# Perseverance at University Transcript

Studying at University can,

depending on your degree,

take several years and finishing a

degree needs a lot of persistence.

Sometimes it's not easy to hang in there,

but by creating some good habits

you can make sure your life as a

student becomes so much easier. In

this video, I want to talk

to you about Workspace.

Have a look at these two pictures.

Which one do you think

is the better workspace?

Well if you said it's the one on the left,

I'm sorry I need to disappoint you.

This is not considered a good workspace

it is reduced to the bare minimum.

There's nothing to stimulate the mind.

Einstein allegedly said if a cluttered

desk is a sign of a cluttered mind,

what then is an empty desk a sign of?

Fair point isn't it?

Now, if you think the second

picture is the ideal workspace,

I have to disappoint you as well.

This is not considered

a good workspace either.

It's really messy,

chaotic and can be really overwhelming,

so you then probably ask me

what then is a good workspace

Well have a look at this one.

A good workspace has some plants,

some pictures, some inspirational quotes,

something to personalise your space.

A good workspace also has a good chair

and a good desk lamp for sufficient light.

A workspace has all

the tools that you need.

And has a good filing system to

keep track of what you have done

and what you still need to do.

It is really important to make sure

your line of sight is relatively

in line with your monitor and

your wrists make a straight

line with your elbows.

Otherwise, after a long day of working

you will feel your shoulders cramping up.

Now it's also a good idea to keep

your desk clean, but not bare.

Recently it's been shown that

alternating between standing and

sitting is very good for your posture,

so maybe think about having

a changeable desk.

What if you don't have a

designated workspace at home?

This is really

not an uncommon situation,

especially for students that already

have children or that are working.

Unfortunately, there is no miracle

solution for this problem.

What you can do, however,

is use your dining table or

kitchen table and have a big or

even two big storage boxes for

all the things that you need,

so you have them all in one place.

Nothing worth having

comes easy, having a good space where

you can work and concentrate will

certainly help you persevere in your studies.