KAREN FOLEY: It's a good idea to pause occasionally in your studies and think about what is and is not working for you. Studying smarter is all about doing more of what works and trying out new strategies to change the things that aren't working as well.

In our Student Hub Live Workshop on the evening of Wednesday, the 13th of March, Isabella and I will give you some ideas that you may want to try out. And, more importantly, you can share your own ideas with others. Our hour long workshops are structured and start promptly. And the online room is open 15 minutes beforehand, which is when we recommend you join.

You don't need to prepare anything in advance and there are a range of activities that you'll be given in the session, which you can do on your own or in small groups. These workshops are a great way to meet other OU students, to ask questions, and to carve out a space in your own study journey to focus on your application of these important skills.

You can reserve your place by registering for a free ticket at either session. But places are limited, which is why you need to get a ticket. And I'd recommend getting yours soon to avoid disappointment. You'll gain the most by attending. But if you can't make it, you can watch the taught part of the session on catch up, as well as other workshops that we've run in the past.

These workshops are great fun and students say they're really, really useful. We run them each month on a range of topics to support you and your studies. And I do hope you can join us.

[MUSIC PLAYING]