

KAREN FOLEY: Welcome back to the Student Hub Live Faculty of Business and Law freshers event. Well, we've been having a wonderful day so far. Gosh, that was a very interesting discussion. I'm glad it stopped. My head was going to explode. Mychelle, how's everyone doing at home?

MYCHELLE PRIDE: Well, the discussion hasn't stopped. And I want to give a huge shout-out to Rosalind, who had a civil partnership in February because there's a lot of discussion in the chat box around civil partnership. So congratulations to that.

And we have a lot of people who said that they were interested, like you said, maybe in law rather than business. But hold on, folks, we are coming onto the exciting things around business as well. And Lorna, I thought was quite nice. She said for her, studying law means being empowered with knowledge, knowing how to understand and dissect a legal argument that makes you question what is the true meaning of justice. And I think that sums up so nicely what we talked about.

We're doing a bit of a poll on age. So far, we have the youngest at 18 and the oldest at 55. So that was our Shannon at 55 and Megan and quite a few others at-- oh, sorry, Megan, you're 19, my apologies. But we did have an 18. So I would say, keep those ages coming. We want to see if we can get to 80 plus at the top end.

Brilliant, absolutely fantastic. Yeah, we've got lots of young students, which I think we saw classes under 25 type thing joining the Open University now. So that's wonderful. But again, the range is really, really diverse, which is what makes it such a wonderful place. Well, let me introduce you to some students. So we were talking today about how we were feeling about our studies.

I'm joined by Fanni Zombor, who is the vice president of engagement for the OU Student Association. She's an undergraduate business student, and she's currently completing her level two modules. Welcome, Fanni.

FANNI ZOMBOR: Hey, Karen.

KAREN FOLEY: Hey. And we've got Patrice Belton who is the vice president of equality, diversity,

and inclusion for the Open University Student Association and is in her final year, about to complete her BA honours of design and innovation degree. Welcome, Patrice.

PATRICE Hi, welcome to myself.

BELTON:

KAREN FOLEY: Hello, welcome. Yes, exactly, it's wonderful to have you, yeah. So I wonder if you could cast your mind back to when you first started your studies. How did you feel then, Patrice?

PATRICE Oh, gosh-- nervous, really, really nervous because it was the first for me. I had

BELTON: nobody in my family who's actually gone before me as a representative or a role model to enter university. So it was all brand new, all really, yeah, daunting, and I was really, really nervous, to be honest.

KAREN FOLEY: Aw, we've got a poll that you can fill in at home, how nervous do you feel right now? So let us know how nervous you feel. Hopefully you're feeling a lot less nervous than you did maybe an hour or so ago. But do let us know about how nervous you're feeling about your studies. Fanni, what about you? Do you remember how you felt right at this time, before your module was going to start?

FANNI So I actually came as a school leaver to start with the OU. So I didn't have a gap the
ZOMBOR: same way that Patrice did. But I certainly think that it was a-- I knew that it would be a big step up, so I was also quite nervous, but I was also excited, as everyone is, kind of that mixed feeling. And yeah.

KAREN FOLEY: And you're both doing some modules now. Do you still get a sense of excitement before they start? I know I always do.

PATRICE Yes, the butterflies are always ready. They're definitely always ready. They're just
BELTON: like, oh my gosh, Patrice, are you sure you can do this? You've done it last year, but are you sure? And yeah, always second guess everything. But I'll go in and I'll do extremely well, and I'll surprise myself in the process.

KAREN FOLEY: Brilliant. Mychelle, how's everyone feeling at home now?

MYCHELLE Well, we need to give a shout out, of course. It's Sharon's 38th birthday today.

PRIDE:

KAREN FOLEY: Oh, wow, oh, damn.

MYCHELLE Yeah, exactly, so the conversation's slightly turned to cake and hoping that Sharon gets all the cake. But also, we have a lot of discussion about age. And nobody has posted above 55 yet, and I promise you, and Karen, you can agree and promise there are students older than 55 at the OU.

KAREN FOLEY: Oh, yes, many.

MYCHELLE Yeah, absolutely, but so far, we're listening to Patrice and Fanni. I think that's helping people settle their nerves a little bit because people are quite worried about starting. But so far today, as you said, Karen, everybody's very excited.

KAREN FOLEY: Brilliant, that's wonderful. Well, let's see what you said at home to our poll. How nervous do you feel right now? So, at the moment, 63% are moderately nervous, but hardly anyone's extremely on edge or not nervous at all. And some are neither indifferent, neither nervous or not nervous, which is wonderful because we've all agreed that some nerves can be really, really useful.

They demonstrate that you care about something, that it's important to you. And I guess, if you're going into the unexpected, then who knows what's going to be out there? So I'm hoping that we can allay some of those anxieties. Do make sure you use this time to get any questions that you've got right now answered. But I'm hoping that you can see that you're among good, new friends as part of our wonderful OU community.

So Fanni and Patrice, you've both got very different sorts of things going on in your life. And one thing that we do know about, and in fact, students have been saying today, is I don't know how I'm going to fit it all in, I've got all these other commitments, other responsibilities. One of the things that is common to OU students is that, irrespective of what's going on, they don't always have the luxury of being in a campus with scheduled lectures and stuff.

There's always a cat on your computer or something that needs doing, et cetera. So can we talk about juggling responsibilities and roles and a bit about how you've

negotiated those while being successful in your studies? Fanni, can we come to you first on that one?

FANNI

Sure. I think, for me, I have worked full-time throughout the whole of my degree.

ZOMBOR:

And obviously, as you said at the start, I'm one of the vice presidents, which is kind of like a half job, I would almost say. But I think I'm just managing your time, and what's really helped me is kind of looking at my different commitments and kind of seeing which are the top priorities in each of the areas and then prioritising within that, so like, really managing my time. I'm making sure that I'm focusing on the right things at the right time.

But if there is no kind of TMA coming up, and I'm really struggling for time, then it's time to take it a bit easier for a few weeks while I have to focus on other things, but at the same time, to really gear up and get ahead as much as I can when I do have time, so kind of balancing that out. And also, yeah, I think that was my main.

KAREN FOLEY: Main thing, absolutely. Patrice, I wonder to, before I ask about your own time management, Garcia says, is anyone nervous because English is their second language? We know we have a lot of students for whom English is a second language. And it's something that we were talking about recently. And. I wonder if you could share your thoughts on that.

PATRICE

BELTON:

Absolutely. For me, my first language is not actually common British English, it's Creole English, which is a Caribbean dialect. And so whenever I look at my books, I have to read everything, translate it into the language that I know, try to then make common sense of it, and then re-translate it back into British academic English and then approach writing, approach taking notes, approach TMAs.

So it's really quite difficult, actually, because it's multifaceted for students who are outside of the typical English speaking. So definitely, I find it so difficult every single time. I don't think it ever gets easy. But over time, you kind of learn that, and you kind of strategize how to allow yourself extra time so that you can do so.

KAREN FOLEY: So it's almost become like a time management thing. You've sort of thought, hey, this does take me a bit longer when I'm doing these sorts of things, so I'm going to allocate myself more time, and that's OK.

PATRICE Absolutely.

BELTON:

KAREN FOLEY: Brilliant. Tyler is some sharing a link for the International Students Club in the chat. Tyler runs a really, really fantastic group. I know a lot of international students get a lot of support by being connected to other OU students. So please do look at that as well. So Patrice, you've been juggling lots of other things as well. So unlike Fanni, who's sort of left from school and is juggling things in a different way, your juggles have been quite different, haven't they?

PATRICE Yeah, I've got like, a really large, close-knit family for one. And they come with their own, just, a dictionary full of problems and different things that I have to help support because I'm like the second mum, if you want to call it that, inside of the family. So I play a really main role in there. And also, I work. So I work part-time whilst I'm studying, and that does take quite a lot of navigating around and dedication. And I'm a volunteer as well. So here we go, more and more things to add to the mix.

KAREN FOLEY: Brilliant. I wonder if you could tell us then how and where you study because, well, we looked at some different study spaces beforehand. And Patrice, finding suitable work spaces is something that many students struggle with. Some people do a whole degree on a bed or some have a nice office. It can really, really vary. What is your workspace like?

PATRICE I've got so many different places I can use, but I've gotten my physical space. My physical space that I use right now is my desk. Can you see that? Yes.

KAREN FOLEY: Yeah.

PATRICE That's my desk right there, and I share that with my husband. But we're in a one-room flat. So on the days when he's studying, because he was also studying, it means I have to go to the dinner table sometimes or to the sofa or outside in the garden. But wherever I get it in, I use it.

KAREN FOLEY: Brilliant. So you're really competing for resources there with that one.

PATRICE Definitely.

BELTON:

KAREN FOLEY: Perfect. That's wonderful. And what about your study duration? Have you got any tips then in terms of, if you were at the desk, would you sort of try and put in a long stint, or did you break it up? How did you study with regards to that?

PATRICE BELTON: Definitely. I think at the sofa, I'll probably be a little bit too relaxed if I'm sitting on the sofa or some place where it's really, really, really too nice. So in the garden as well, hearing the birds would be too nice, so I'll probably relax too much. But some people enjoy that, really, actually.

But on the desk, I would definitely be more concentrated, even in the kitchen. As long as it's away from my husband and anybody else and I've got space to put all of my junk, I'll be really, really happy and I can concentrate.

KAREN FOLEY: Brilliant. That's wonderful. Well, we've asked people about how they feel about starting to study. And most of them are really excited. So our Wordle has said 69% are feeling really excited about studying. And let's just see there what the other people said-- 15%, not ready at all, I need more preparation. And some people say it'll be indifferent.

But let's also take a look in seeing how people are feeling right now as well. We've had lots of words on our word cards for how people are feeling. And then we can see some of the ideas about handling nerves. So first, how are you feeling right now? We've said-- people are saying that the content is really interesting. So let's just get our word cloud up with how you're feeling if we can.

And we've got some accounts for why people are starting, like their career or they're interested in marketing, for example, or opening their own shop. Other people are looking at this from career development, career prospects, employability aspects, role progression, et cetera, easing in, good start. So lots and lots of different things here in terms of why people are studying. And let's see how everyone deals with nerves as well, because this is another very useful area to share with other people as well. So what helps you with your nerves?

Yoga, that's one of my favourites, actually, and taking breaks, asking for help, exercising, doing fun things, talking to people, self care, taking time out, other students' stories-- that's really important-- self-care box-- that's a great idea-- worry

monster, an OU journey board, regular breaks, and exercising. I bet people are sharing lots of ideas in the chat, Mychelle. So let's just see some of the things that people have said.

Oh, I see Sharon said, thanks for the birthday shout-out. And Megan loves the range of ages we've got going on. What are people saying is going to help them with their nerves and anxieties?

**MYCHELLE
PRIDE:**

Well, we have us Megan, who is sitting with 40 plus plants surrounded by her, so that must be nice and calming, always lovely to have some fresh green, as long as you don't forget to water it.

But what's blown my mind is where all of our students are from. So we have Jana, who is Czech, and Kelsey who's in the Grand Caymans. Natasha is Dutch, James' first language is Gaelic. We have Mitchell who's currently in Barbados and is learning a little bit of Creole. But the funniest thing for me that I saw, and that is Ashley said that her cat had gone on the keyboard and turned the screen upside down. You've got to figure out how to get it back, don't you?

KAREN FOLEY: Yes, you do.

**MYCHELLE
PRIDE:**

James has said the piano music is really good for calming down. And Jo Wayne says that-- mm, I don't know whether Jo Wayne's a girl or boy, I'm very sorry, but Jo Wayne loves flowers and plants. And then we've got Ryan from Austria. We got Scotland represented, and then, of course, all of the UK. So such a wonderful group of students we have with us today.

KAREN FOLEY: Brilliant. And Noah has to get a run in before work, which I do that also. I do some of my best thinking, I always have my best ideas when I'm out on a run, come back and write them down, so it's a really good way. Also, to mull over what you've been reading and studying-- I used to do that when I was revising. So we've got a lot of younger students the other trend I've noticed lately is that many students are studying with us full-time. So they might have two modules that are going on.

I wonder if anybody at home is studying full-time, taking on two modules. Fanni, you've done this. And what was it like for you, balancing two modules? And what advice can you give to students who may be taking on that workload?

FANNI

ZOMBOR:

I think I was actually talking to you about a similar subject about two years ago on Student Hub Live, so giving me flashbacks. But I think for me, at level one, it seemed quite manageable. I always say that do two 30 credits for the first of your 60 credits is always also a bigger workload. So I think that's definitely something to consider.

And I've completed 90 credits, which is halfway to full-time intensity, successfully, but then going into level two, I've realised how much of a step up it is. And I think, for me, the biggest thing was figuring out that I don't have to study full-time, and it's fine if I'm not able to manage studying full-time. And I think it really came down to, that I thought I've got all of this time and I don't need to eat or practically sleep when I kind of figured out how much time I've got.

And then when it came down to in reality, sometimes you just want to sit down for an hour and do nothing because you need to kind of decompress. But at the same time, I also know that is manageable because I have managed to complete more than 60 credits in a year. So I think it's just kind of figuring out what works best for you and also not being too hard on yourself because I think that's what really put me back, that I had this unrealistic expectation that I couldn't meet.

And once I kind of accepted that it's not meant for everyone and that the reason the OU offers flexibility is so people can actually fit around their life, I think that really helped me kind of move on from that and then now carry on part-time. But equally, I know a lot of people who have really successfully got first-class degrees full-time, in three years, alongside a family and full-time job. So it is manageable. I think it's all about your personal circumstances and the expectations that you set yourself.

KAREN FOLEY: Absolutely, and also to some extent, about how much you want to enjoy that studying, whether that end goal matters. Or sometimes you think, actually, I'm really having a nice time. Let's just calm down and chill out a bit and take our time with it as well. So yeah, it's a really important thing. I think one of the key things, though, you've mentioned, Fanni, that's so important for students to know is that there is this flexibility.

Many students choose the OU because it's flexible. But within things, there's also a

lot of flexibility. And yesterday I was talking to colleagues in our student support team, and they often discuss things with students about potentially deferring or having that flexibility within the module that they're studying as well on deadlines, et cetera.

So there is a lot of flexibility. The key thing to do, I think, is to talk to both your tutor and the student support team if things are changing because things often change for students over what is often a three- or six-year period. Life does change for so many of us. And when those changes happen, if you want to keep studying, it's important that we find ways to fit that study into your life in a way that works well for you, which brings me onto my next topic, which is about well-being.

So we've had some really great comments here about how people are caring for themselves. Joanne loves doing Zumba to calm down. Nicholas says Mozart and Fleetwood Mac are good to study to, so studying with music makes it happier. Upbeat music before you start studying-- I often to put on a good tune and that gets me in a good mood. Cuddles with pets, Abigail-- yes, absolutely. Sometimes you just got to lie on the floor and cuddle a dog.

Dog walking, says Claire. Allen says lo-fi study beats are really helpful to listen to. I know people who listen to rain music as well. So Joshua says he also listens to lo-fi study beats also. So some really good advice here. So if I can ask, basically, then, how have you looked after your well-being? Patrice, I know that for you, you had a lot of anxiety when you started studying, and things hadn't always been plain sailing in terms of how you felt. Have you looked after yourself?

PATRICE

Yes, I have. Well, I wouldn't be here today if I hadn't, right? But I found a lot of-- I

BELTON:

found a lot of things that I could do to help me maintain study. One of those things that I found quite recently, actually, as we got through the whole pandemic situation is painting.

I didn't know I could paint, but I picked up a brush and I started. And it's working. Can I just show you all a picture?

KAREN FOLEY: Let's see it.

PATRICE

Here's my picture of something--

BELTON:

KAREN FOLEY: Wow, that's beautiful.

PATRICE

BELTON:

--I painted recently. Thank you. One of my lovely pictures. And I've got, I don't know, maybe 9 or 10 of them that I just-- like, I do them every so often. Whenever things get a little bit overwhelming, especially near TMA times or a really heavy study period, and I feel like I start getting a bit stressed, I would use this as my little just debunk, deflate moment.

I also do things like gardening. So I've got plants everywhere and different things as well around the house, outside in the garden. So there's always something positive-- candles, all of those wonderful, lovely tools that you could use and have dotted around you. That gives you good memory and good-- feel-good vibes, basically. I think definitely have them wherever you can find them. Put them everywhere.

KAREN FOLEY: Brilliant. Absolutely. Natasha says swimming is her thing, early morning to set me off for the day. I do that too, brilliant idea. But there's a lot of different ways. Mychelle, I hear Rachel likes spending time with her sheep to relax. And Tabitha relaxes playing--

MYCHELLE

Well, you can never say--

PRIDE:

KAREN FOLEY: --board games.

MYCHELLE

PRIDE:

You can never say you won't be surprised in Student Hub Live. I think we're learning a lot today about different ways that you can relax, absolutely. And Natasha also likes her swimming, and Sharon has her own candle business, so she can maybe set up a side business and sell to students at the OU.

Of course, there are lots of different ways that you can get candles. But I want to give a little quick shout-out as well to Patrice because Tyler, Kirsty, Marianne, Callum, and Nicola have all said fantastic on the artwork. And it's really nice to see--

PATRICE

BELTON:

Aw, thank you, guys.

**MYCHELLE
PRIDE:**

--that you can pick up skills. And then Mark said he set aside a day for photography to take a break from studying, so lots of different things. Online gaming, says Roxanne. So there are lots of different ways. But I think that's really important is that you take a break after you study. So study first, and then reward yourself for studying. But eat well, sleep well. Sleep is really important. And then have a hobby alongside.

KAREN FOLEY: Absolutely. Candles are going down very well. I think study candles are definitely the way to look at things. OK, so I wonder again if we can come back to this idea of well-being and stuff. Fanni, how have you sort of handled your own sort of balancing of things, in terms of your well-being? And also, what advice can you give to our students about taking care of themselves?

**FANNI
ZOMBOR:**

I think it's quite interesting because Patrice and I are really different in a lot of ways. And to me, I'm more the type of person who pushes through things and then takes a day or two, rather than kind of spend a few hours to myself. So as someone who works from home, as most people do these days, but I work from home regardless of the pandemic situation and obviously study from home, I think to me going outdoors as much as I can.

Mychelle knows me. She knows I do horse-riding and loves hanging upside down, picking up horse ball, but you don't have to be quite that extreme. But I think to me, the getting outdoors because of, I don't actually have my own desk because we don't have space in the house. So I'm sitting at the dining table at the moment as well or in my bedroom.

So I think getting outdoors is my main one. But I think, particularly when I was dropping from full-time study to part-time study, what also really helped my well-being is, as you said earlier, speaking to the tutors and student support because they actually-- I think my biggest kind of nervousness about feeling like I was failing at what I was trying to achieve was that people didn't understand, but once I spoke to my tutors-- I had two at the time-- and the student support team, I kind of understood that I wasn't the only person in this position, that there are, how many, 170,000 students at the OU now.

So there are people who go through the exact same thing. And I think sessions like

this as well kind of helps you realise that you're not the only person in the situation that you're in, that although we are all unique, it's very similar paths.

KAREN FOLEY: Absolutely. I mean, one of the things that people were saying that they were worried about earlier on our word cloud was being lonely, being isolated. And those are very, very common. In fact, we know that students who do study at a distance do typically feel that. I mean, it's a concern for us, which is one of the reasons we have something like Student Hub Live and many other ways for you to connect, because it is very common. So I wonder if we could think about some of the ways in which you both combat that sense of isolation and feeling alone in your studies. Patrice, what do you do?

PATRICE BELTON: I found Facebook, and I found all these wonderful student spaces. Well, I didn't even know that the OUSA existed until last year. The OUSA are the Open University Students Association. And Fanni absolutely hates that word OUSA, so let's just be real with that. But yeah, I found the association last year after going to-- or volunteering to go to a student-- well, it's an FBL conference.

And that's where I first met Mychelle, actually, who's on the help desk today. And after doing so, I found that there was a massive student body, with lots of wonderful things that you could do from meeting up with others, to going onto Facebook groups and clubs and societies. So that's what I did. I thought, OK, wow, I found this. I'm going to use it.

And I've been just throwing myself at everything that came along that I could find. And it's been so rewarding to the point I've actually volunteered to become a representative for the association. And I just kept going. And that's where I'm at today. But it's really, really useful finding people that you can relate to.

So you've gone out and sought opportunities to be able to meet with people. And Jo Wayne says, I love being part of this Hub Live group, and we love having you, Jo Wayne, and everybody else who's here in our chat group today. Fanni, what have you done to feel less alone in your studies?

FANNI ZOMBOR: So again, I'm a bit different to Patrice. I should probably stop saying that by the end of the session. But I kind of came in-- because I was involved in the kind of student representation in the college that I went to, I consciously came and looked for-- one

of the reasons I chose the OU was because of the Students Association that it had going. So I was kind of like, really set on wanting to be involved.

But I still thought that the study experience itself would be isolating, regardless of getting involved. And I think what I realised is that people that you volunteer with or people that you attend-- we run a lot of-- well, the association runs a lot of online sessions, like quizzes and bingo nights and all sorts of things that you can get involved with. That's not the only time you're going to speak to these people. And some people prefer forums or emails.

I'm also a very social media person. So you can join regional groups, and it doesn't have to be a learning experience. And I think that's what helped me realise. But one of the things I think, that if you still are struggling, is peer support service, which any OU student can have access to, which is a kind of direct listening ear-- again students helping students, really similar to the association.

But I say this very often as well, that it doesn't always all have to be through the association. Mychelle, we keep referring back to her, but the FBL conference that she's done last year as well, which was amazing. We've done a blogging project with her, which was a community of amazing students.

And there is always drop-ins in FBL were happening and various coffee mornings, speaking to Dev, who is-- I forgot his position, but there is one other.

KAREN FOLEY: I think he's been pretty nifty. You mean Dev? Devendra? Yeah, yeah. Yeah, he's wonderful.

FANNI
ZOMBOR: So various-- yeah, various opportunities to get involved through different ways, and like career services through things. That was in the word cloud, for people who study for career purposes. They do lots of drop-in library services. There is-- wherever you look on the OU site, if you keep your eye open, there is always ways to be part of the community and to come together, like as part of this session as well, with other OU students.

KAREN FOLEY: Absolutely. And actually, I was talking to the careers team the other day. They do do superb things. So a lot of people here today are looking to make changes to their careers. Well, now you're an OU student, you can take part of their free advice. You

can put consultations with them. They've got various books and guides that can help you. And they can help with volunteering, and they do fantastic webinars.

The library also do wonderful live events also. So as Fanni says, do make sure you look out for those and attend the ones that you would like to because there's plenty of support out there. So let's go back to Mychelle and see what everyone says out here. Jarrett says, I love the sense of community in the OU. And Megan says, it's a nice community, which it is, isn't it, Mychelle?

**MYCHELLE
PRIDE:**

It is. There are so many inspirational people here. I mean, Fanni and Patrice are just the tip of the iceberg. And they inspire me as a student as well. We have Carol Sheriff in the chat box, who is the associate dean for student experience in the Faculty of Business and Law. So do ask Carol some questions and say hello to her. And we have Liz from our faculty, who's just joined as well.

But it is really nice to see that people are enjoying the sense of community and the sense of belonging. And in fact, Jo Wayne has said, maybe we should create a group and call it the Hubber's Group, which is definitely brilliant, Karen. I thought you might appreciate that.

And then Joanne was talking a bit earlier about-- she does enjoy relaxing with the bath candles and a glass of wine. So I would recommend, this evening, that everyone-- because people are loving it, there's so many good shout-outs to this event for you, Karen-- that this evening, everybody takes a little break and enjoys it. We have a question from Ryan. Do the events such as library sessions run through the modules or all just at the start? Do you want to answer that one, Karen, or would you like me to?

KAREN FOLEY: Yeah. They've got lots of different events. If you go to the library page. From Student Home, basically, you can link to the various services. So you've got the careers section, the library section. And there's a library events tab. And they run things throughout the year because while many students start in September, some students start in February.

So there are different in-takes, and there are things throughout the year as well. Some of them, they'll rerun. I know they're referencing workshops that are regularly going through. And they also do them at different times. I think there was one at

7:00 AM the other day or today.

But they'll also run them in the evenings and in the middle of the day to try to make the most. They're also recorded as well. But I like attending live events, so I'd rather go in my own time. But if you can't, for whatever reason, then you can watch the recordings of those also.

MYCHELLE PRIDE: For instance, for the Faculty of Business and Law next year, and all students will get an email inviting them to that conference. And the final comment from me is that Soraya says her son, who is not a student, has now started watching us this afternoon.

KAREN FOLEY: That's brilliant.

MYCHELLE PRIDE: That's how entertaining we are, Karen.

KAREN FOLEY: Oh, good. Excellent Well, yes, no. No, my daughter actually often watches us to find out what I'm up to and hear my tales of various victory walks and ways in which the family support me with my own studies and stuff also. So that's wonderful. And in fact, some top tips I've heard from people are to involve your family in your studies, talking to them about what you're learning.

Sometimes I've explained things to Sophie or talk to her about my various problems. And she'll often-- she's only 10, but often she'll suggest a very simple way of doing things. So do make the most of your friends and family to support you in your studies. Get them involved. It's the best way to get them to understand, I guess, what it is that we're dealing with here.

So finally, I'd like to ask my guests Patrice and Fanni about some advice. What do you wish that you'd known when you started studying, and what words of wisdom can you give to our audience today? Patrice, let's start with you.

PATRICE BELTON: There's so many things that I wish that I had known, but definitely is how to find my way around the resources, the types of little nuggets, really, as you can call them, that just helps you on your journey-- where you could find people, et cetera, like I've done now with the association, because before, that wasn't the case. And if I hadn't

known, sorry, that I would have been a little bit less nervous-- if I could say that, less nervous.

And I think that's really fundamental for me because it was a struggle for the first at least five years of my studies, so yeah. I wish I had known that. Thank you, Patrice. And what about you, Fanni? What do you wish you'd known?

FANNI

ZOMBOR:

I think, similar to Patrice, the massive community of students that's out there, I think that was a good-- well, I did know that, but I certainly think that made a massive difference to me. And I think the other thing that I wish I had kind of considered from the start is that I don't need to know the answer to everything when I start, because I'm here in higher education for the first time, and I'm here to learn about this subject that I didn't study at this level and that comparing my progress to people who are years ahead of me is not going to get me anywhere because they are on their own path.

And they say it's a marathon, not a sprint. And I think that's really true. And I started it off thinking it was a sprint, and I wish I hadn't because I think I would have enjoyed the study side of the journey a lot better from earlier, which I've rectified now. But I wish I-- I wish I had that in my mind when I first started.

KAREN FOLEY: Brilliant. Some wonderful advice there, Fanni. Thank you. So again, just important not to compare yourself to others. Some students may be ahead for various reasons. Some students may be having an operation or may be doing something that means that they need to get ahead in their studies.

We never know what's going on in people's lives. So do make the most of your own individual journey, and reach out for support when you can as well. Patrice and Fanni, thank you so much for coming along. It's been really wonderful. I'm hoping that we've reassured everyone today, and it's been lovely to see you both.

All the best for your studies. And I'm sure you'll be back at another Student Hub Live event very soon.

PATRICE

BELTON:

Absolutely, thank you.

KAREN FOLEY: No, thank you.

FANNI [INAUDIBLE].

ZOMBOR:

KAREN FOLEY: And we're now going to show some more, actually, of Fanni, for one, who's going to - who's made a video about English as an additional language. And then we're going to hear from Christopher Saunders about dealing with feelings of inadequacy. So enjoy those videos. I'll be back then for our next session, where we're going to talk about business B100. So join me for that next section very soon.

[MUSIC PLAYING]