Physical Strategies to Support Learning

Setting Up Your Study Table

- Use arm rests to avoid future shoulder pains and keep the arms at a 90° angle from the table.
- Computer screen should be arm’s length away.
- If needed, use a footrest to ensure feet are flat.
- Keep under-desk clear so your legs have space.
- Top of screen should be near eye level height.
- Adjust height of either table or chair so feet can rest flat on the floor.
- Avoid recliners, couches and beds because they are too comfortable.