



## How To Set Up Your Learning Environment To Maximize Success and Enjoyment

### Practical Stuff:

Maximize Your Internet Signal: Use an Ethernet cord directly to your router or minimize the number of devices on wi-fi to make sure you will have a strong signal. Download apps, sign in and check your account in the days before the training begins.

Set Up Apps: You will want to have access to YouTube and Padlet during the training. It's okay if that is on a second device like a tablet while you Zoom on a computer.

### Taking care of your body:

Make sure your seating arrangements are comfortable and allow you to move around a bit. You might wish to switch from an upright chair to an exercise ball. Lying on a couch might feel comfortable but if you're sleepy or prone to daydreaming, a less comfortable option might work better.

Get up and move around as needed. If you're going to be standing or stretching for several minutes, move your camera so we can see that you are still present.

Since you're likely at home, we expect one or two interruptions lasting five minutes or less during the day. We expect that you might need to use the restroom or get something to drink.

### Setting Up The Learning Space:

Make sure the table has enough room to hold your training manual, a place to write or type notes, and do the learning activities for that day.

Have your training supplies and completed assignments from your box close by.

Make sure you have plenty of light so we can see your face and reactions.

Minimize or eliminate background noise so you aren't distracted. Make sure when your microphone is on there aren't other sounds that compete with your voice.

Have your favorite beverages close by and maybe a snack or two.

Resist the urge to check your phone during sessions. Place it somewhere inconvenient if you need to. Let people around you know are busy training for a new career and won't be available. Treat your training like you would a birth.

Pets are fine as long as you don't find them distracting.

### Babies and Small Children:

Babies who are nursing or content sitting in your arms are just fine. Younglings may not understand that you are home but not available to meet their needs, so we may see their little heads from time to time. I fully expect that you can set up your life so that you can be attentive at least 90-95% of the time and participate in discussions and learning activities.