

Personal Learning Space

Your physical needs are important when you start a study session. You need to make sure that the body is well supplied with oxygen, water and energy and it's in a relaxed state. Apart from that there are individual preferences about how you organise your study space. The following checklist is designed to help individuals identify factors that contribute to a productive personal learning space.

The Space Itself: arrangement of furniture, desk, shelving, filing systems, seating, wall space, posters, plants, windows, cushions, sound system . . .

Posture: sitting on hard or soft chairs, sitting with feet up, lying on the floor, lying on the bed, lying on back, lying on front, sitting on the floor, sitting on the floor with back against a wall, sitting in a yoga position, standing, moving hands, walking, moving body . . .

Sounds: silence, quiet background sounds, busy working noises, quiet background music, stimulating music, radio going, slow-beat music, clock ticking, own voice self – instructing, traffic, water sounds, birds, other people, computer sounds . . .

Light: gentle light, sunlight, bright light, candles, central lighting, desk lighting, coloured lighting . . .

Heating: hot and stuffy, cool, pleasantly warm, body warm, head cool, feet warm, fresh air, wrapped in blanket, hat on, special clothes on . . .

Social: being with others, being alone, having others to speak to occasionally, asking questions, working with another person, working in a group, using the phone . . .

Equipment: the types and colours of pens and highlighters, white paper, coloured paper, large paper, small pieces, recycled paper, fat felt tips, fine tipped pens, pencils, crayons, stapler, hole-puncher, bulldog clips, storage racks, shelves, baskets, notice boards, files, folders, music tapes, tape player and recorder, radio . . .

