

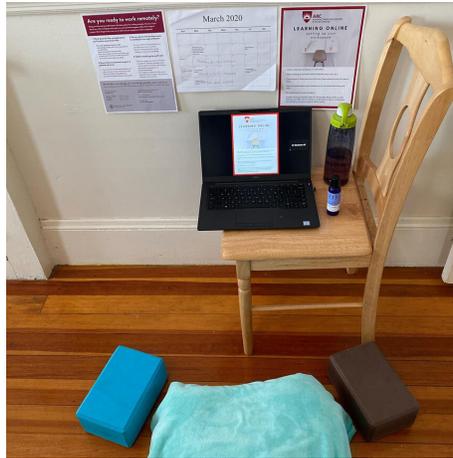


**ARC**

ACADEMIC RESOURCE CENTER  
at Harvard University

# LEARNING ONLINE

## studying in a small space



Many students are trying to work from their bedrooms now, which can present challenges to motivation and focus. Here are some tips for making the best of a tough situation:

- **If you don't have a desk, try to make one.** Bring in a chair from another room, and use an end table, TV tray, or even a stack of boxes to create a workspace.
- **Create and maintain separation in your space.** Even a small room can have areas designated for different tasks. Use your bed for relaxation, and do what you can to block off your desk in a separate area. You can turn your dresser sideways next to your desk to create a nook or even hang a sheet from your ceiling with 3M hooks. At least try to position your desk or workspace so you can't see your bed while studying.
- **Put on lace-up shoes at the start of work or study time.** It may seem silly, but you're less likely to get back into bed if you're wearing shoes, and the need to untie your laces will prevent you from just kicking them off and lying down.
- **Have a basic daily schedule.** If you have a specific time you plan to start work, and know what particular task you plan to do first, it can kick start productivity. Try setting an alarm or two on your phone to help you stick to your daily schedule.
- **Create an accountability structure.** Use friends, family, and small rewards to motivate yourself to get started if your space is demotivating you.
- **Use headphones.** Put on some white noise, or, if you prefer a louder space, use an app that replicates the sounds of a cafe or crowd.