

# Welcome – please read this first

- This session is run by Karen Foley and Isabella Henman and is recorded with the recording available to view on catch up on a public facing website. Slides are available at the end.
- Poll answers are anonymous to other students, and you may need to scroll to see other potential answers.
- You can also use the main chat pod to chat and share ideas but it does move quickly so don't worry about keeping up if it is too fast!

We recommend that you always check your sound levels using the audio set up available to computer users (meeting >audio set up wizard) but microphones are not available to use in the session.

If you are on a mobile device please note you will need to tap into polls, chat, slides when mentioned

# 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?

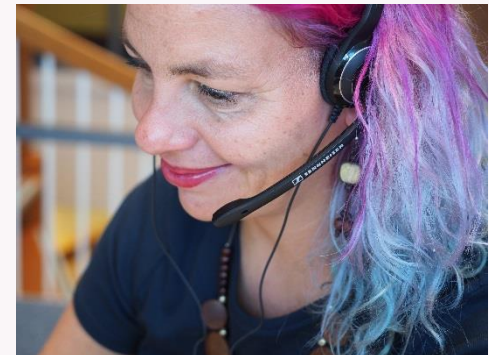
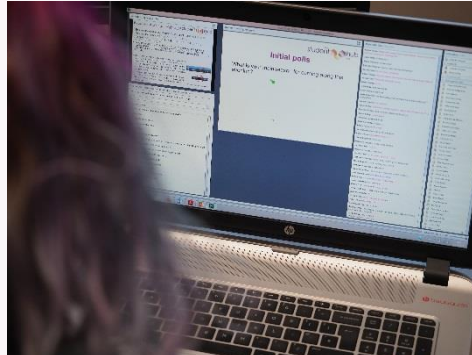
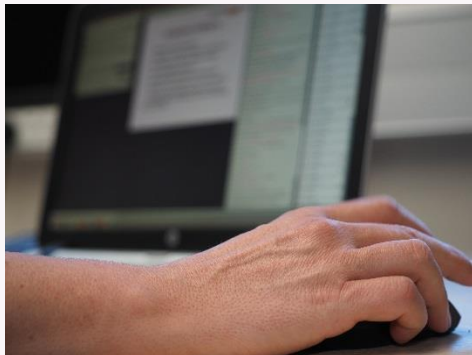
- Arts
- Languages (English & other)
- Social sciences
- Business and law
- Science
- Engineering or technology
- Maths
- Health sciences
- Education
- Sports
- OTHER

Have you been to any student hub live online events before?

- No (I'm brand new!)
- No (but have listened to one or more recordings)
- No (didn't have time)
- No (wasn't aware of before now)
- Yes last year (any 2019)
- Yes previous year (any 2018)
- Yes other

# 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
- All online sessions are recorded and available to view on catch up on a public facing website. *Small group discussions are not recorded.*
- Slides are available at the end of the session and from the main website



# Initial polls

What is your main reason for coming along this evening?

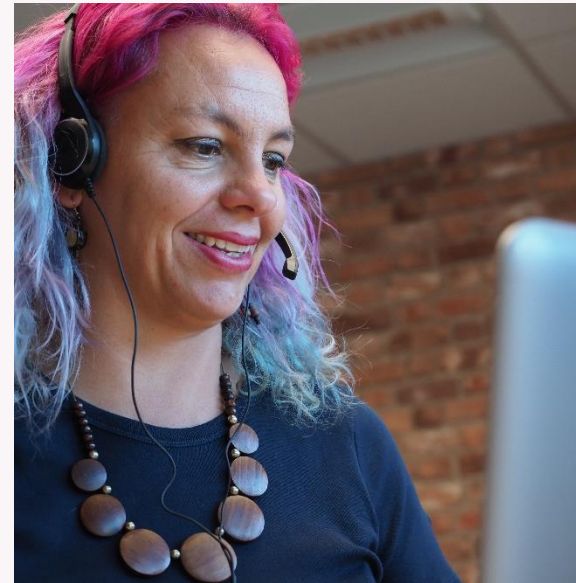
Are you currently...? (please choose the one that is closest)

- Brand new to OU study
- Have done at least one previous OU module (in last few years)
- Have done at least one previous OU module (many years ago)

# student hub live is the OU's live online interactive platform to support academic community



Karen Foley is a lecturer at the OU, head of student hub live and chairs Y032. She also tutors in social sciences, psychology and science.



Isabella Henman is an essay writing aficionado and skills trainer. She tutors in science and health sciences at Access to level 2.

# Catching up strategically and getting back on track

## This was our advert...

If life has got in the way in the first few weeks of starting your module and things feel overwhelming, this workshop is for you! We'll discuss how to catch up strategically, which doesn't involve trying to cram everything in. In addition to giving you tips on how to recognise what is important for your module, we'll discuss how to access support from your tutor and from other areas at the OU. There will be the chance to share tips and advice with other students and you can discuss how to apply ideas to your own study with others.

# Workshop

- This is going to be a structured workshop covering how to catch up strategically
- We'll give some tutor advice about effective methods for getting back on track and staying there
- There is a lot of interaction so please be ready to answer polls (questions) or add to chat pod during the session
- You'll also get the chance to discuss things with others in a small group

# Session purpose

- **Is for:**
- Covering general advice about strategic study
- Give some guidance about ways to manage time
- 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 do you feel if you know you are late for something in every day life (e.g. a restaurant booking, film, meeting with friend)? Choose any that apply

- Worried I'll have missed it / them
- Worried I'll arrive in a state
- Embarrassed that I have put someone else out
- Frustrated but nothing I can do if already late
- Not bothered – I'm always late and that's just the way it is

# How has it been going?

- We're now nearly at the end of week 2 of most modules (end of week 1 for some modules with 'week 0')
- Some people might feel they've already been studying for months (most modules opened on 10/9 if not before)
- Others may feel that they haven't been able to get started like they wanted

# How do you feel

- Please select which option is most appropriate for your situation:
  - I'm well ahead of the study calendar
  - I'm keeping up well with the study calendar
  - I'm just about managing to get to the end of the study calendar each week
  - I'm working on last week for the study calendar
  - I'm feeling really behind and struggling with the amount I need to do

# Why are you behind?

- Assuming you are here because of the title 😊
- Have a careful think about why you might be behind
- If you want to add your ideas in the anonymous short answer poll and we will work through some

# Reasons

- Illness
- Family
- Paid / voluntary work
- Social life
- Took on too much / didn't realise how many hours would be needed

# What are you doing?

When we study we read about stuff and then often get worried if it doesn't make sense or we don't remember it

It can be easy to forget that you are learning things linked to a qualification

- If you are studying sports coaching you need to know how to write a training plan
- If you are studying Psychology you need to understand the basics of a report

But you don't need to remember all of the details along the way

Focus on KEY skills, and navigation (you can trace back your footsteps using a breadcrumb trail)



# Flight or fight

- If you genuinely do not have anywhere near the time required to study you may want to rethink your options. See our previous SHL session or call the Student Support team. There is no shame in deferring your studies
- If you do have enough time but things are getting in the way, something can be done... so
  - What are we going to do about it?



# Catching up

- Does anyone have any suggestions about how they might be able to catch up? Please use the poll provided if you do (don't worry if you don't – we'll give some ideas)

# Identify what you need to do?

- Unless you have an exam that covers the entirety of the module (very unlikely!) you do not need to cover everything.
- You also do not need to cover everything in the same level of detail or using the same attention span
- You do not need to remember or understand everything
- **So you can be selective!**
  - BUT – if you are not an expert how do you know what is really important?
  - Ask your tutor, or better still, try and work it out and then email your tutor to sense check!

# Use the weekly planner and prioritise tasks

DD102-19J Home
Assessment
Tutorials
Forums
Resources
News
Help ?
Search

DD102-19J Home > Week 1 > Module introduction

WEEK  
1
Introduction

Module introduction
Week 1: The street

This item is also available in Resources: section 1.

1 Introduction to the module
2 Module overview
3 Getting to know City Road
4 Learning from audio-visual material
5 Reflecting on your skills
6 Learning outcomes


View as single page

Video quality
High quality
Standard quality

Within this document you last viewed: 6 Learning outcomes

Module introduction

1 Introduction to the module



Welcome to DD102: Introduction to the Social Sciences. This module introduces the social

# Prioritising

You may remember this from our time management workshop which is also available to watch on catch up

## Four-square grid

Write down your tasks within this grid. First do the things that are both urgent AND important!

	Important	Unimportant
Urgent		
Not urgent		

# What works for you?

- What sort of time management or prioritising techniques work well for you (please use the short answer poll provided to give your ideas)

# Suggestions from other students

- Google (or other online) calendar
- Ticking off on lists
- Colour coding
- Post its
- OU anywhere app
- Knockknockstuff.com\*
- Evernote
- Calendarpedia.co.uk

\* This is a suggestion where others have found they can buy good things – we are not advertising 😊

# Identify the order in which you need to do it

- First things first – what tasks attract marks or are required for the TMA / other assessment?
  - Do these first
- Look ahead to what else is coming up
  - These are important but not urgent
- Look for fundamentals – skills are important. Content relating to TMAs matters. Make a note of these.
  - These are also important but not urgent
- Everything else can be parked for later, but you may want to make a list of which areas interest you and allocate a time to them so they can be easily picked up

# Quick and dirty



# When do you have...

- A 10 minute
- A 20 minute
- A hour

...Chunk of time within your day where you could give a quick burst of study?

- Suggest when this might be in the short answer poll provided

(this is not the main study time but any 'downtime' that you could utilise)

# Do things faster

Can you skim through a chapter or section, scan the content, use the contents page, read a transcript instead of watching a video?

This is a great strategy to get an overall understanding of what the content is. It works less well with skills which need to be practised



# Do things faster

Use the transcript if you are good at skim reading

To begin with, watch the DD102 introductory video below.



The video player shows a man with grey hair and a dark shirt sitting on a balcony. Behind him is a green lawn, a black metal railing, and a modern building with large windows. The video player interface includes a progress bar at the top, a play/pause button, a volume icon, and a timestamp of 00:14 / 08:14. Below the video, there is a 'Transcript' section with a blue header. The transcript text is as follows:

about you. It's about locating yourself within the wider social world. Your sense of self, your identity, all the connections that you have with others - they shape part of what you are.

**GEORGINA BLAKE LEY**

The most exciting thing about this module, for me, is the sense of discovery you can get by looking at familiar things in a new way. You'll be invited to look at the everyday, the things that people often take for granted. You'll begin to question the taken for granted and start to think like a social scientist. And I think that's what makes the subject matter of this module relevant to people's everyday lives.

On the right side of the transcript, there are icons for 'Print' and 'Copy'.

# Do things smarter



Are there times in the day that you could do low weighted tasks?

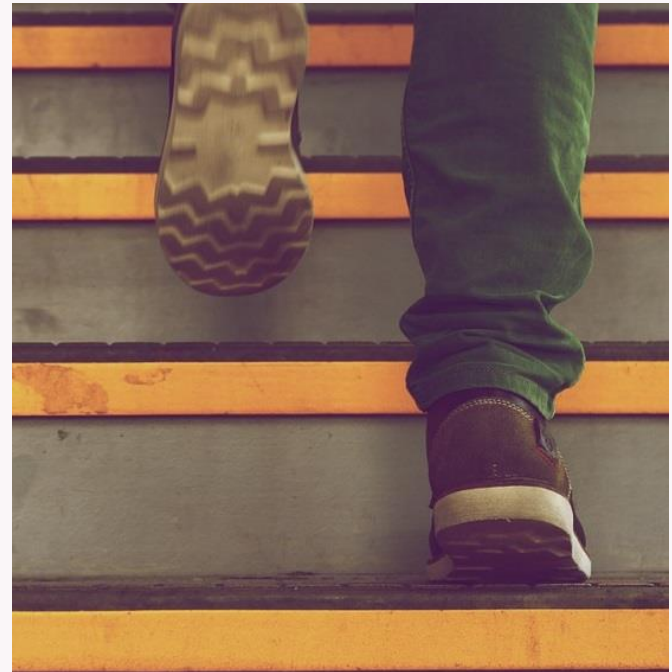
Can you find windows that you could use for studying like;

- Commuting
- Kids lessons
- Watching videos when cooking
- Walking the dog (and thinking about your TMA question)

# Don't worry!

- If you started in October it is still very early in the module and most modules won't be testing you on everything possible in the module
- Be selective
- If you get stressed and anxious this can be counterproductive to helping you progress
- Remember why you are doing this

**One step at a time!**



# Information polls

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# Discussion activity

- Discuss as a group how you might catch up, and share strategies for different ways of studying.
- Please bring back a few points that you can share with the rest of the group
- We can then try and discuss some of the common points
- 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
- Remember to activate your microphone to speak as per the instructions given.
- Breakout groups work best if people engage and contribute and discuss
- There will be 13 minutes for the breakouts overall – we'll send regular reminders to let you know how long you have got left

*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.*



## Breakout activity

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# **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 this evening**

# So....

- What can people share from their sessions?  
Please use either the chat pod or the  
anonymous short answer polling pod

# Time management resources

- <https://help.open.ac.uk/time-management-skills>
- There are lots of resources available for time management
- Be realistic and balance what you want to achieve
- Balance time available, effort needed and eventual outcome
- Sometimes planning will help save time, other times just getting on will be the most efficient option

# Take home message

- If you have enough time to study and catch up don't try and do it all fast
- Be strategic and make a plan based on what matters most in your module
- Use your tutor for support
- Use the SST for support also
- While you can ask for an extension, it's always best to have a plan to get back on track
- Remember, one foot in front of the other :-)

# Final polls

What do you feel is the main thing you will take away from this evening?

What are you going to do as a result of this evening's session?

Which of the following elements of tonight's session did you find useful?

- Tutor led explanation
- Opportunity to chat in text chat box
- Opportunity to suggest ideas in polls
- Breakout room (discussion with / learning from other students)
- Breakout activity (reflecting on the concepts in more detail)
- Any other aspect (please give details in chat)

# Upcoming sessions

19<sup>th</sup> October 10am Fastrack Freshers - What happens at tutorials and why are they so important?

23<sup>rd</sup> October 11am and 7pm Academic writing skills

30<sup>th</sup> October 11am and 7pm Critical thinking and writing

12<sup>th</sup> November 11am and 7pm Essay planning

20<sup>th</sup> November 7pm Essay writing

27<sup>th</sup> November 7pm Learning from your first assessment

11<sup>th</sup> December 7pm Time Management

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

This session's slides are available to download from the link provided. Click on the title then download file and it will download to wherever downloads go on your own computer

Past student hub live online sessions [here](#)

Visit us at

<http://studenthublive.open.ac.uk/>

Send us feedback at

[studenthub@open.ac.uk](mailto:studenthub@open.ac.uk)

View past (live) recordings on

[www.youtube.com/thestudenthublive](http://www.youtube.com/thestudenthublive)

