

**Keeping
motivation
when everyone
else is winding
down**

This was our advert...



Still studying while everyone else is on break?
Join us for motivation, tips, and support to help
you keep going! This being the final SHL session,
there will also be a chance to say what SHL has
meant to you.

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 online 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-july-2025>

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
- Jess will be sharing her 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.

At the end



- There will be an opportunity to say what studenthublive means to you. Please stay around for it.
- We may overrun so if you have to go we understand.

Initial poll

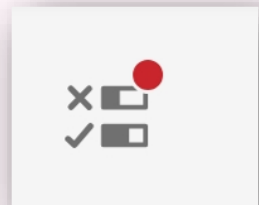
The same one starts each workshop 😊

What do you want to learn?

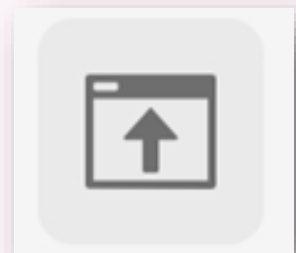


Using the short answer poll provided please say what you are hoping to learn from today's session

(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



Practicalities

Practicalities and who is involved today

Session format



- Each of my (Isabella) student co-designed sessions will talk to a student guest about their experiences of studying.
- This will include relevant questions about how the specific topic is relevant to them and how they manage their study.
- There will be opportunities for all attendees to consider their own situation and peer sharing of possible strategies.
- Today's session is about considering how to take stock of what works well as well as consider what strategies may need to be modified

My guest today



- Jess is my guest today and is a social science student:
 - I am doing the OU's Click Start digital skills course over the summer
 - Previous Modules – DD102: *Introducing the Social Sciences*, DD113: *Global Challenges*, DD218: *Understanding Digital Societies*, and DD215: *Social Research*
 - Future Modules – DD318: *Social Theory* and D328: *Principles of Social Research*

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

Getting into today's workshop

Sharing experiences from student guest and you

Jess question 1



- Why did you want to talk about motivation?

Enjoy studying



Using time effectively



Poll for everyone 1



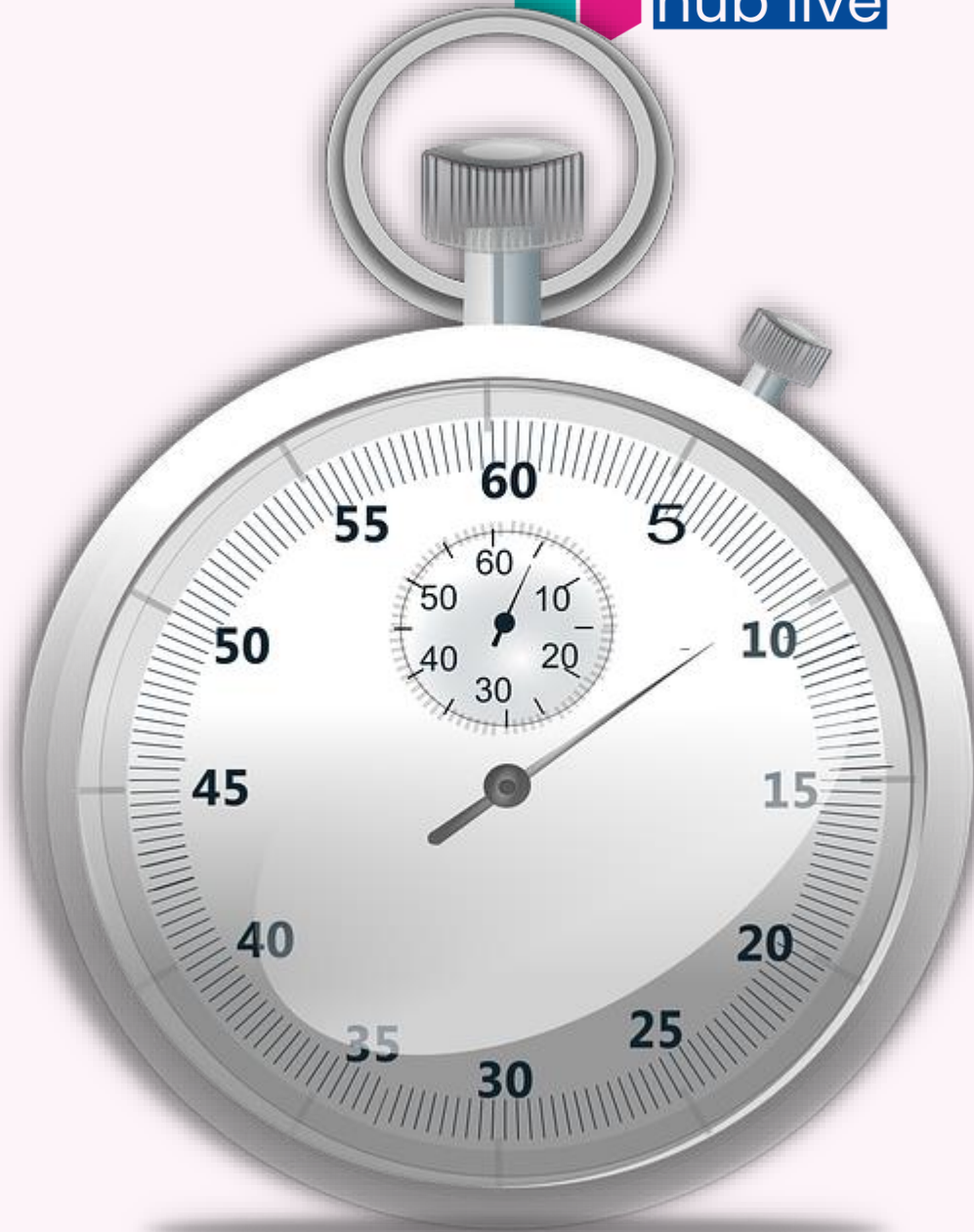
- When time of day do you feel most motivated for studying?
- Please use the short answer poll pod available to give your ideas and we can see what themes there are.

Jess question 2



- What do you do to boost motivation?

Use timer



Attend tutorials



- Engage with other students and tutor



Tutorials



Visible recordings >

Use forums



- Can discuss things, engage and get other people's ideas

Use rewards



- Time away from screen
- Tea and chocolate 😊

- What works for one person won't always work for another



Poll for everyone 2



- Please use the poll pod available to share your strategies to help your own motivation.
- We can see what suggestions there are.
- There are often great ideas that some people have that others may not have considered 😊

Jess question 3



- How do you keep going when other people are relaxing or in holiday mode?

Set time and space



Explain to others

- Need time and space with no distractions



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

Poll for everyone 3



- What tips do you have for 'ignoring other people' and keeping studying?
- 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 😊

Jess question 4



- What would you like to say to other people who are maybe new or really struggling with motivation to study?

Goals



Poll for everyone 4



- What other issues do you think would be worth raising?
- Please use the short answer poll pod available to ask your questions and we can see what issues there are.
- We may not be able to answer or solve everything but there may be ideas out there!

Other relevant sessions



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

Take home message

- Trial and error is OK – play around and find what works for **you!**
- Keep your goals in mind
- Break down tasks so they don't seem so daunting
- Make sure you reward yourself 😊



Sadly



- This is the last studenthublive session. 😞
- If you would like to come on camera to say what studenthublive has meant to you then we will shortly be providing the opportunity. If you don't want to be on the recording you can do afterwards or through the chat.
- Margaret and I wanted people to have the chance to share what has been great about it.

Feedback



Please complete the feedback form that is available at

<https://forms.office.com/e/qspYQmyGN0>