

Let's get chatting polls

How are you feeling today?

- Great
- Good
- OK
- A bit worried
- Very worried
- Panic mode engaged

What's the weather like today?

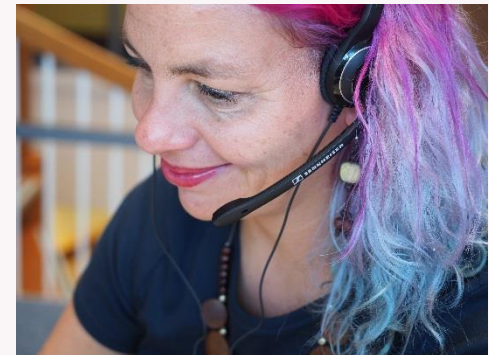
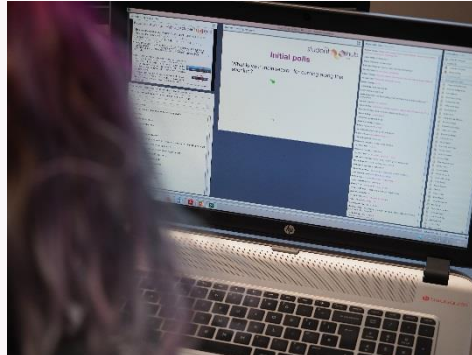
- Sun
- Cloud
- Rain
- Snow
- I haven't looked out the window!

Was the best thing you have eaten in the last 24 hours...?

- Chocolate
- Home made / grown (by me)
- Home made / grown (someone else)
- Nice out of a packet
- Not nice out of a packet
- I'm on survival rations already

What are student hub live online sessions?

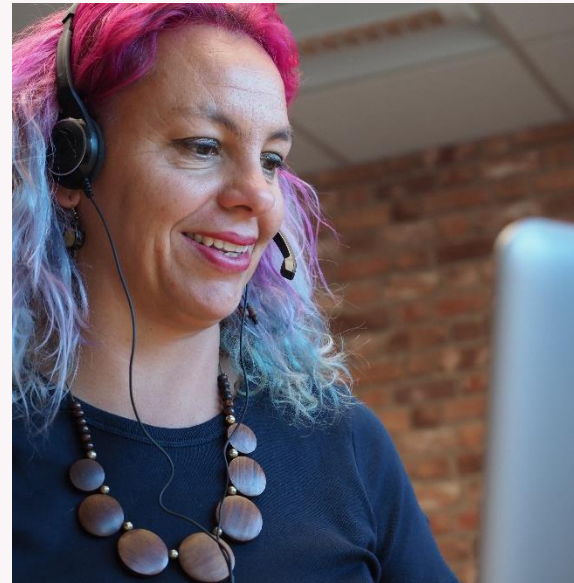
- All student hub live sessions are non modular and focus on skills relevant to study at university level
- Polls are anonymous to other participants but the chat box will have your logged in name associated with your comments
- All online sessions are recorded and available to view on catch up on a public facing website.
- Slides are available to download during the session and from the main website



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.

Today's session

- This session is likely to be extremely busy so the chat pod will move very fast. Please do be aware of that. We will try and answer as many questions as we can but do check if they have already been answered.
- It would help to put a Q at the front of a specific question
- We can not answer any individual questions about personal situations we are afraid.

Initial polls

What is your main reason for coming along today?
(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



Retaining focus on study while in uncertain times

This was our advert...

In this session look at how we respond to stressful situations and how we can take steps to feel better in ourselves. We will also look at study strategies and establishing focus. There will also be an opportunity to learn about different types of support from the Open University. The event is an opportunity to connect with others and we will have space for general study skills related questions.

Workshop

- This is going to be a structured workshop to help you get thinking about retaining focus
- We'll get you thinking about various elements and sharing idea
- We'll give some tutor advice on good strategies
- You'll also get the chance to discuss things with others in the session and see suggestions from others

Session purpose

- **Is for:**
- Provide a space to share ideas and connect with other students
- Look at some common themes and make suggestions
- **Is not for:**
- Telling you what you HAVE to do
- Providing any module, subject or person specific advice

To be clear 😊

- We can't provide any individualised advice in this session
- We are going to try and address many common themes but we don't know all the answers - and neither does anyone else in some cases
- We're going to look at how to be effective in study
- There will be **lots** of interaction and things move quickly but this is a real time session with lots of people so decide what you want to take from it

Changing landscapes



How is this affecting you *right now*?

Choose from the options

Drought (dry and no hope), path (keeping trudging on), poppies (things are more positive)

Growing the poppies

- Let's see how we can manage the challenges and build the opportunities 😊



First thoughts

- What is the thing that is worrying you most about your study at the moment? Please use the short answer poll pod provided.

Resilience

- Resilience is the way that we can navigate a challenging terrain and work to develop opportunities or take advantage of ones that exist or could exist



Control

- To overcome challenges focus on what you can control in your life and be aware that there are things you may not be able to control.
- Using the short answer poll pod available can you suggest any things that affect your study that *you can control*
- Using the new short answer poll pod available can you suggest any things that affect your study that *you can't control*

Locus of control

- Internal locus of control – **you** make things happen, you can affect outcomes through effort and ability
- External locus of control – things happen **to you** and outside forces like fate make things happen
 - **I control my destiny**
 - **OR**
 - **Others control my destiny**

It's all about you!



Get SMART





- Specific
- Measurable
- Achievable
- Realistic
- Timely

Poll time

Please answer the following in the poll pods provided

- Have you ever set a SMART goal?
 - Yes
 - No
 - Hadn't heard of SMART before today
- If you have how has it helped you specifically?
(please use the short answer poll provided)

Set goals

- Make a list of the goals you want to achieve and then convert to a smart objective
- E.g. I aim to finish reading topic 7 by Saturday afternoon 
- I'm going to work on the TMA soon (not helpful if it is due next week as too nebulous) 

Managing stress

When you are feeling stressed what do you turn to (if anything?) Please select any that apply from the anonymous polling pod provided

- Chocolate / Cake / Sweet things
- Healthy foods e.g. vegetables / nuts
- Alcohol
- Coffee / caffeine
- Sleep
- Exercise
- I don't specifically turn to anything

Managing stress

Advice at <https://help.open.ac.uk/managing-stress>

- Learn to recognise yourself and what actually helps properly (as opposed to a temporary artificial lift)
- Does the cookie make you feel good initially for a sugar rush then bad because of the weight?
- Does that extra coffee pep you up to start with but then give you a headache?



Available support

- Allocated tutor
- Forums – tutors and other students
- Student support team
- Disability support team
- <https://help.open.ac.uk/mental-health-support>
- Big white wall mental health & wellbeing support
<https://www.bigwhitewall.com/>

Questions?

- Are there any other general questions that we haven't already covered? Please use the short answer poll provided to add and we will try and address any that we can

Take home message

- Try and control your own destiny as much as possible.
- Become SMART in what you can achieve

Final questions

- What do you feel is the main thing you will take away from this session?
- We are considering adding more of these workshops during this time - which types of sessions you will find most useful (select any that apply)?
 - Academic skill specific (e.g. essay writing)
 - Skills for effective learning (e.g. how to use feedback or keep focused)
 - Personal development (confidence, coping with change, motivation)
 - Community oriented (loose topics but lots of focus on discussion between students)
 - Sessions with specific breakout room activities so you can discuss topics on the mic with each other