

# Stand Up for Learning

*AlphaBetter™ Student Desk with Pendulum™ Footrest*

The following data was collected on November 3, 2008. These thoughts came directly from students without prompts from their teacher.

Why I like standing stations is because, well, you can swing your leg...lean...stand...sit. In a normal desk you sit...and sit...and sit.

**DJ S. - 6<sup>th</sup> grade**

The standing stations have made a big impact on my life at school. They make me want to go get up and want to go to school. I like the standing station, because it helps me stay focused during class. I stand the most in math; it helps me have better penmanship and makes my brain work better. I sit on my stool the most when I come from recess, because I can relax better.

I also like the standing stations because they are adjustable. When I was in desks, I always had to crouch down all day and my back got sore. Standing stations are also cool because you can stay completely organized all year long.

One of the other things I like is the swinging foot rest. It helps my legs not fall asleep and my legs get exercise. So if you want something like this, buy a standing station known as the AlphaBetter Desk.

**-Nick R. - 6<sup>th</sup> grade**

I go to Marine Elementary School. It's the smallest active school I know of, but it has desks like not other. At my small school, we do not have regular desks. We do not sit all day; we stand up for learning! The desks are called the AlphaBetter Desk, but we also call them standing stations. You can also lean or sit at your very own stool.

The standing stations have also improved my athletic skills! I play basketball and ever since standing stations came, I've been able to jump higher and run faster.

Standing stations have made an impact on my life--  
-in a good way!

**-Sarah L. - 6th grade**

I like the standing station desks. One of the reasons is that I do think you stay more focused in the day. I think that you have more energy and it is easier to stay focused and listen through out the day. Another thing I noticed is that my handwriting improved, both printing and cursive.

I usually find myself standing in the middle of the day more so than in the beginning and end. One of my favorite positions is to lean on my desk and use my swinging footrest.

Also, standing station desks help your posture, because you can't slouch down in the chairs we use or you can't slouch when you are standing.

I really think standing stations improve your learning, and I'm not really looking forward to next year when we're going back to our ordinary desks in the junior high.

**-Nico C. - 6<sup>th</sup> grade**

I really like the standing stations for many reasons. One of my favorite reasons is I have a lot more energy and focus. I have noticed I can do my work faster, but I still get the same scores as before. After test and stuff involving long periods of work time.

I notice I'm not so tired, like last year when I was too tired for recess!

Standing stations have been a great change, I think, but sometimes I can get distracted when the bars squeak or clunk, but I've realized that if there are used right, they are quiet enough to get my work done.

I really think the standing stations are worth it!

**-Megan W. - 6<sup>th</sup> grade**

I like the standing stations, because at some points I am in the mood to stand and other times I'm in the mood to sit. I noticed that I usually stand during tests. I stand because I focus better and think better when I am standing.

I noticed that when we had traditional desks my hands usually hurt when we were writing. But now my hands don't hurt, and I feel more comfortable when writing. Also I stand when we take our speed tests in math, because my writing is faster. I think my handwriting is better because the position I'm in is more relaxed and there is less pressure on my hand.

**-Luke D. - 6<sup>th</sup> grade**

My personal opinion about the standing stations is that they are much better than desks, because instead of sitting I'm standing and that keeps my legs from cramping up. Another improvement I've noticed is when I walk up the hill to go to church Sunday mornings, I can run. I was never able to do that. I can also run for a lot longer in soccer, and I am a much better player. I stay more alert though out the day and have been doing my work more accurately.

I stand mostly in the morning to help me stay awake. I also like to stand when I am writing so my handwriting improves, too.

**-Melissa R. - 6<sup>th</sup> grade**

I like the standing stations better because I can stand. I find it hard to sit still all day. Also, it is easier to stay awake while standing over sitting the whole day.

It is easier to pay attention, too, because you think less about discomfort and more about the topic. My handwriting seems to have improved also. At recess and phy ed, I feel more active than I did with desks. It seems like I move more so I'm used to activity; sitting is way less active. The footrest provides some activity because of the temptation to swing. I also believe that stools with no backrest build core muscles.

**-Kieran D. - 6<sup>th</sup> grade**

My point of view on the standing stations is that they are totally cool. Instead of only being able to sit all day, you have the option to stand if you want. One thing that I really like about the standing stations is the swinging foot rest. I also like the standing stations because they keep you awake, but if you are hyper you can stand up and move around a little.

One thing that I have noticed is that I stay more awake in class and that my handwriting has gotten a lot better. I have also noticed that I have more energy when I go home at the end of the day. If I could recommend them to anyone, I would recommend them to the whole, entire world! I love having the option to be able to stand or sit or swing your leg!

**-Claire W. - 6<sup>th</sup> grade**