PHYSICAL WORKSPACES

Navigating Working From Home

PROBLEMS

SOLUTIONS

Noise!
When teaching in home environments, it is likely that there will be additional or excessive noise due to pets or other people in the environment.

Create a quiet space designated for teaching, hang a "do not disturb sign" during important meetings, and invest in noise canceling headphones.

Clutter!
Sometimes it may feel like it is impossible to find what you need. Clutter can cause unwanted stress and frustration when looking for teaching materials.

Utilize a small white board to organize daily task lists or teaching to-do's, and consider organizing teaching materials for quick access to reduce frustration.

Distractions!
Students will likely be easily distracted if video conferencing backgrounds or online learning environments lack organization and intentionality.

Being intentional when choosing video conferencing backgrounds might involve choosing a blank wall to sit in front of, blurring the background, or choosing a virtual background that supports the instructional content.

Screen Fatigue!
It is likely that both teachers and students encounter screen fatigue when online teaching and learning. It is tough to sit in one place for extended periods of time starring at a screen.

Create specific time blocks for teaching and learning. Intentionally plan non-screen activities (physical movement, eating, and relaxation) into online teaching and learning schedules.

In what ways might you improve your physical environment to better suit your teaching needs?

References:
- Lieberman, M. (2020, April 10). *6 tips for teaching remotely over the long haul of the coronavirus.* Education Week. https://www.edweek.org/teaching-learning/6-tips-for-teaching-remotely-over-the-long-haul-of-the-coronavirus/2020/04

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