

# Keeping motivation when everyone else is winding down

## This was our advert...



Most of us will be a number of weeks into our current module and may be wondering how to keep motivated when the festive season is coming up and we experience dark, 'shorter' days here in the UK.

This brand new Connect Live session will look at ideas for maintaining your motivation. We will be talking to a student guest who will share their tips on what worked for them – and could work for you – along with advice about some of the things to try and avoid.

There will be a focus on community building and sharing, discussing things that have worked for you. After attending this session, you will come away with new ideas having heard about things that worked for fellow students.

# What are Connect Live sessions?



- Studenthublive is non modular and focuses on study skills and issues relevant to higher education.
- This means sessions are skills based and are not academic subject based.
- SHL connect live sessions discuss a topic with a guest who will share some of their experiences and this will be used as a stimulus for you to consider your own situation.
- All events are always advertised on our website along with studenthome news, social media channels and careers sources.
- All events are bookable; sessions can fill up as they are popular.

# Connect Live basics



- 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 through the studenthublive Adobe Connect room.
- Slides are available to download during the live session and from the event page on <https://studenthublive.open.ac.uk/content/keeping-motivation-when-everyone-else-winding-down-10-december-2024>

# SHL is lively!



- These sessions are large scale
- They are often busy with lots of interaction
- They are not the same as other module-based tutorials
- You can maximise slides on your own screen by clicking the icon
- You can return to the recording after the event to revisit if needed



# Please



- Do not share any personal information in the chat pod during the session.
- On the recording names will be anonymised to user number.
- However if you type anyone's full name or any other personal information in the chat pod it can be seen by everybody and it would also show up on the recording so we may not be able to make the recording available.

# Today's session



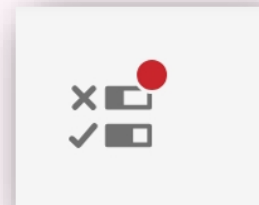
- This is going to be a semi-structured connect live session to help you consider some things that may affect motivation – particularly at a time of year when many people may be looking like they are having fun and have not a care in the world
- Will will be sharing his experiences and together you can consider your own
- We will not tell you what to do, nor what will definitely happen. We will suggest things based on experience and you can decide which aspects work for you.

# What do you want to learn?

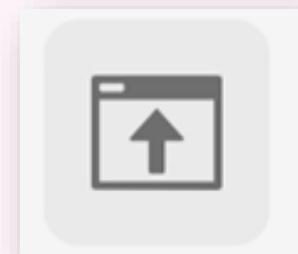


Using the short answer poll provided please say what you are hoping to learn from today's session

(If you are on a mobile app 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





# My guest today



- Will is my guest today and is halfway through a degree – which is BSc Psychology

# Introductory word cloud



- **What does motivation mean to you?**
- Please add your ideas in the word cloud.
- Note that suggestions need to be a single word rather than a phrase / multiple words, if you press the space or enter button your word will go through (so it won't make sense if that one word is not the whole answer).
- A word cloud is built with common answers being larger so check spelling 😊

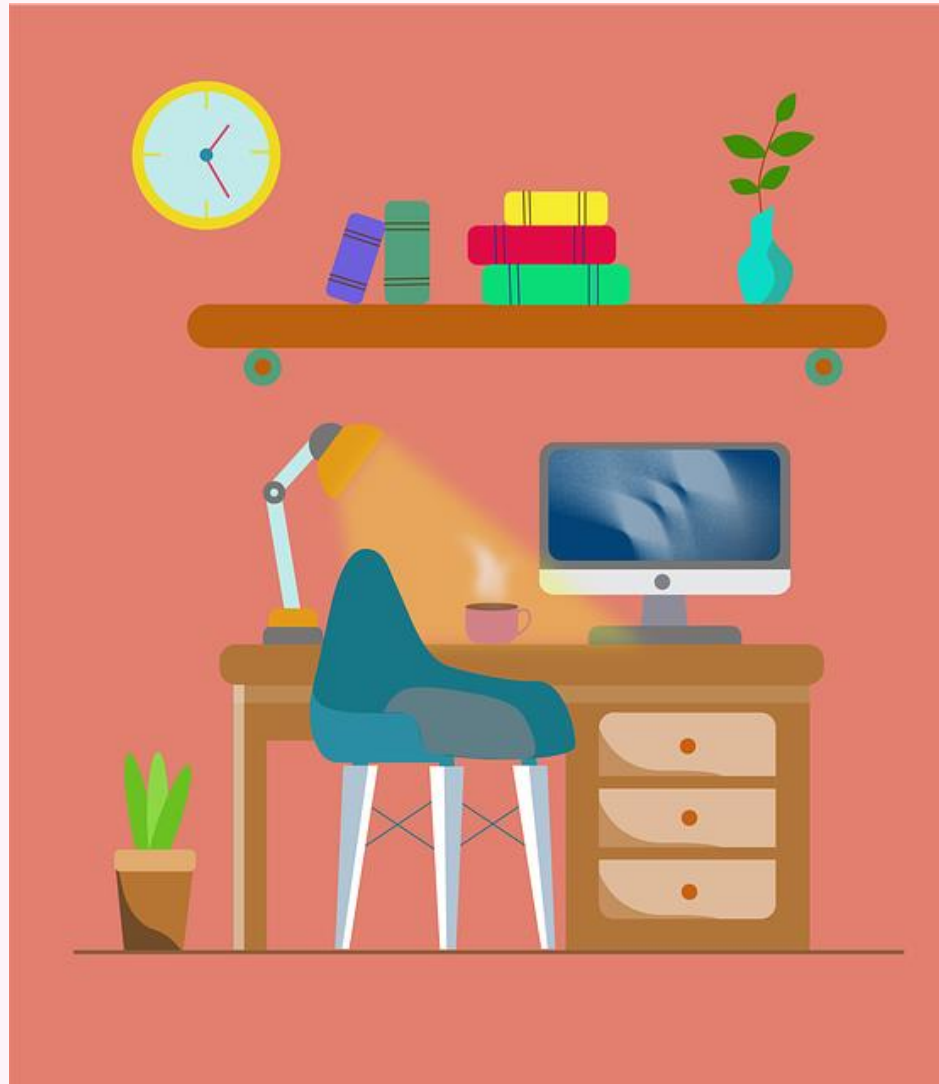
Enter word here

# Will question 1



- Will, why do you want to talk about keeping motivation today?

# Home studied



# Online study in pandemic



# Poll for everyone 1



- When do you feel most motivated?
- Please use the short answer poll pod available to give your ideas and we can see what suggestions there are.
- Don't worry if you can't think of anything – you may pick up some useful ideas from other suggestions

## Will question 2



- What kinds of things knock your motivation?

# Other priorities





# Catastrophising



# The tower toppling...



## Poll for everyone 2



- What things knock your motivation?
- Please use the short answer poll pod available to give your ideas and we can see what issues there are.
- We can't necessarily solve issues but there may be useful suggestions during the session. Sometimes just sharing also helps

# Support available



- Allocated tutor
- [Student support team](#)
- [Disability support](#) (if applicable)
- [Open University Students Association](#)
- [community.open.ac.uk](http://community.open.ac.uk)
- [National support network](#)
- Friends and family

## Will question 3



- How do you flip that poor motivation to keep studying?

# Keep going



# Allow some sway



## Poll for everyone 3



- What tips do you have for keeping motivation?
- Please use the short answer poll pod available to give your ideas and we can see what suggestions there are.
- There are often great ideas that some people have that others may not have considered 😊



## Will question 4



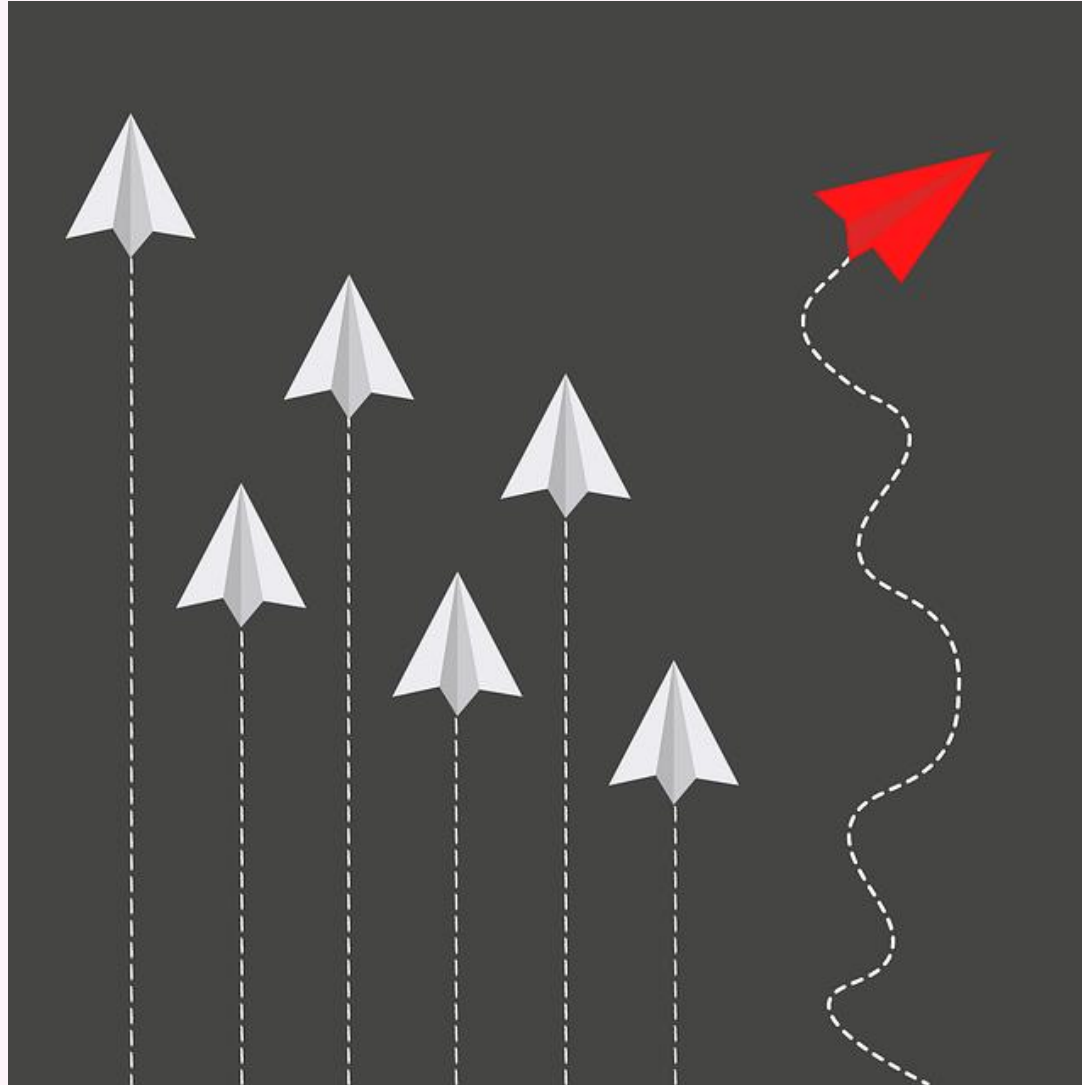
- We discussed goal focusing when planning
  - can you tell us what this means to you and why it is useful?

# OU FutureYou



- FutureYOU is available from your study site and provides resources to help you plan your future.
- (Unfortunately we can't provide a direct link as it is different depending on your program of study)

# Goals



## Poll for everyone 4



- How could focusing on goals help you?
- Please use the short answer poll pod available to give your ideas and we can see what suggestions there are.
- It may be something that some people have not considered so hopefully there will be ideas to work with 😊

## Will question 5



- Do you have any other practical tips that help you or may help others?

# Organise space



- [SCONUL access](#) allows you access to other university library and resources.

# Exercise





## Poll for everyone 5



- Please share your further practical tips that might be useful for others
- Please use the short answer poll pod available to give your ideas and we can see what suggestions there are.
- Don't worry if you don't have any ideas – hopefully you can pick some up.

## Other relevant sessions



- [Managing high intensity study](#)
- [Tackling procrastination](#)
- [Resilience: planning for success](#)
- Overall catch up site [here](#)

# Take home message



- Be practical about what is manageable and feasible
- You may not always feel highly motivated but motivation doesn't magically appear – keep going with study and get in to good habits

# Would you like to be involved?



- If you would like to share your experiences and take part in future studenthublive sessions then please get in touch
- I (Isabella) will host a variety of sessions in 2025 which will involve student guests for disabilities as well as the neurodiverse community series and other study skills including reflection. If you or any other OU student you know might like to be involved please contact us
- [studenthub@open.ac.uk](mailto:studenthub@open.ac.uk)

# Selected Upcoming events



- 9 Jan 11am Managing your time better
- 14 Jan 4pm Making use of digital apps and tools in study
- 21 Jan 11am Wellbeing for students
- 4 Feb 11am Managing high intensity study
- 13 Feb 11am Tackling procrastination successfully

For more information on all past and upcoming events, go to <http://studenthublive.open.ac.uk/>

# Disability / Neurodiverse events 2025



- 28 Jan 11am How to maintain enthusiasm and keep going
- 03 Apr 11am Planning to complete your module with success
- 29 Jan 11am ND community progressing effectively on your module
- 09 Apr 11am ND community planning to complete your module with success
- 10 Jun 11am ND community – planning for EMA / exam

For more information on all past and upcoming events, go to <http://studenthublive.open.ac.uk/>

# Feedback



Please complete the feedback form that is available at

<https://forms.office.com/e/fa7jScfaY0>

This is immensely valuable to provide information on how studenthublive is beneficial to students as well as to help us plan our future programme