

# Managing high intensity study

## This was our advert...



We know many wonderful OU students study 90 or 120 credits in a year so this new workshop is to explore some of the opportunities and challenges around studying at high intensity. What does full time study look like practically and personally and what ideas can be useful to help you to have enough time to complete everything as well as enjoying the study, and life!

# 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 do 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/managing-high-intensity-study-10-sept-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



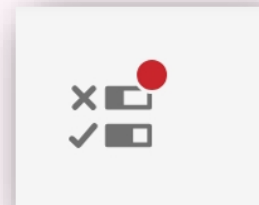
- This is going to be a structured connect live session to help you consider some things that may be relevant to studying at high intensity (90+ credits a year / ~30+ hours per week).
- Kit will be sharing his experiences and together you can consider your own
- We will not tell you what to do, nor what 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?

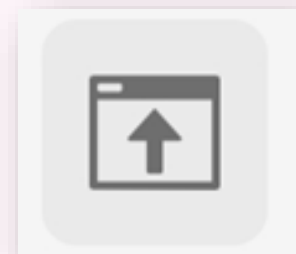


Using the short answer poll provided please say what you are hoping to learn from today's session

(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



- Kit is my guest today and is studying English Literature and Creative Writing, and finished A11: Discovering the arts and humanities in May, and is just finishing A12: Cultures now.
- Level 2 (starting soon) will involve both A233: Telling stories: the novel and beyond and A240: Literature matters.

# Kit question 1



- Kit, please tell us about your study journey so far

# Module credits 1



- Kit mentioned that he started with 1 x 60 credit course in October 2023 (A111) then added another 60 credit course (A112) in February 2024.
- Technically this means full time study intensity – 120 credits – from February to June 2024
- 1 credit is about 10 hours of study (on successful completion of the module)
- <https://www.open.ac.uk/courses/what-is-distance-learning/how-long-will-it-take>

# How many credits word cloud



- Using the option to type in where it says enter word here **how many credits you are studying this year (24-25?)**
- In this case modules are either 30 or 60 credits. E.g. A111 is 60 credits
- **Please just add the number so e.g. 30,60,90,120**
- A word cloud is built up with common answers being larger so we can see if there are patterns and what is the most common study intensity of those who are here

Enter word here

## Kit question 2

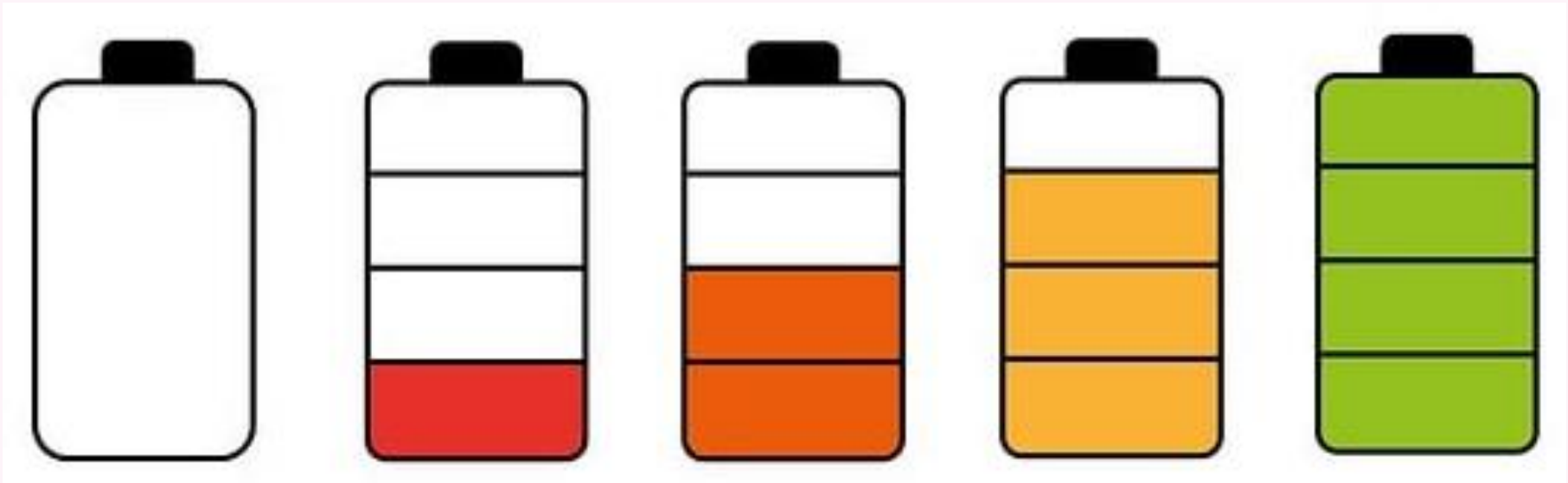


- How did you plan to be effective when you moved from part time (60 credits) to full time (120 credits) study?

**Plan in breaks!**



# Decompress between TMAs



# Brain break!





# Poll for everyone 1



- What do you do to give yourself a 'brain break'?
- 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

## Kit question 3



- How did you actualise your time management and make sure you could fit in the study hours you needed?

# Early start



# Work through holidays ☹️



# Calendar / paper diary



# Phone diary



## Poll for everyone 2



- What is your best time management tool or strategy'?
- Please use the short answer poll pod available to give your ideas and we can see what suggestions there are.

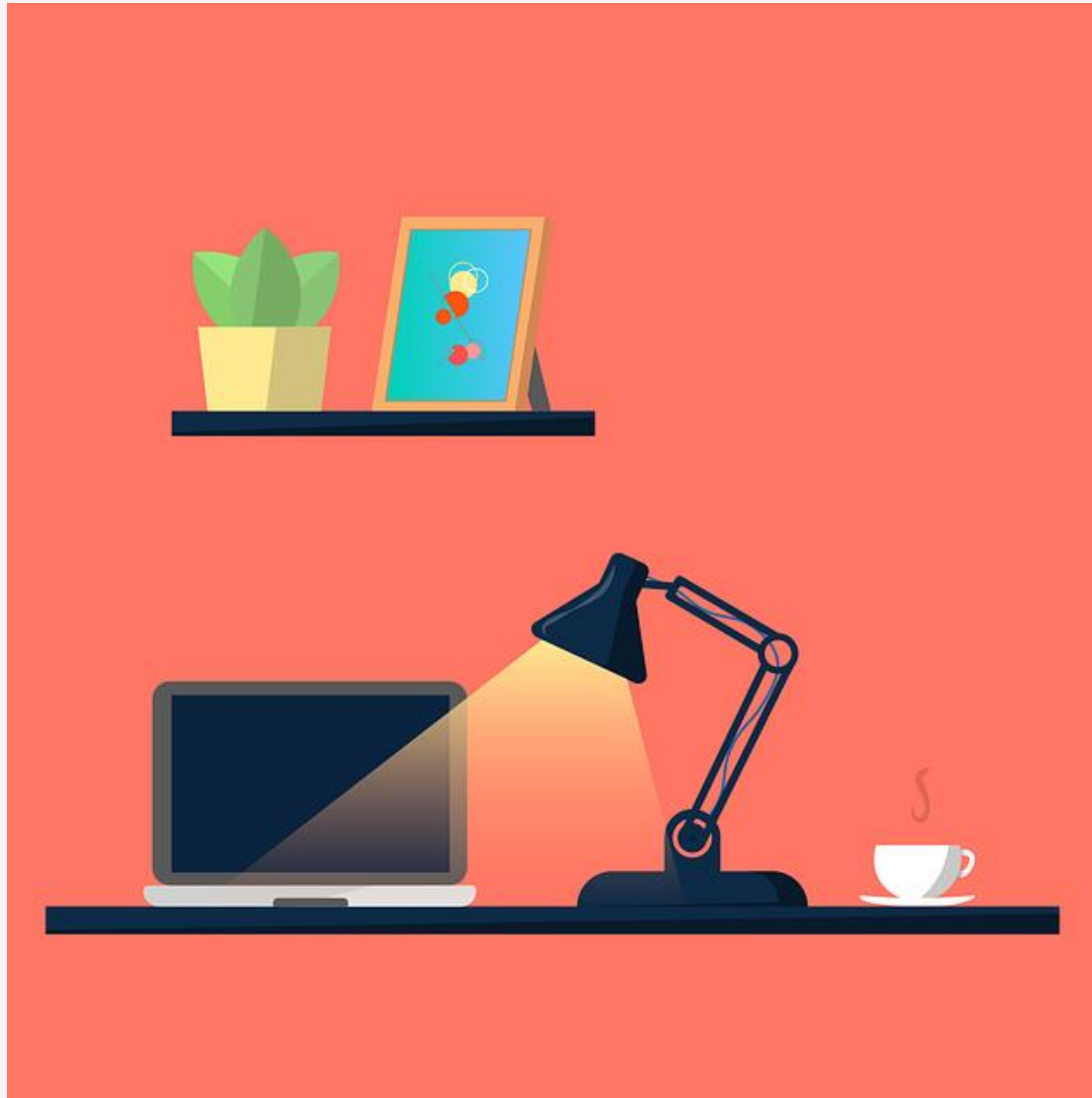
## Kit question 4



- What does a study day look like for you?



# Structured study nook



# Soundtrack to study



## Poll for everyone 3



- Do you prefer silence, music with words or instrumental only music when studying?
- Please vote in the poll so we get an idea – add any extra thoughts in the chat if you want to.

# Pomodoro technique



# Planning when to study



- <https://www.open.ac.uk/courses/time-planner> allows you to plan when you got fit the time in.
- <https://www.open.ac.uk/courses/do-it/finding-time> provides further guidance

## Find time for OU study

Start by picking your average sleeping pattern for a typical week.

What time do you typically wake up?

07:00



What time do you typically go to sleep?

23:00



# Combined calendars



- The university often has combined calendars for common combinations in either assessment or resources.
- These cover the deadlines and key aspects of the modules so you can look at both at once.



**Assessment deadlines for SDK100, SK190 and S112**

| 25.9 KB

We've put these together to help SDK100 students studying full time to work out where assessment deadlines are close together. If you spot any errors, please let us know on the SDK100 forums.

## Poll for everyone 4



- What are you planning your study day to look like (or what does it look like if you have already started)?
- Please use the short answer poll pod available to give your ideas and we can see what comes up.

## Kit question 5



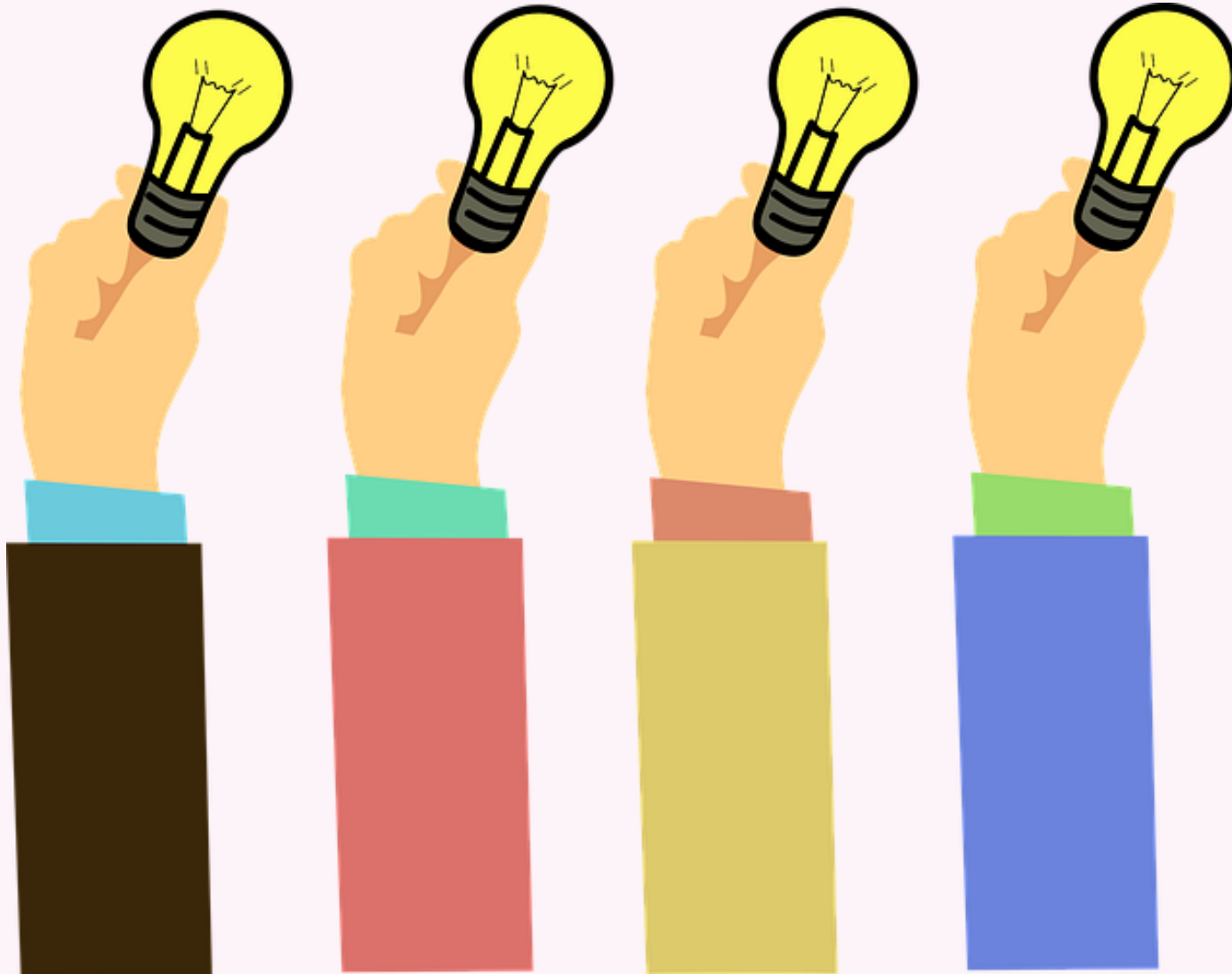
- Our description of this event mentioned both opportunities and challenges of studying at high intensity – what would you say are these for you?



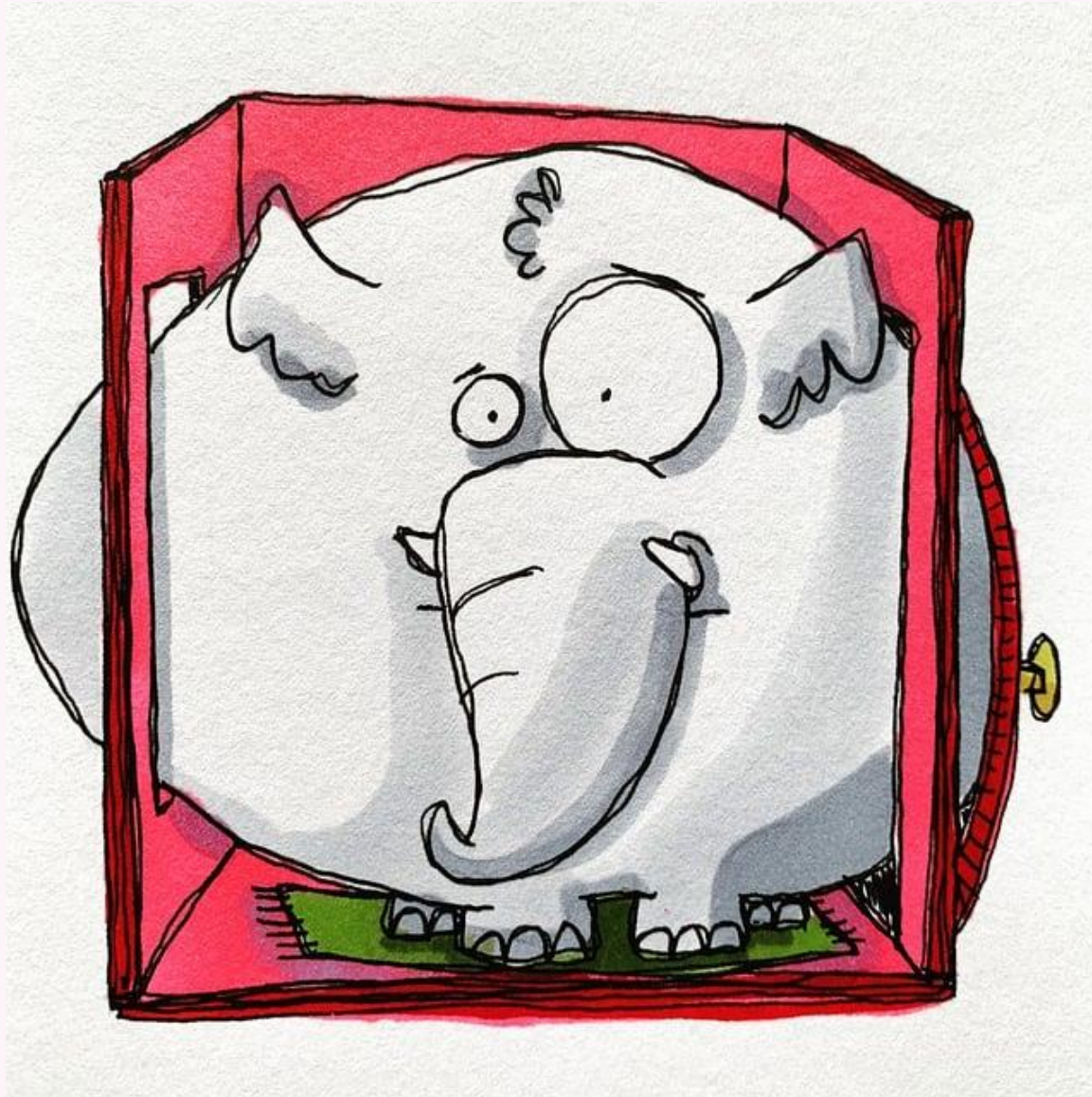
Speedy



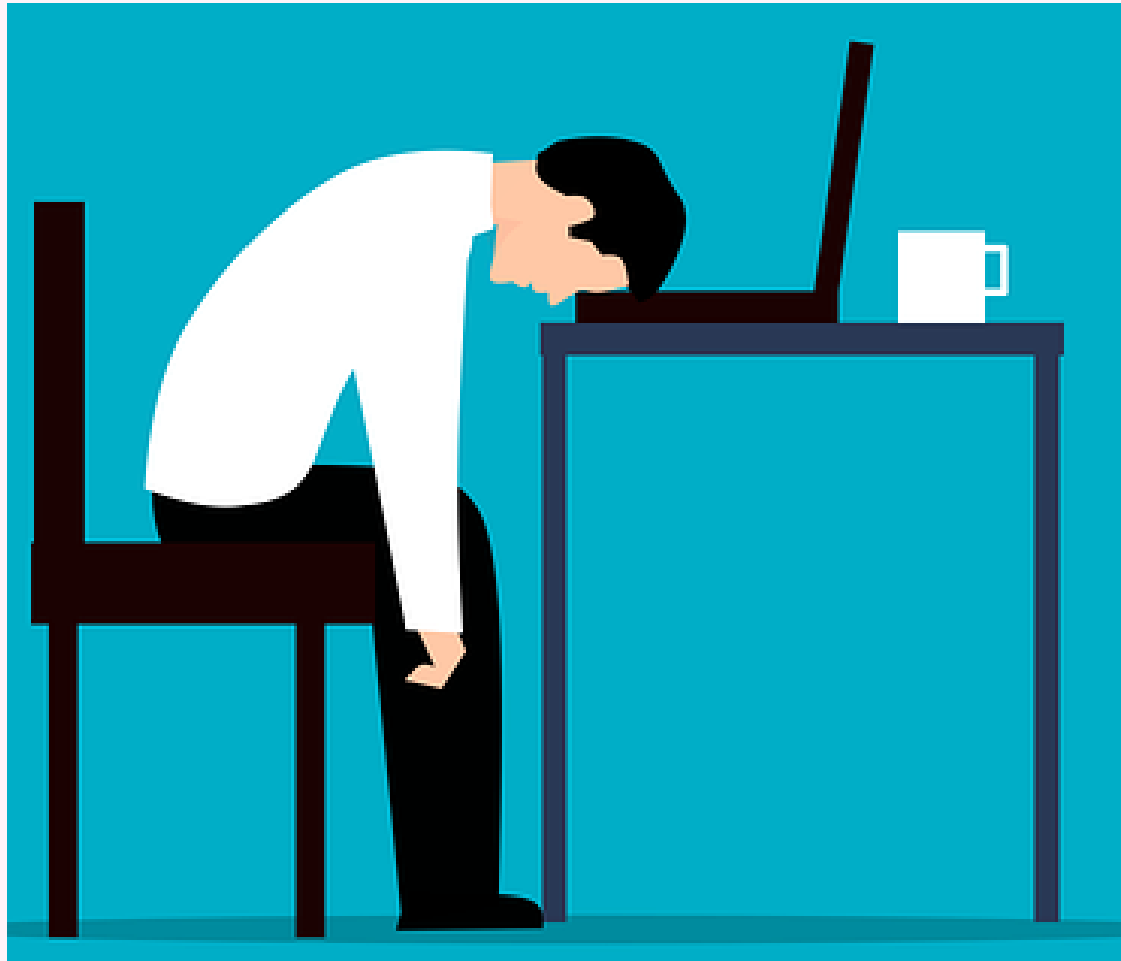
# Holistic learning



# Fitting it all in...



# Brain exhaustion



## Poll for everyone 5



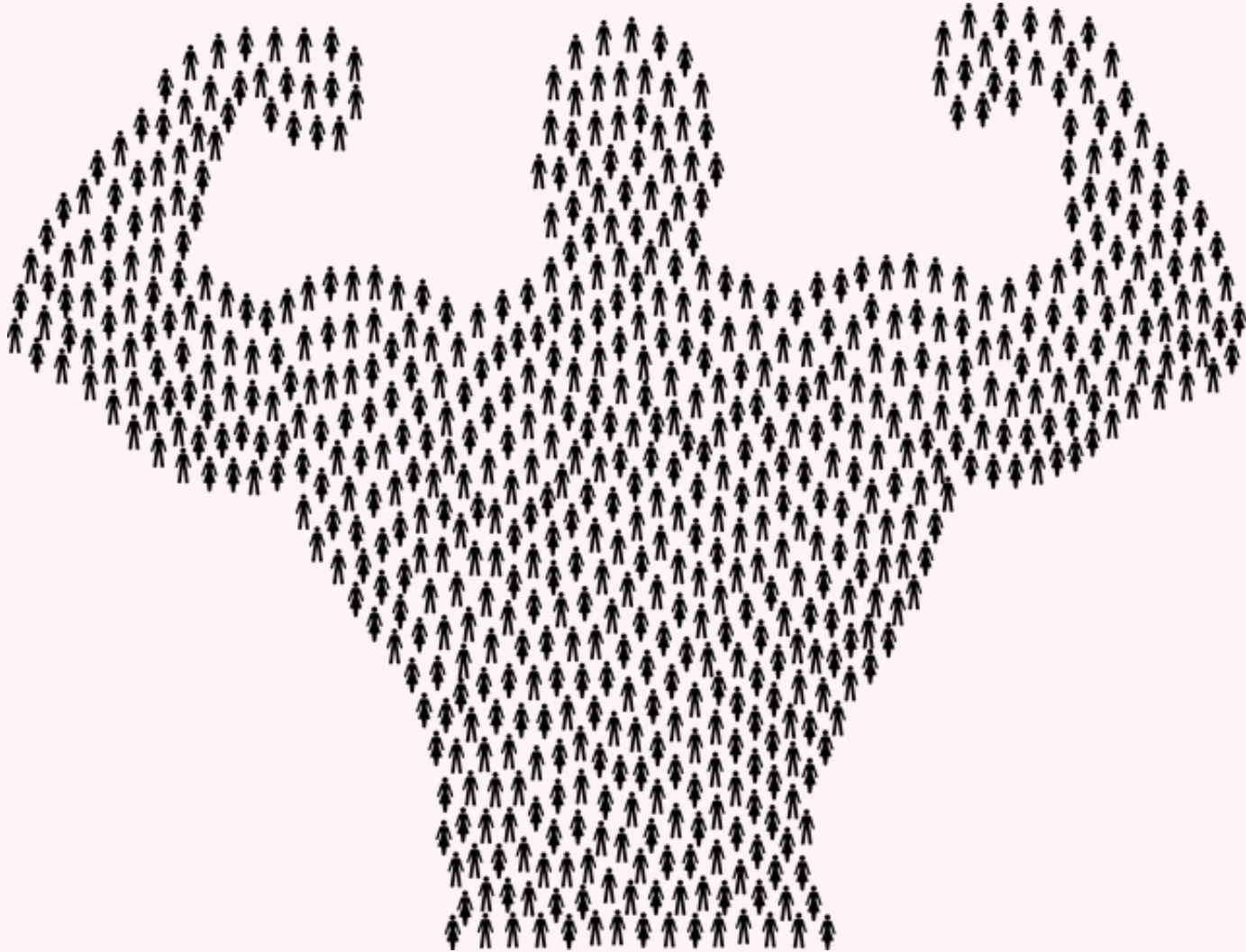
- What do you think will be the greatest opportunity for you of studying at the intensity you have chosen?
- Please use the short answer poll pod available to give your ideas and we can see if there are different ideas and what could be considered opportunities.

## Kit question 6

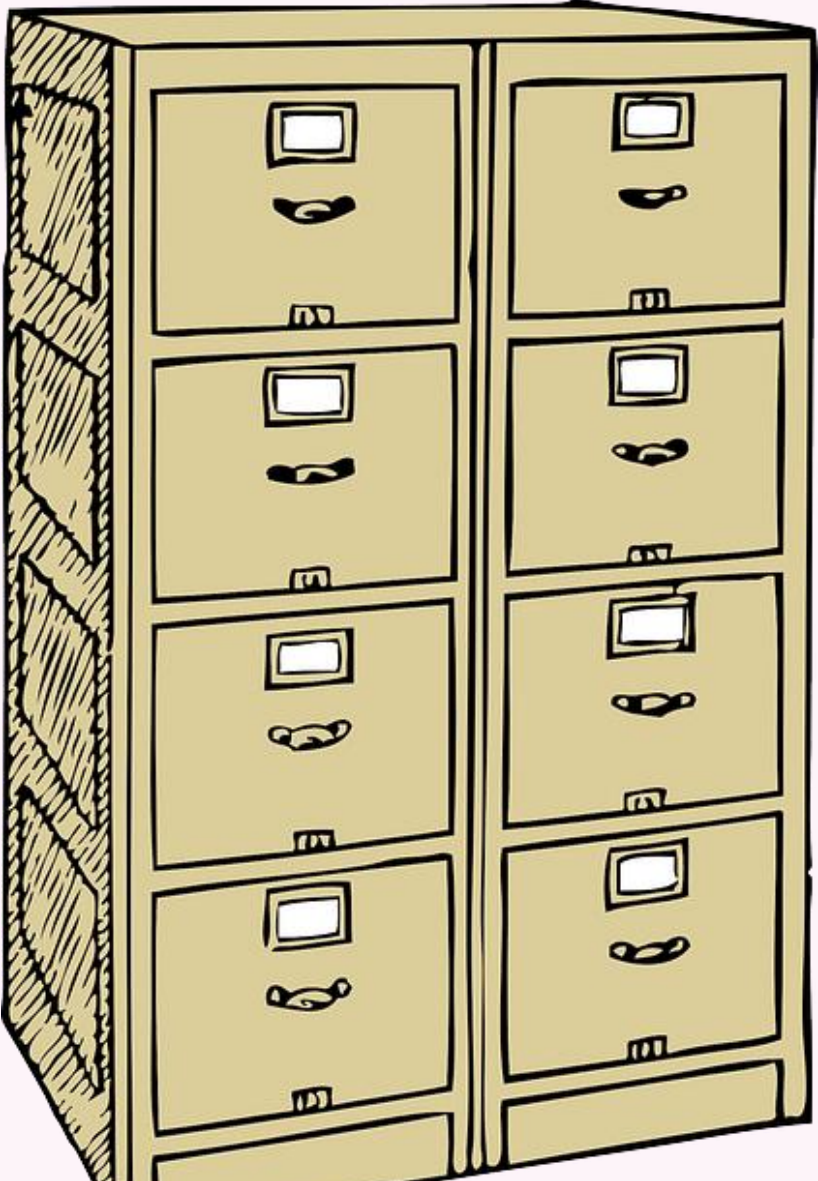


- What mental resources do you need for your high intensity study?

# Resilience

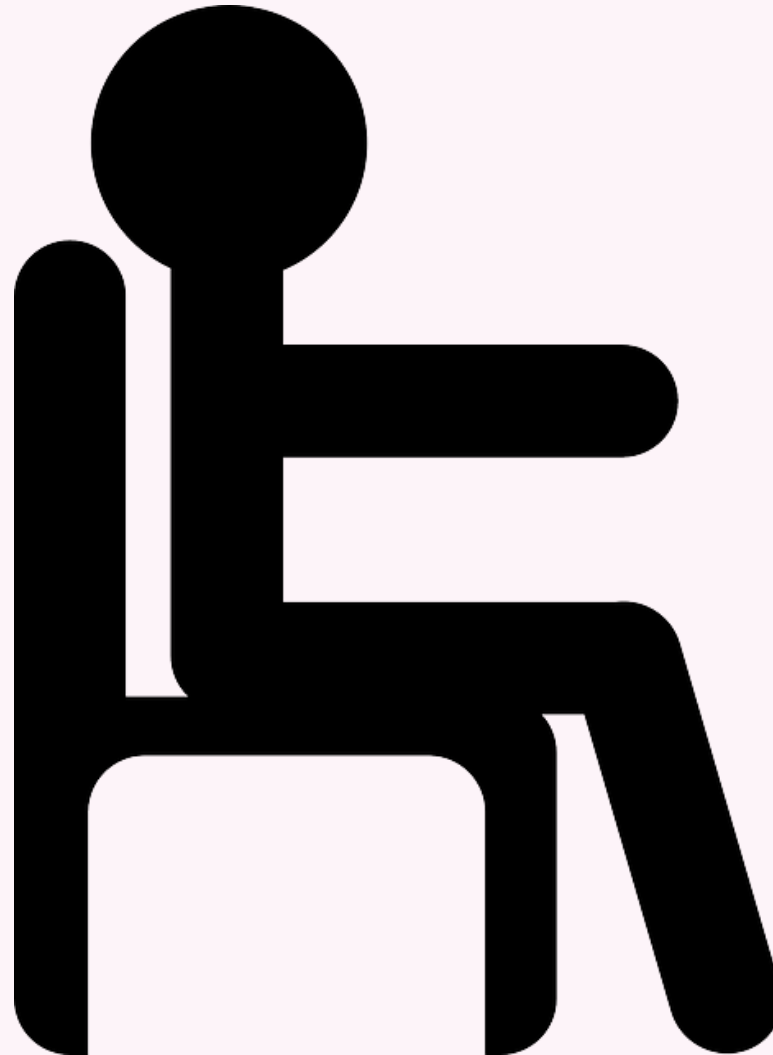


# Compartmentalising





**Sit down and get down to it**



## Poll for everyone 6



- What mental resources do you think or know you are going to need for your high intensity study?
- Please use the short answer poll pod available to give your ideas and we can see if there are different ideas and what could be considered opportunities.

# Wellbeing resources



- <https://help.open.ac.uk/browse/mental-health-wellbeing-and-welfare/mental-health-and-wellbeing> is the landing page for the resources available to all students
- If you have a declared disability related to mental health then do make use of the support offered by the disability team.
- (for instance they have webinars on various topics that you can attend)

## Kit question 7



- What would you have liked to know when you were starting out on your study journey?

# Life still happens



- You need to eat, clean, shop, exercise

# Contingency time



# You are in control...



- Of your responses
- Of your study responsibilities
- Of how you plan for things

**One TMA at a time**





# Build in breaks



- Can get caught up in how much work it is so feel you can't take a break but then you aren't working very effectively.
- As with many things in life the study would stretch to the time available so if there is more time then the study will fill it.

**Remember!**



**Do hard things!**

# Take home message



- Studying at high intensity if possible but is hard so needs to be appreciated for what is involved.
- Being organised and planning is essential.
- Be prepared to study but also to live 😊

# 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 also be hosting a suite of sessions more broadly for disabilities as well as further events in the neurodiverse community series so 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



- 12 Sep 11am Resilience: planning for success
- 17 Sep 4pm Am I too old for this? Age is just a number
- **24-27 Sep Freshers week events**
- 1 Oct 11am Tuition: making the most of your tutor and tutorials
- **8 Oct 11am Student hub live: 10 years helping you thrive**

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

# Disability events this year (tbc)



- 21 Nov 4pm session 1 probably starting out
- 28 Jan 11am Session 2 probably progressing effectively
- 03 Apr 11am Session 3 probably Planning to complete

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/ABN4AwqHSX>

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