a comfortable and appropriate way before lecture. It is suggestable to directly ask the students if they are all right to begin and ask them to perform any accommodation needed to concentrate before starting the lesson.



Noise should be kept as low as possible,

materials needed shall be gathered and kept in the work area before starting the lesson and distractions shall be avoided or moved to another room. Learning space shall be set in a comfortable and accommodating way (ch.3 of the Guide).

Both the student and the teacher should follow some steps to keep from wondering off of the workplace and possibly lose attention or part of the lesson.



## How to turn home ambient productive

### Teacher

- find a designated work space
- block out distractions
- comfortable position
- stay in favor of a good lighting source
- good audio in/out (external microphone and speakers)
- plan and prepare materials to show before lesson



### Student

- find a work location (not bedroom, schedule time if needed)
- eliminate distractions (turn off phone, etc...)
- stay away from noises
- headphones (for concentration and creating intimacy)
- gather needed material before lesson



# Resuming



Create dedicated workspace away from distractions (avoid bedroom, sofa or spaces that can tease to distraction)



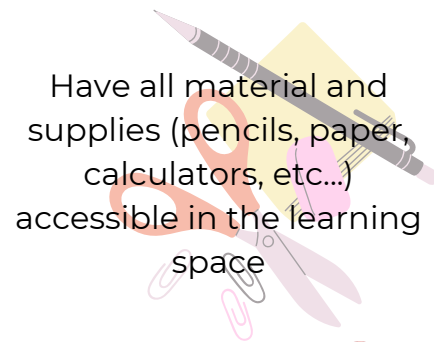
Schedule time with siblings to organize use of common workspace (try different options and find out which one suits the student best)



Be sure to find a good lighting spot to permit others seeing you well



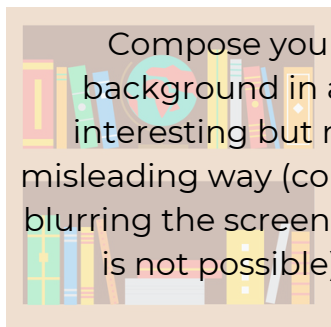
Plan lesson and gather materials needed before the start of the lesson (wondering off-screen may cause distraction to the students)



Have all material and supplies (pencils, paper, calculators, etc...) accessible in the learning space



Ensure good audio quality if you are going to speak (use an external microphone)

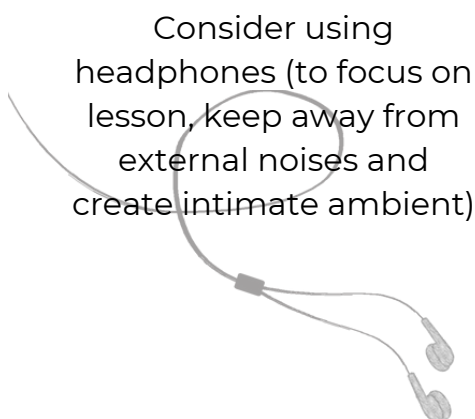


Compose your background in an interesting but not misleading way (consider blurring the screen if this is not possible)

Pets can be very eye-catching and distracting (consider showing or reuniting with them only during breaktime)



Decorate the workspace with artwork and photos that can keep the student motivated (but not distracted)



Consider using headphones (to focus on lesson, keep away from external noises and create intimate ambient)



# Resources

If you want to enlarge your knowledge of this topic the **Handbook of Research on Remote Work and Worker Well-Being in the Post-COVID-19 Era** by Daniel Wheatley can be consulted. The book does a general overview on Covid-related changes in workplace from both employer and employees point of view; it also concentrates on the opportune workplace setting adjustments for home and smart working.