

student hub live is the OU's live online interactive platform to support academic community



Margaret Greenhall is a study skills specialist. She tutors on science courses including SM123, S112 and Environmental science S206. She is also studying geology. Her hobbies are rowing, baking and Lego.

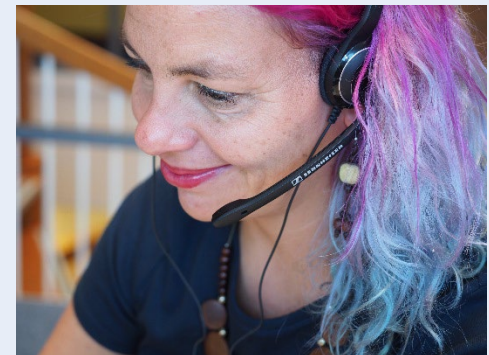
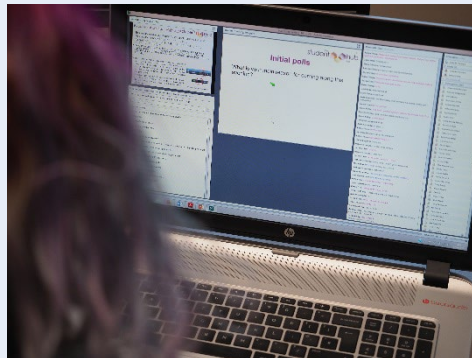
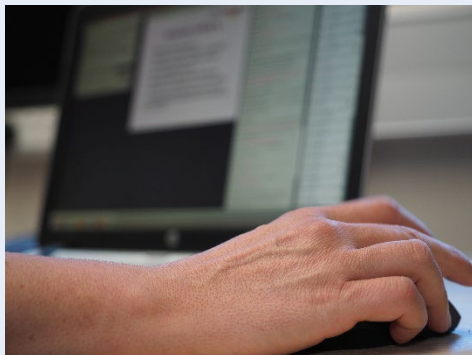


Nicky Mee is a lecturer in business and language. She is a keen quizzer and animal lover with a 'mini-zoo' at home. In her spare time Nicky enjoys swimming, cycling and studying and studying a Law degree at the OU.

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 during the live session.
- All online sessions are recorded and available to view on catch up on a public facing website.
- Slides and resources are available to download during the session from 'file downloads box (*not accessible on mobile devices*) and from within the event's page at <http://studenthublive.open.ac.uk/>



Workshop



- This is going to be a structured workshop to help you advance your memory techniques
- It is not subject related as we have people from all over the university on the session
- There is a lot of interaction so please be ready to answer polls (questions) or add to chat pod during the session

Session purpose

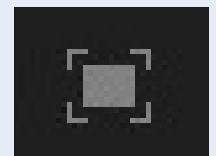


- **Is for:**
- Covering general advice about memory techniques
- Giving some ideas for how to remember
- Provide a space to share ideas and connect with other students
- **Is not for:**
- Telling you what you HAVE to do
- Providing any module specific advice

Please be aware



- These sessions are large scale
- They are very busy
- There is lots of interaction
- They are not the same as other tutorials
- Chat may be off topic – that's OK
- You can maximise slides on your own screen by clicking the icon



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

Memory and Learning: Making the connections



This was our advert...



- Suitable for students at all levels, this session is a 'buffet' of ideas on memory and learning that will help improve your study time and understanding of your course materials.
- Understanding the next thing you read is all about remembering the last thing you read. This session will cover different ways of thinking about memory and understanding to help you make the connections you need to be a fantastic learner.
- We'll look at a variety of ways of thinking about memory including types of memory, sensory styles and five basic principles that you can apply to make the most of your work time.
- There will be lots of small ideas that could add up to a big change for you.

Different ways of looking at memory



- Why do we forget?
- Short term/ long term
- 5 principles
- Sensory

Poll time

What makes things hard to remember when you study?



What makes you forget?



- Interference –
 - Retrospective
 - Proactive
 - Habitual
- Distraction or preoccupation
 - Break in attention
 - Worry

What makes you forget?



- Cueing failures
 - Social cues
 - Physical cues
- Processing (input) failures
 - Lack of motivation
 - Mental fatigue
 - Over confidence
 - Multi tasking
 - Wrong environment

Remember this list of words in any order



fringe

bee

time

archaeology

whale

animal

deer

gold

dear

tree

happy

home

honey

land

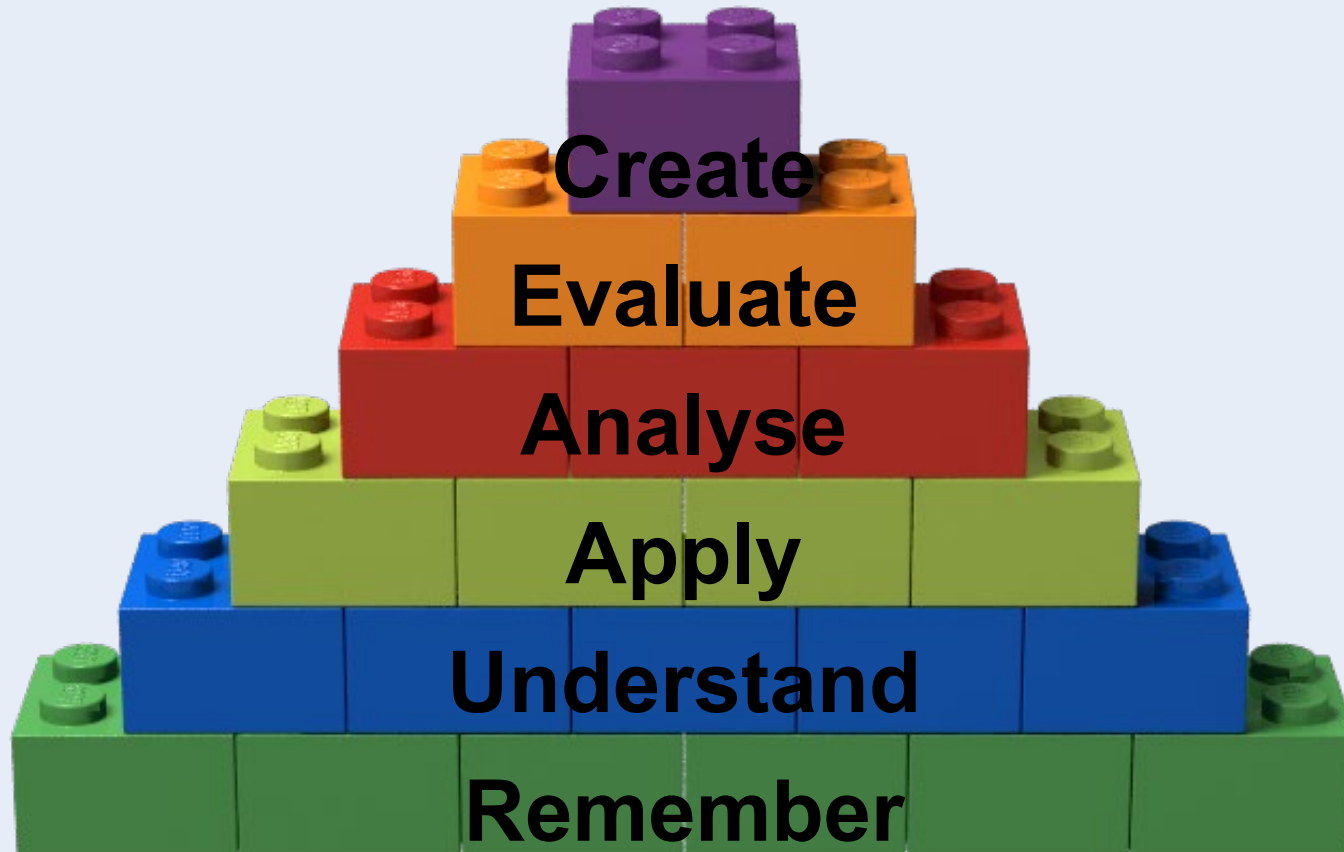
cow

house

trees

sky

Bloom's taxonomy



Memory techniques poll

- What is different when you do remember things?



Short term Memory



- 7 items in working memory
- Lasts about 30 seconds
- Filters



Strategies



- **Re-assess your filters**
- **Group ideas in fours (leaves space for thinking)**
- **Chunk information together**
- **Think about something for more than a minute**

Long term memory

- **Semantic memory**
 - This is the memory concerning knowledge about the world such as the names of the planets, how many eggs there are in a dozen.



<https://www.open.edu/openlearn/health-sports-psychology/mental-health/what-do-we-need-know-about-our-memory>

Long term memory

- **Episodic memory**

- This is the terms for incidents that you remember such as a wedding or what route you took to work.



Long term memory

- **Procedural memory**
 - Remembering how to do a sequence of tasks such as change gear in a car.



Recall



How many of the list can you remember?

Which ones and why

– what technique did you use?

5 principles for remembering

- Important or interesting
- Associations or connections
- Organise the information yourself
- Confidence



Who's on the other side of a £10? (no peaking)



Poll



- Elizabeth Fry
- Winston Churchill
- Florence Nightingale
- Jane Austin
- George Elliot
- Charles Dickens
- William Shakespeare
- Edward Elgar
- Charles Darwin
- Michael Faraday
- Ada Lovelace



5 principles



- Important or interesting
- Associations or connections
- Organise the information yourself
- Confidence

What's the 5th principle?

Who's on the other side of a £10? (no peaking)



Poll



- Elizabeth Fry
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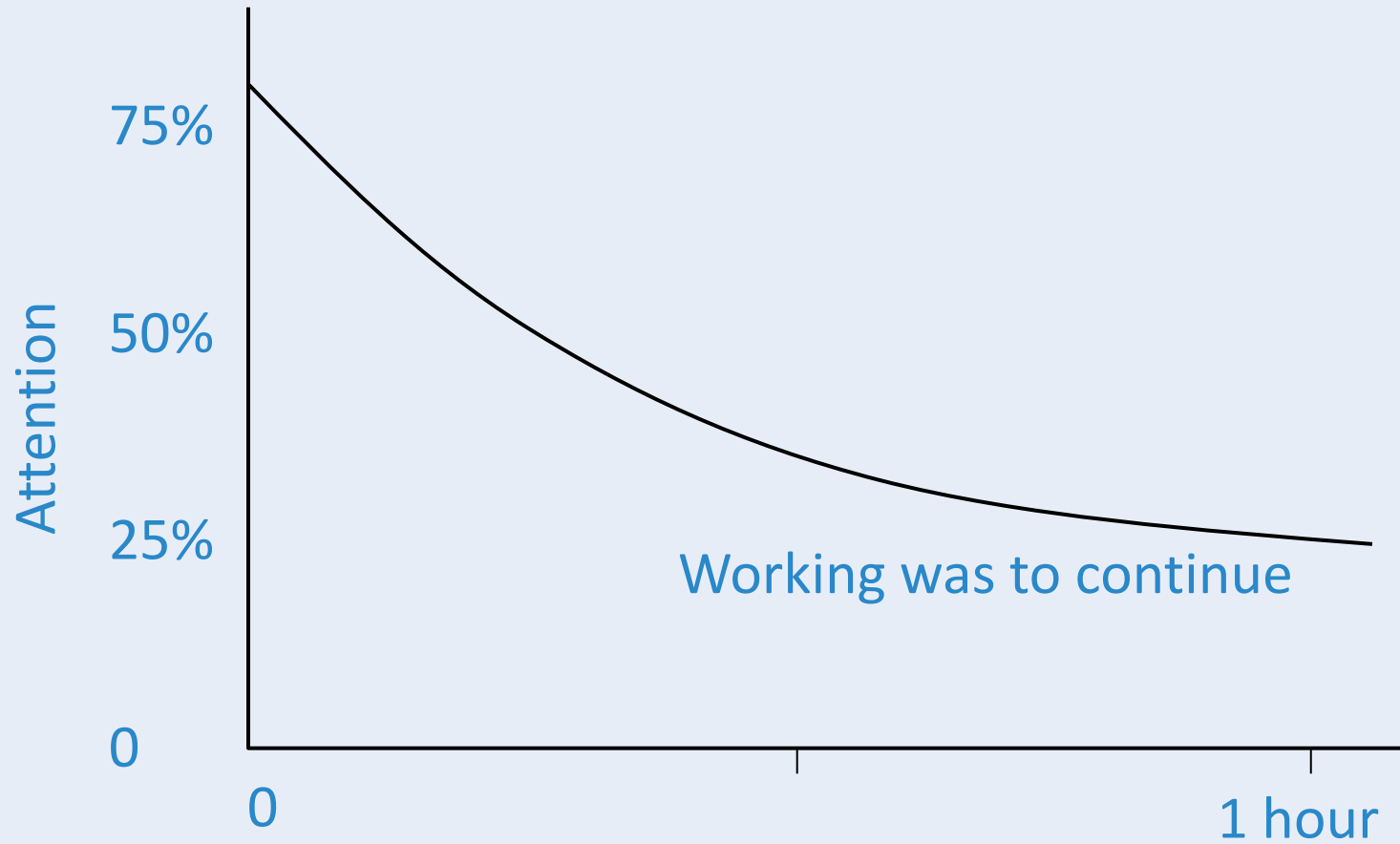


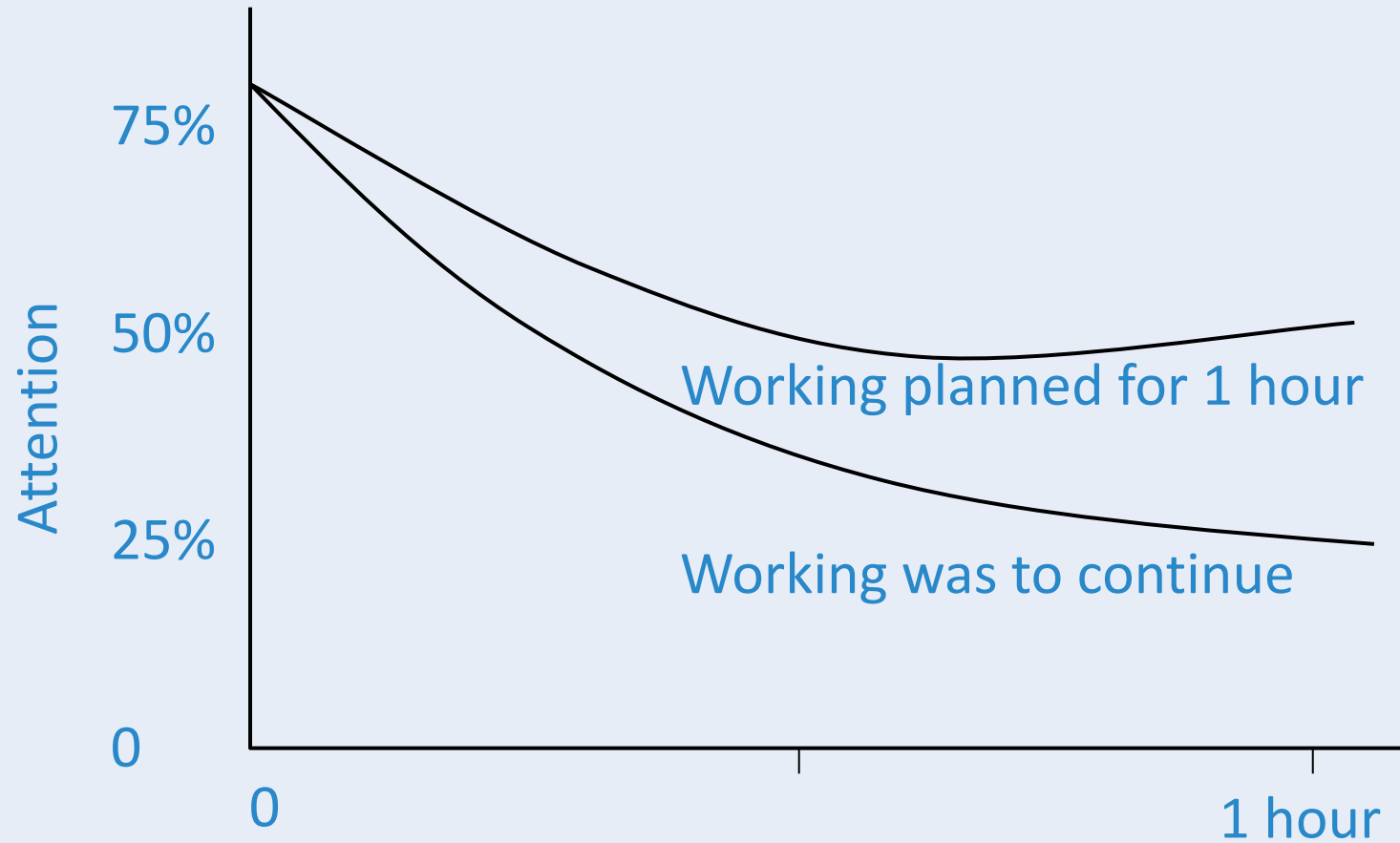
5 principles

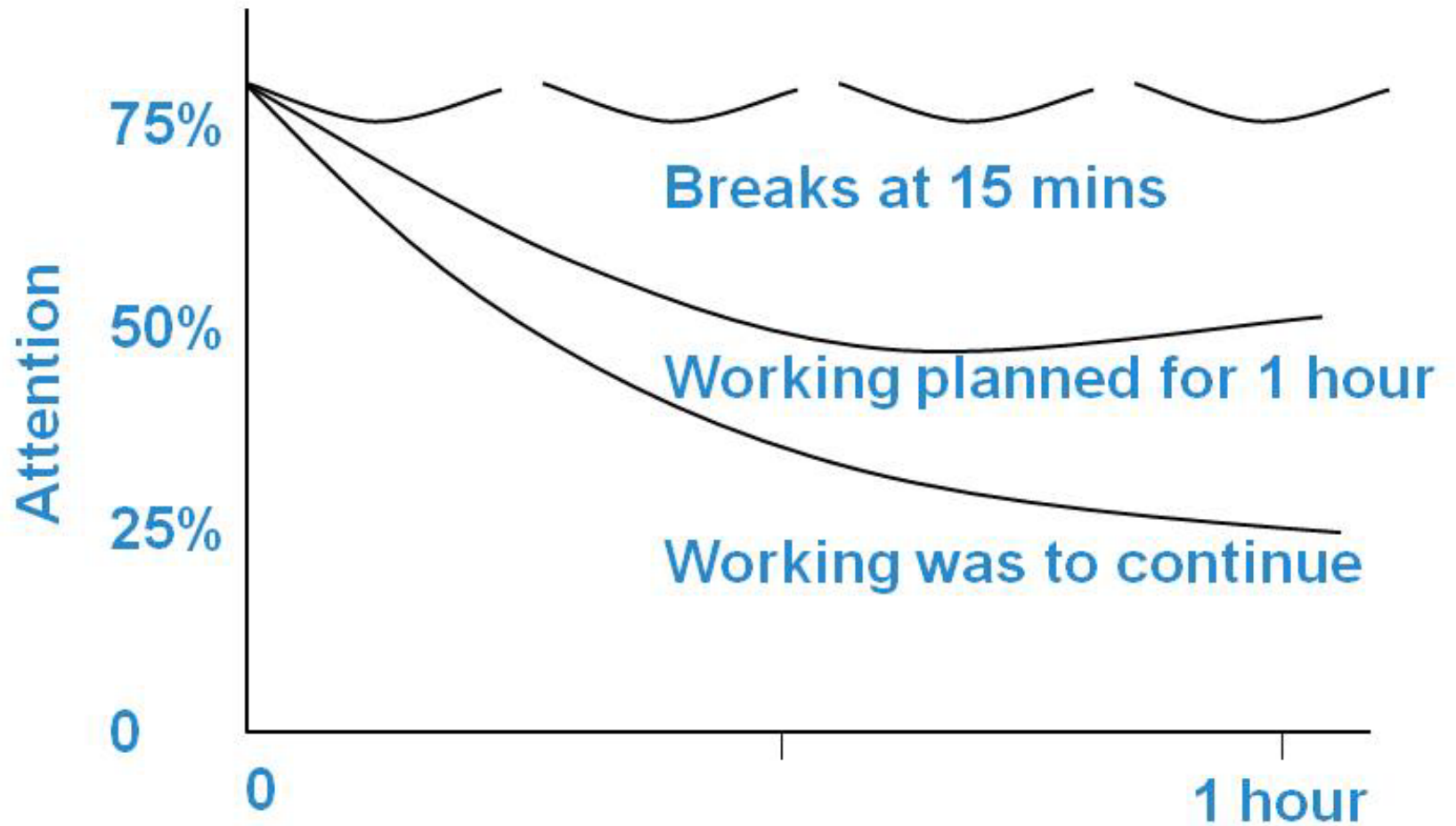


- Important or interesting
- Associations or connections
- Organise the information yourself
- Confidence
- **Attention**

Timing of attention







Sensory memory

- Visual
- Auditory
- Olfactory
- Gustatory
- Kinesthetic – movement and spatial



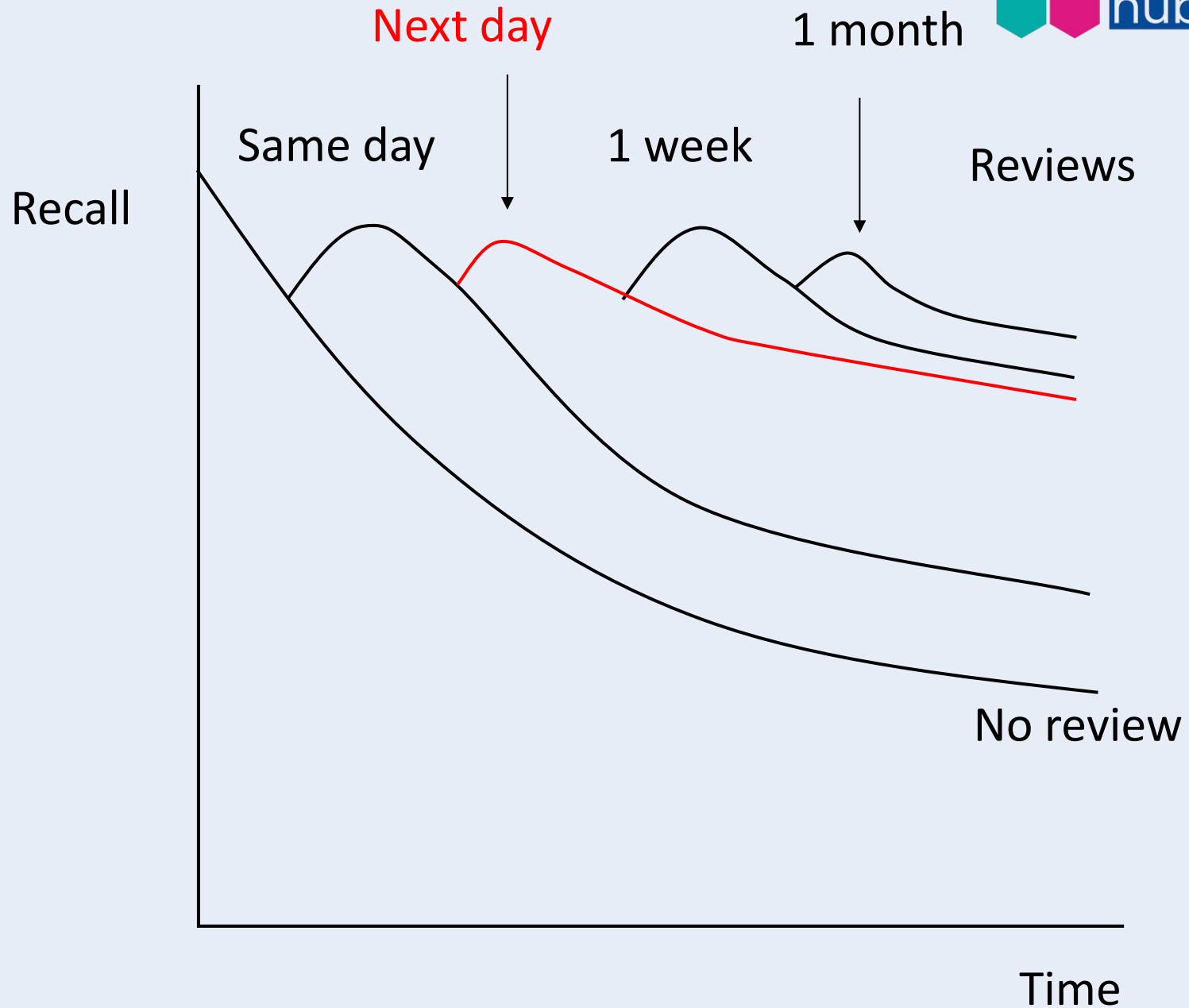
People remember



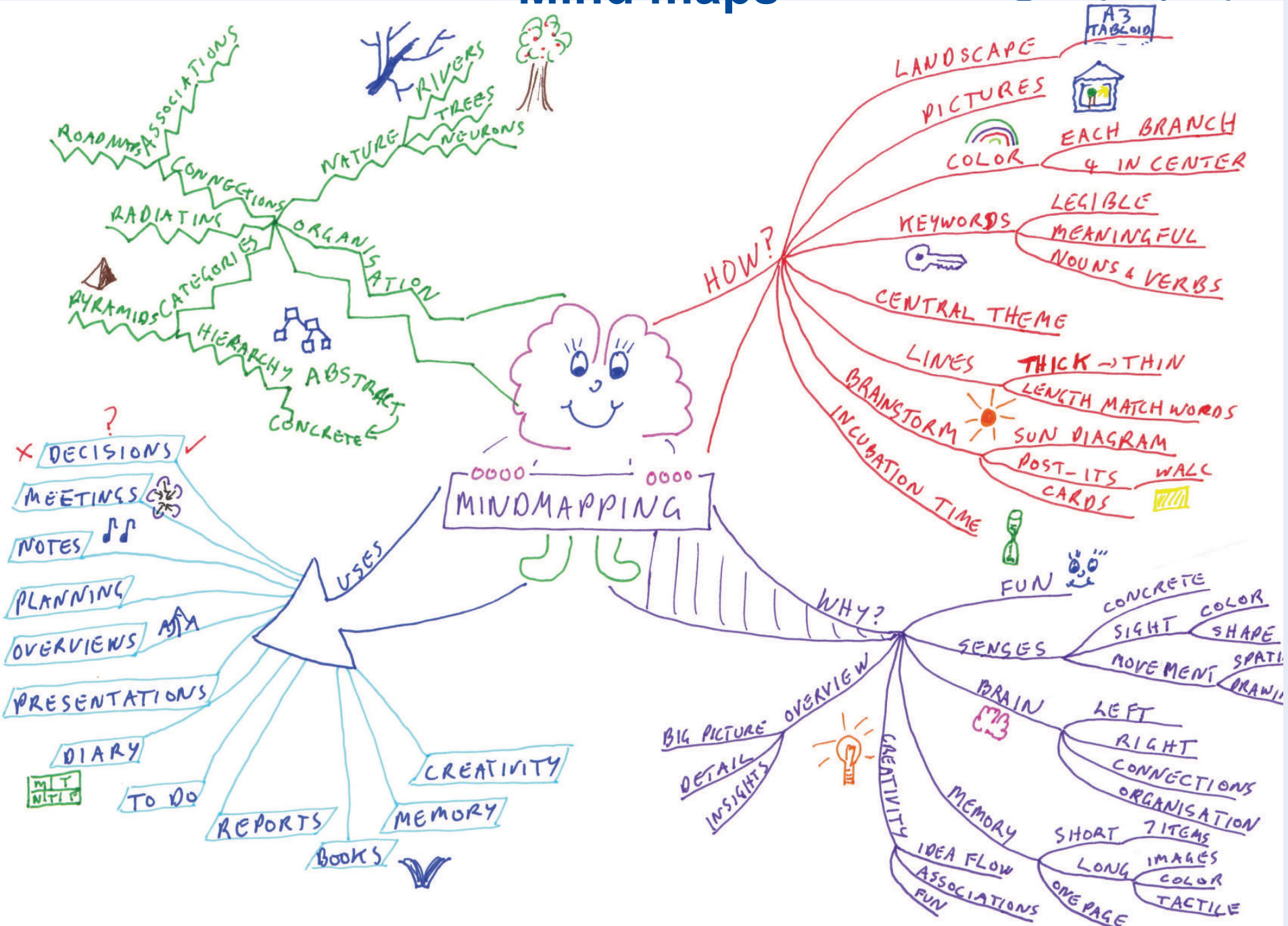
- First things they do
- Last thing they do
- Anything unusual

How do you use your senses in unusual ways when you learn?

Timing of repetitions



Mind maps



Journey technique



Journey technique



Journey technique



- Find ten places with a spatial significance for you
- Or a poem or song with a variety of topics for each line
- Go round the ten spaces/sounds several times
- Get it really fixed in your mind in the same order
- Attach the things you need to remember using WATCHES and taking more time on the first one

Watches



- **W** **Weird** – the more unusual the better
- **A** **Animate** – make it move
- **T** **Three dimensional** and all around
- **C** **Colour or sound** – as bright/loud as possible
- **H** **Humourous** - make it funny
- **E** **Exaggerate** everything
- **S** **Senses** – use as many as possible

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sky

Discussion activity (poll)



- There will be 2 specific questions in chat pods for you to explore some of the elements we have discussed further
- ***I am successful at learning when...***
- ***I am going to improve my learning by...***
- You are welcome to add your thoughts and we will then pick up some of the themes and talk through them
- Chat does have names on but the recording will be anonymised so you will appear as 'user number'

Take home message

- The way you work affects your memory
- Paying attention is the key
- Work out how to make the connections



Feedback please



Please use the following link to provide feedback to help the Student Hub Live team to continue to improve what we do:

- <https://forms.office.com/e/k6KJYDX3Us>

Selected upcoming events



- **03 Apr** **11 am** **Studying with disability complete your module successfully**
- **09 Apr** **11 am** **ND planning to complete your module successfully**
- **23 Apr** **11 am** **Tackling procrastination successfully**
- **24 Apr** **11 am** **Support and wellbeing for student carers**
- **01 May** **11 am** **Studying when English is not your first language**
- **06 May** **7 pm** **Learning from feedback**
- **08 May** **11 am** **Live – End of modules assessments and exams**
- **13 May** **11 am** **Producing your best EMA**
- **14 May** **11 am** **Get well prepared for your exam**
- **20 May** **7 pm** **Improving your academic writing**

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