



## 1. Choose a good location

- › **Don't watch lectures in bed.** It's not great for energy or focus. If possible, find a space where you can sit up at a table or desk, with enough space to take notes as you would normally do in a classroom setting.
- › **Let people who share your space know about your needs.** You may very well be surrounded by people who do not share your need for quiet or concentration during your lectures. It's a good idea to have a conversation to establish boundaries during set times.
- › **Try to follow basic ergonomic principles.** Your back may feel fine hunched over at your kitchen table, but how you treat it now will affect how it feels in the future. Sit up at a 90-degree angle, avoid staring at your computer uninterrupted for long periods of time, and make sure to move around throughout the day. You can find more advice on ergonomics [here](#).

## 2. Minimize distractions

- › **Position yourself somewhere you can't see other screens or activities.** It may feel weird to have your back turned on your family, or to position yourself facing a wall, but limiting visual distractions will help you focus on the lecture, and reduce the amount of times you may need to rewind to catch what your professor just said.

- › **Use headphones to listen to your lecture.**

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### 3. Give yourself a schedule that works for you.

- › **Give yourself a schedule that works for you.** If your class gives you the option of

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**UWinnipeg's Student Learning Technologies Support site has a ton of helpful information relating to Nexus, UWinnipeg's Online Learning Management System.**

- › If you are just getting started with Nexus, we recommend reviewing the introductory videos [here](#).
- › If you prefer written instructions, we've got you covered – those can be reviewed [here](#).
- › If you are having issues with the Nexus platform, go to [Contact Nexus Support](#).

