ELEARNINGNEWS ARTICLE

Year 2 - number 32 Wednesday 04 july 2018

4 steps to create a positive learning environment

Did you know that the physical environment in which we learn has a strong impact on performance?

Here are some factors related to studying in eLearning that can hinder or facilitate students' progress.

1. Lighting and temperature: comfortable, but not too much

It is necessary to be comfortable: the right lighting keeps the mind alert, while excessive artificial light can excessively strain the eyes. Natural light is ideal, as long as the day is not too grey. As for temperature, research indicates that 22ºC is perfect for learning.

Other ideas to consider:

- Colours: with neutral colours, go on the safe side, although blue has proven to have a positive impact on concentration and productivity.
- Odours: according to Lifehack, the smells of pine, cinnamon, lavender, peppermint and citrus can increase concentration.
- Noises: if the environment is noisy, it is better to invest in soundproofing panels.

2. Stay active: breaks and physical activity

An occasional break can lead to great mental as well as physical relief; in fact, the long hours spent in front of the computer can lead to negative effects on health. Exercise is also beneficial for the mind, as it is associated with better memory and thinking skills.

Find the equipment that allows you to "physically train" while you learn, considering that
? if you sit at the desk, you can use a stability ball instead of a chair (improving stability, balance and posture);
? for cardiovascular health, you can place an exerciser pedal under the desk with which to do aerobic training;
? a "standing" desk allows you to work without sitting down for hours (the upright position reduces pain in the lower back, neck, shoulders and legs, as well as improving circulation);
? do not comfort yourself with food at your desk: snacks divert attention from your goals and make learning even more difficult;
? you can always take a short break (10 to 15 minutes) between sessions.

3. Look for a minimalist environment

Create an ordered environment with minimal aesthetics. The presence of a multitude of objects can distract you from training, while a completely bare room is depressing. Apart from the device used to have the eLearning course, it is better to keep the other digital devices away (it would be better to leave the phone in another room).

4. Device to be used

Depending on the eLearning course it is good to choose the appropriate device. For example, if the course will last for several weeks or if the related platform is not compatible with mobile devices, it will be better to take the course from fixed support. If frequent videos are planned, it is better not to rely on a mobile network. If frequent tests are planned, it is better to have an ergonomic keyboard and a palm rest.

Read the complete article...