HOW TO CULTIVATE STUDY SPACES

Tips from the CEP desk

ESTABLISH A DAILY ROUTINE

Create consistency

Get out of bed and get dressed. Take a shower, brush your teeth, do your skincare routine or other routines to prepare for your day. Rituals like eating meals at regular intervals, making your bed, or tidying up your room can help you retain a sense of normalcy.

SET BOUNDARIES

Reduce possible distractions

Try not to have background media or potentially distracting browser tabs open (don't multitask). Playing a tv show, movie, or music in the background may be distracting and make it harder to absorb information. Discuss with your family or roommates to make adjustments for shared spaces.

CREATE A DESIGNATED WORK SPACE

Define where work happens

Try to find a table, desk, any platform that you can work on. Clearly define the part of your house where work happens and where it doesn't. More likely you'll get work done when you're there. Keep your workspace tidy. If possible, try to have multiple places to get work done for a change of scenery.

FOCUS ON WHAT YOU CAN CONTROL

Make the most of what you can

Create as much structure and predictability in your life. While you may not be able to control everything, you can work with what you can control. Start by setting small routines and goals to help you feel accomplished and productive.

TAKE IT ONE DAY AT A TIME

Be kind to yourself

Recognize that it is okay to not feel your most productive or motivated under these new and changing circumstances. Remember that learning (and life!) looks very different now. Do the best that you can and remember to take care of yourself!

For more information visit https://cep.barnard.edu/remote-learning-resources-students or email pedagogy@barnard.edu