Pre session polls

What level of study are you?
- Access
- Level 1
- Level 2
- Level 3
- Postgraduate

What would you consider is your main area of study?
- Arts
- Languages (English & other)
- Social sciences
- Business and law
- Science
- Engineering or technology
- Maths
- Health sciences
- Education
- Sports
- OTHER

Have you been to any student hub live online events before?
- No (I’m brand new!)
- No (but have listened to one or more recording)
- No (didn’t have time)
- No (wasn’t aware of before now)
- Yes autumn 2020
- Yes any pre summer 2020
- Yes any 2019 or before
What are student hub live online sessions?

- All student hub live sessions are non-modular and focus on skills relevant to study at university level.
- Polls are anonymous to other participants but the chat box will have your logged in name associated with your comments during the live session.
- All online sessions are recorded and available to view on catch up on a public facing website.
- Slides are available to download during the session (not accessible on mobile devices) and from http://studenthublive.open.ac.uk/.
student hub live is the OU’s live online interactive platform to support academic community

Isabella Henman is an essay writing aficionado and skills trainer and has been the main student hub live online speaker since 2017. She tutors in science and health sciences at Access to level 2.

Rob Moore works on a range of under-graduate and post-graduate modules for the Open University Business School. Rob's passion is in making live online sessions fun and effective.
Initial polls

What is your main reason for coming along to this session?

(If you are on a mobile device remember you need to tap into the polling option)

To come back to these slides after completing a poll click on the share pod slides icon
Essay planning
This workshop is aimed at students who may not be doing themselves justice with their essay planning technique. We look at how to structure your essays to ensure they align with the essay question, and discuss ways to effectively organise essential information.
Workshop

• This is going to be a structured workshop to help you get thinking
• We’ll look at what is meant by essay planning, including some different styles and methods, as well as key points for what needs to be included
• Then we’ll give some tutor advice
• You’ll also get the chance to discuss things with others in a small group
Session purpose

**Is for:**
- Covering the basics of essay planning
- Give some guidance about ways to plan effectively
- Provide a space to share ideas and connect with other students

**Is not for:**
- Telling you what you HAVE to do
- Providing any module specific advice
First thoughts

• How many academic essays have you written in the last year?
  • None
  • One
  • Two
  • Three
  • Four or more
Academic essays

• Have their own style!
• Are a way of helping you to communicate your understanding in a specific way and structure
• Do take practice!
• Today we are focusing on the planning specifically, the actual writing is another session
Answer the question

• It helps to know what the question is for your essay then you know what you are answering, and if you have achieved that.

• So, as we said in the understanding assessment session October 9th 2019 – sometimes it helps to operationalise the task and create a question that you can answer.

• Be careful though to not change the meaning if you do this.

• More also in the recording / slides from your first assessment that was run on October 19th which included understanding the question.
What do we mean by planning?

• A plan is a road map of what you intend to do. It helps you to know what you intend to do and allows you to know whether you have done this.
• The format of that road map is up to you.
• You can also think of it as a recipe which makes it clear what is going to go into the essay and the order.
Planning poll

Have you had to write an essay plan before?

- yes
- no
Poll time

• Please suggest in the short answer poll pod available what type of plans you can think of. (here think about the style of plans you might be aware of – don’t worry if you don’t know but do look at other suggestions)
Types of plan

- Simple list
- Series of relevant page numbers / topics
- Mind map
- Spider diagram
- Post it on a whiteboard

*(selected examples to follow)*
List style plan

**Title**

**Intro**
- What are proteins (pg. 50/51) + (52) + 122) - amino acids
- Where to find (pg. 96)
- Use of proteins
- Why are they needed (pg. 59/51)
- How do we process them

**Main Body**

**Protein Digestion**
- From outside to inside the body
  - Mechanical digestion (pg. 147 onwards)
    (main explanation)
- Inside the body
  - Chemical digestion (pg. 154/155)
    * HCl
    * Intrinsic factor
    * Peptones

  - Enzymes (pg. 164/165)

**Protein Assembly**
- Essential amino acids
- Non-essential amino acids
- In cell + DNA (pg. 64 to 69)
  - Template strands
    - Gene expression (pg. 58/64)
  - Cell to tissue + repair (pg. 80/81)
List style plan

Plan

- Form protein comes in from diet, route through digestive tract, stomach, small intestine, brush border enzymes,
- Can't use in form as digested - macro molecules p. 154
- Protein digestion p. 154
- Poly peptide p. 52 + 3D shape = function
- Protease p. 51
- Amino acid, peptide, poly peptide
- RNA
- Amino acids

- Assemble protein, building blocks - from what is absorbed
- Whole protein - how constructed - p. 56 + RNA
- P. 52 + chains
- 10x protein p. 74

- Use protein roles - different roles/function - importance of deficient - what happens with lack of protein
- p. 126 - disorders
does not add anything

- Essay main focus - assemble, unwind
- p. 136 -...
Hand drawn mind map

FUNCTION

PROTEINS
(SK277 Book 1 p122)

STRUCTURE

DIET: DAILY NEEDS

DEFICIENCIES

DISORDERS

PKU

(hereditary)

- babies screened for blood phenylalanine

- brain damage

DIET: NUTRITION

- Sources

- Digestion of peptide releases oxido from meat, etc.

- Additional needs (p125)

- "Building tissue" - exercise/training

- "Replacing tissue" - injury, burns, cancer, pregnancy, breast feeding

- Vitamin deficiency

- Protein poor diet (banana/cassava)

- Kwashiorkor (children)

- Diarrhoea

- Skin lesions

- PEM

- Pellagra (maize diet)

- Biotin deficiency

- Marasmus (long term famine)

- Organ/muscle wastage

- Gut inefficiency

- Muscle wasting

- Oedema

- Poor growth

- Building - amino acids

- Condensation reaction

- Variation - R₁, R₂, R₃ sequence

- Polypeptide chain formation (p124)

- N- and R₁, R₂, R₃ sequence

- Building - amino blocks (p123-3)

- PROTEINS (SK277 Book 1 p122)
Braindump plan

- Can be useful as a starter but can lack structure
- A plan isn’t about finding anything and everything that could be relevant, it is about identify what is relevant
- Always order and reorganise a braindump plan
Shopping list

• Do you use a shopping list when you go food shopping?
  • Yes
  • No

• Why do you / don’t you use a list? Please give some of your reasons in the short answer poll pod provided
Shopping lists

• Are often an aide memoire and by writing ‘bread’, ‘butter’, ‘chocolate’ you know what you mean by that and what brand / size you are looking for.

• Your own essay plan can also be this, but you need to think about whether it is enough information for it to be clear to someone else picking it up. Fine not to have ‘brands’ etc but is there enough information for it to be clear overall? E.g. ‘sandwich things’ could mean all sorts. Likewise ‘evidence for point’ in a plan could be highly variable.
Why plan?

• It allows you to structure your work and know what you need to do.
• It also ensures you cover all parts of the question.
• It saves time in the long run randomly writing information that isn’t relevant.
• But... plans can change and don’t have to be perfect.
Activity

Look at this simple road map and look whether you can find a route from the purple star to the red cross using the white roads only (blue blocks are buildings).
Activity

Now think about anything that might affect the route taken. Please use the polling pod provided to suggest any ideas
What was the point?

- The idea was to show that there are lots of different ways to get from the start to the finish so you have to think about which you are going to take.

- However not all ways are logical – and that is important for essay writing.
Structuring

• This may come within the plan itself but it is important to think carefully about how you will structure your essay.

• Broadly speaking the allocation is as follows:
  • Introduction is ~10-15% of words
  • Content (body) is ~75-80%
  • Conclusion is ~10-15%
Plan like a recipe

- A plan can be thought of like a recipe as well – when you first start out you need highly detailed instructions but in time you learn more about what is meant

- Cooking with mother books compared to Delia / Jamie / Nigella / Whoever
Get active!

The earlier activity involved ‘movement’ e.g. action & a plan has to be active:

• HOW will you answer the question?
• What is the AIM of your essay?
• How does the information you are including relate to the topic – not just because a word search or the suggested areas to look has revealed it as relevant – WHY is it relevant?
Discussion activity

• Discuss with your group how you could put what you have learnt about planning into practice.

• Please bring back a few points that you can share with the rest of the wider group.

• You do not have to speak on mic if you don’t want to but please do interact with your group using the chat option.
Useful points for breakouts

• We suggest you use the first couple of minutes to introduce yourselves and get used to the room. Choose a volunteer to keep the discussion on track and feed back to the main room.

• If you want to speak you will need to activate your microphone once in the room and you see the option available.

• Breakout groups work best if people engage and contribute and discuss.

• There will be ~10 minutes for the breakouts overall – we’ll send regular reminders to let you know how long you have got left.
Breakout activity

• Discuss with your group how you could put what you have learnt about planning into practice.
• You could discuss which type of plan you prefer or how to make the plan active.
• You do not have to speak on mic if you don’t want to but please do interact with your group using the chat option.

Remember to check the number of the room you are in (shows at top of chat pod as “chat x breakout y”) in case of connection issues and for bringing back information.
This session is currently in breakouts (small groups).

If you are part of this group and have had connection issues please let us know your room number in the chat box.

If you are only just arriving in this room then unfortunately you have missed the main session. Please log back out and watch the recording which will be available later today.
So....

- What can people share from their sessions?
Alternative discussion activity

- There will be 2 specific questions in chat pods for you to explore some of the elements we have discussed further.
- The best thing I do when planning an essay is...
- To improve my essay planning I am going to...
- You are welcome to add your thoughts and we will then pick up some of the themes and talk through them.
- Chat does have names on but the recording will be anonymised so you will appear as ‘user number’
A plan is better than...

• A shopping list – this is simply a static list
• A recipe – this says what but not how or why

You don’t need all the details in the plan but need a clear idea about what you are hoping to achieve in the essay
Otherwise how will you know whether you have achieved the aim?
Take home message

• Effective essays are planned so that you have a clear idea of what you are going to do and can then know how to achieve that.

• Any plan needs to have enough information for you or someone else with a reasonable grasp of the content to pick up and be clear on what is intended.
Final poll

What do you feel is the main thing you will take away from this session?
Student Voice Week 2020
15 – 21 November

Student Voice Week is a celebration of all the different ways that students can get involved in Open University decision-making.

During the week, the OU and OU Students Association will host a range of activities for students to get involved in and have your voice heard. This will include online workshops, Adobe Connect sessions, VLE forums and social media activities.

It’ll be a great opportunity to shape improvements to the student experience.

Find out more: https://community.open.ac.uk/student-voice
Upcoming 2020 sessions

17th Nov 7pm Essay writing
1st Dec 7pm Time management

9th December Academic writing 12

16th Dec 11am/7pm Critical thinking & writing

More in the new year

Details and booking information from
http://studenthublive.open.ac.uk/

Past student hub live online study skills sessions here
Visit us at http://studenthublive.open.ac.uk/ and subscribe for events as they are announced. Send us feedback at studenthub@open.ac.uk