Student Hub Live people

Margaret Greenhall is a study skills specialist. She has applied the same skills as you'll use in writing essays to write a book. She tutors on science level 1 and 2 courses. Her hobbies are baking, rowing and Lego.

Amanda Smith has been an OU Law School tutor at levels 1 and 2 since 2009. During that time, she has discovered the pleasures and pitfalls of being an OU student by studying for an MA in Online and Distance Education, worked as an Educational Advisor, written tutorial, skills, and research materials.
In her (very little) spare time she can be found walking the hills, tending her garden, travelling Italy, ballroom dancing and knitting to keep warm!

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/
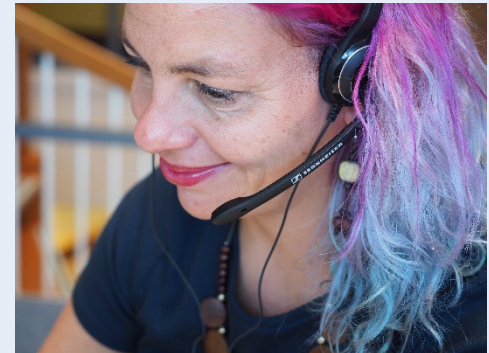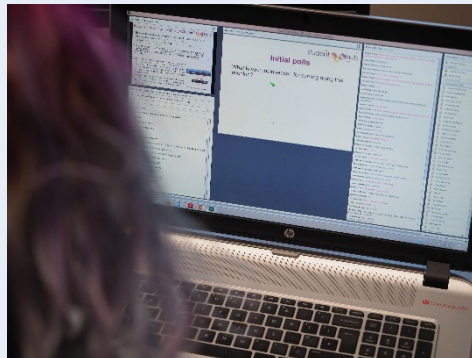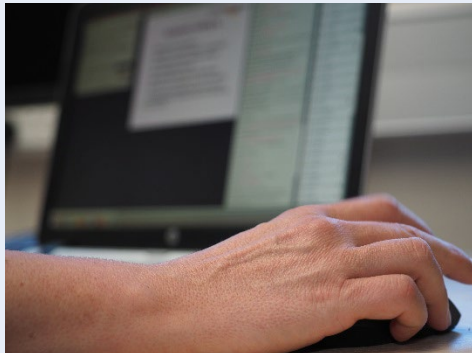
Workshop

- 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

- **<u>Is for:</u>**
- Covering general advice about memory techniques
- Giving some ideas for how to remember
- Provide a space to share ideas and connect with other students
- **<u>Is not for:</u>**
- 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
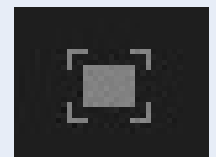
Please

- 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…

This session is a 'buffet' of ideas on memory and learning that will help improve your study time and understanding of your course materials. It is suitable for students at all levels.

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

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

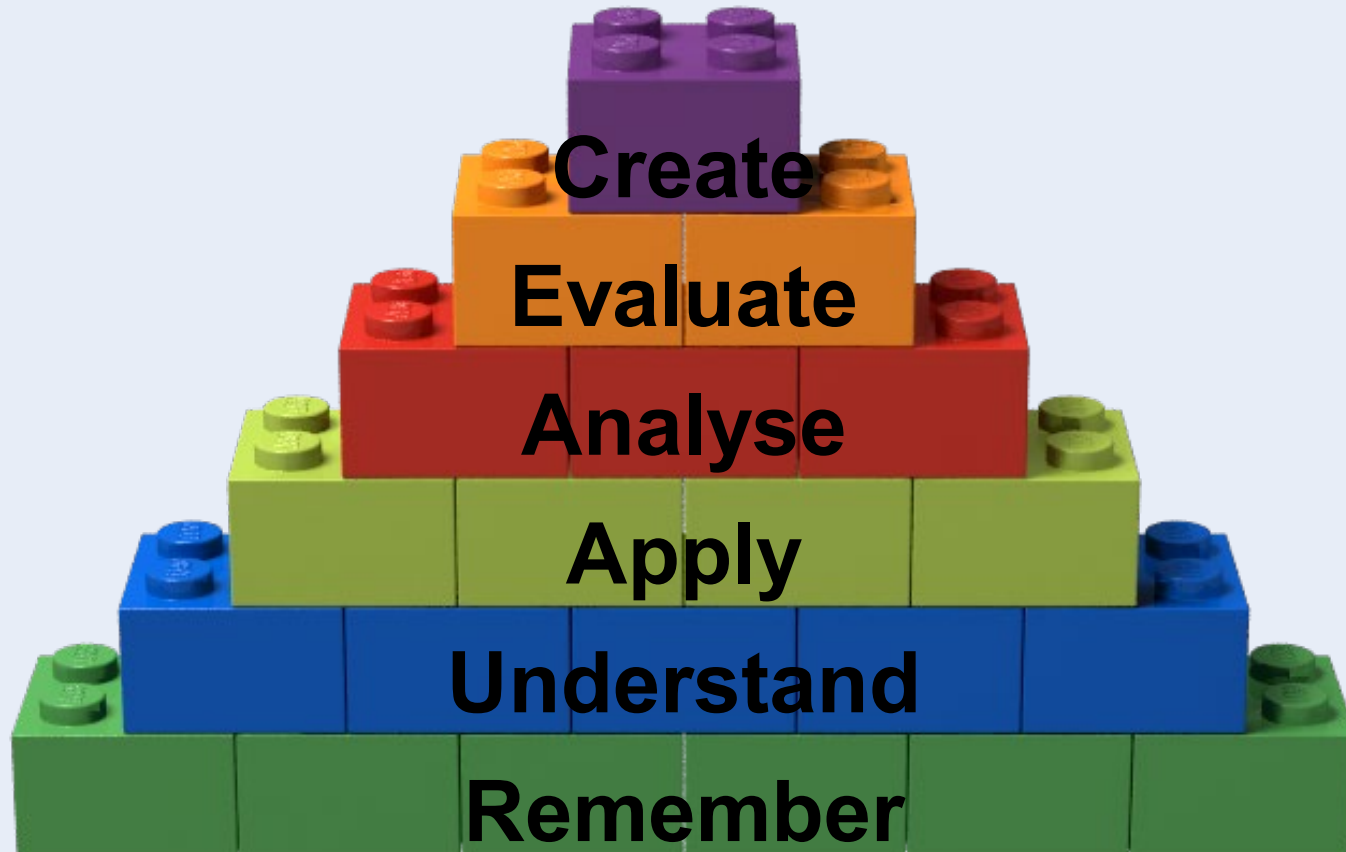animal

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.

How many of the list can you remember?

Which ones and why

– what technique did you use?

5 principles

- 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
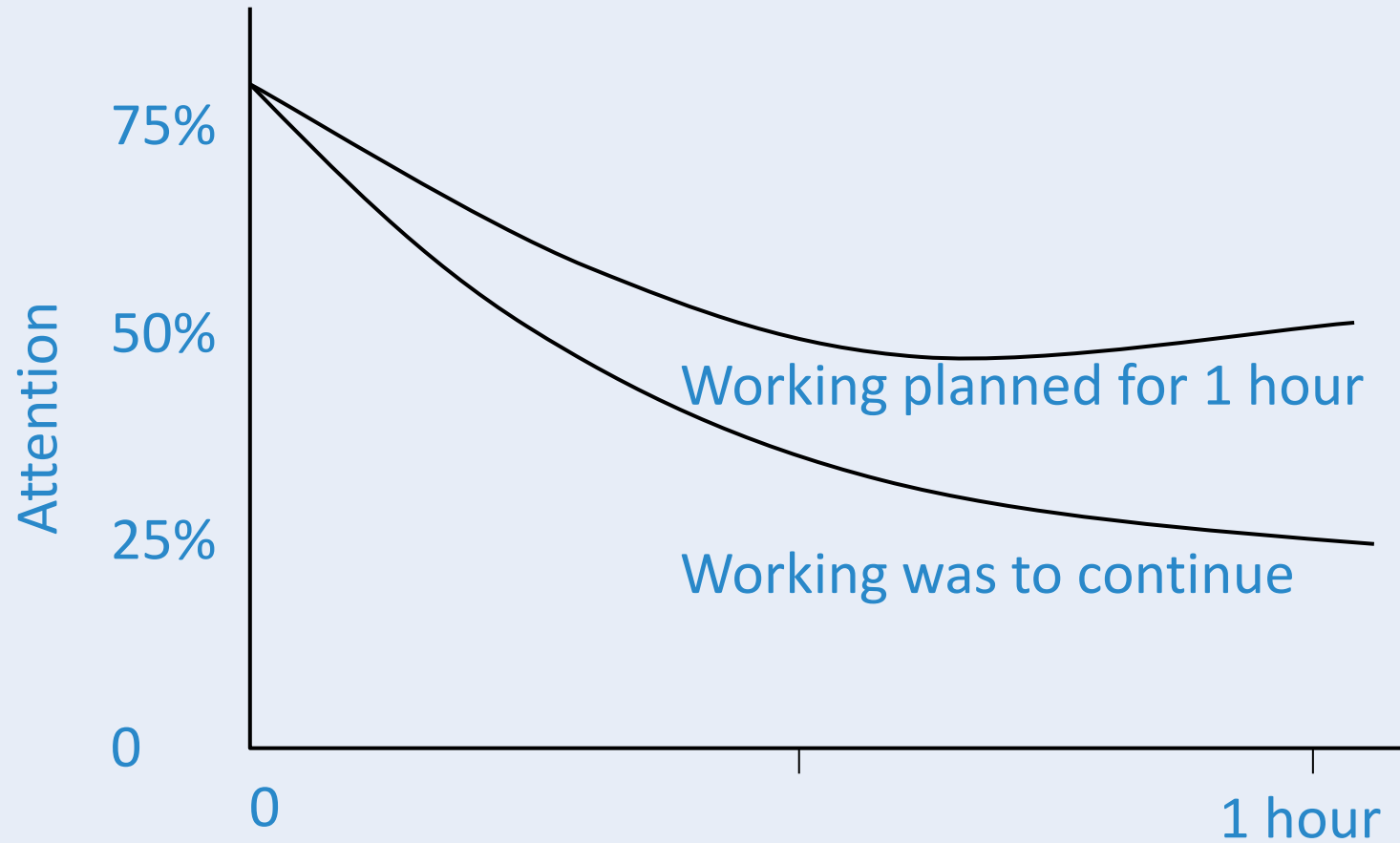- Michael Faraday
- Ada Lovelace

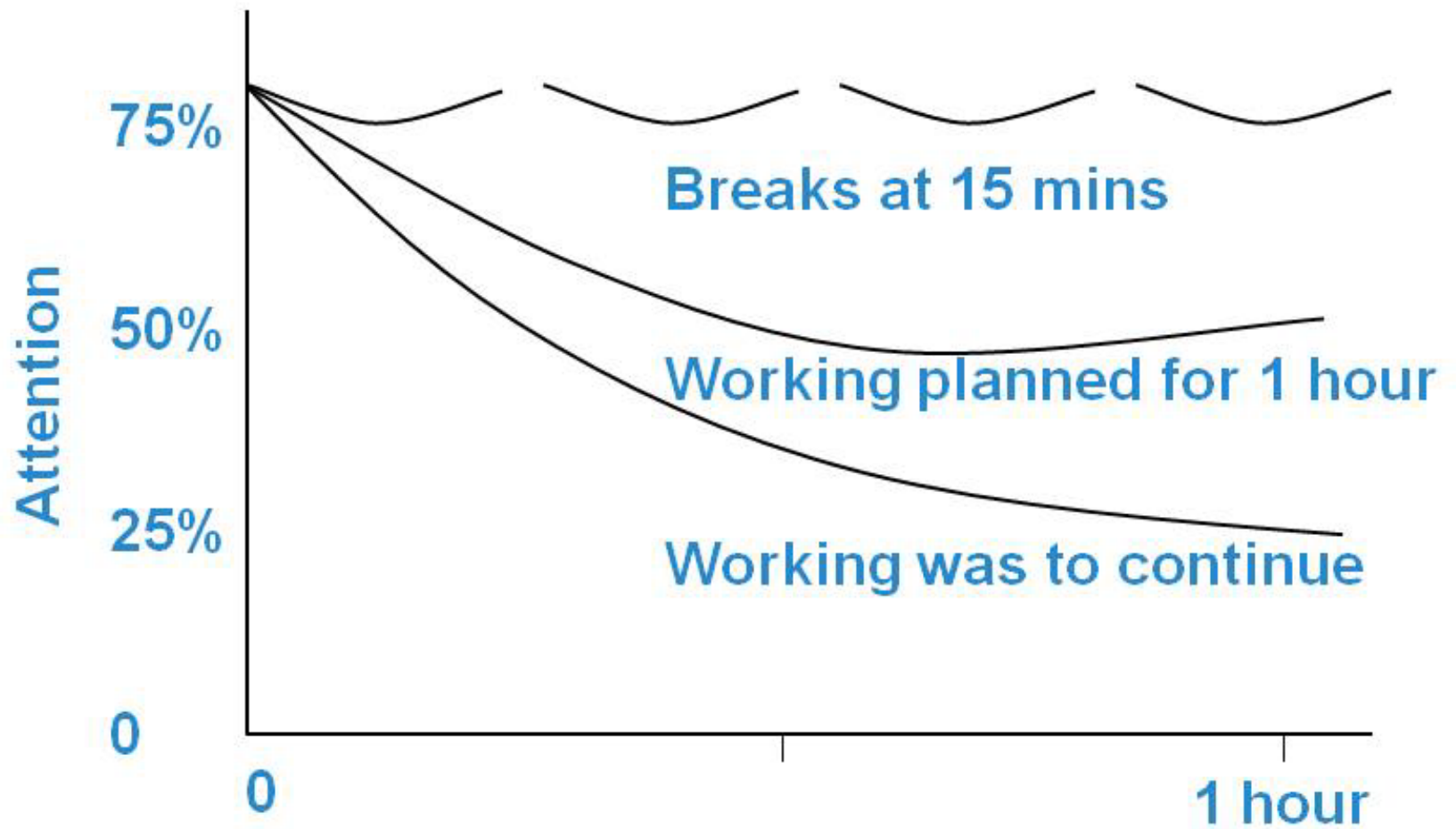# 5 principles

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

https://en.wikipedia.org/wiki/Pomodoro_Technique
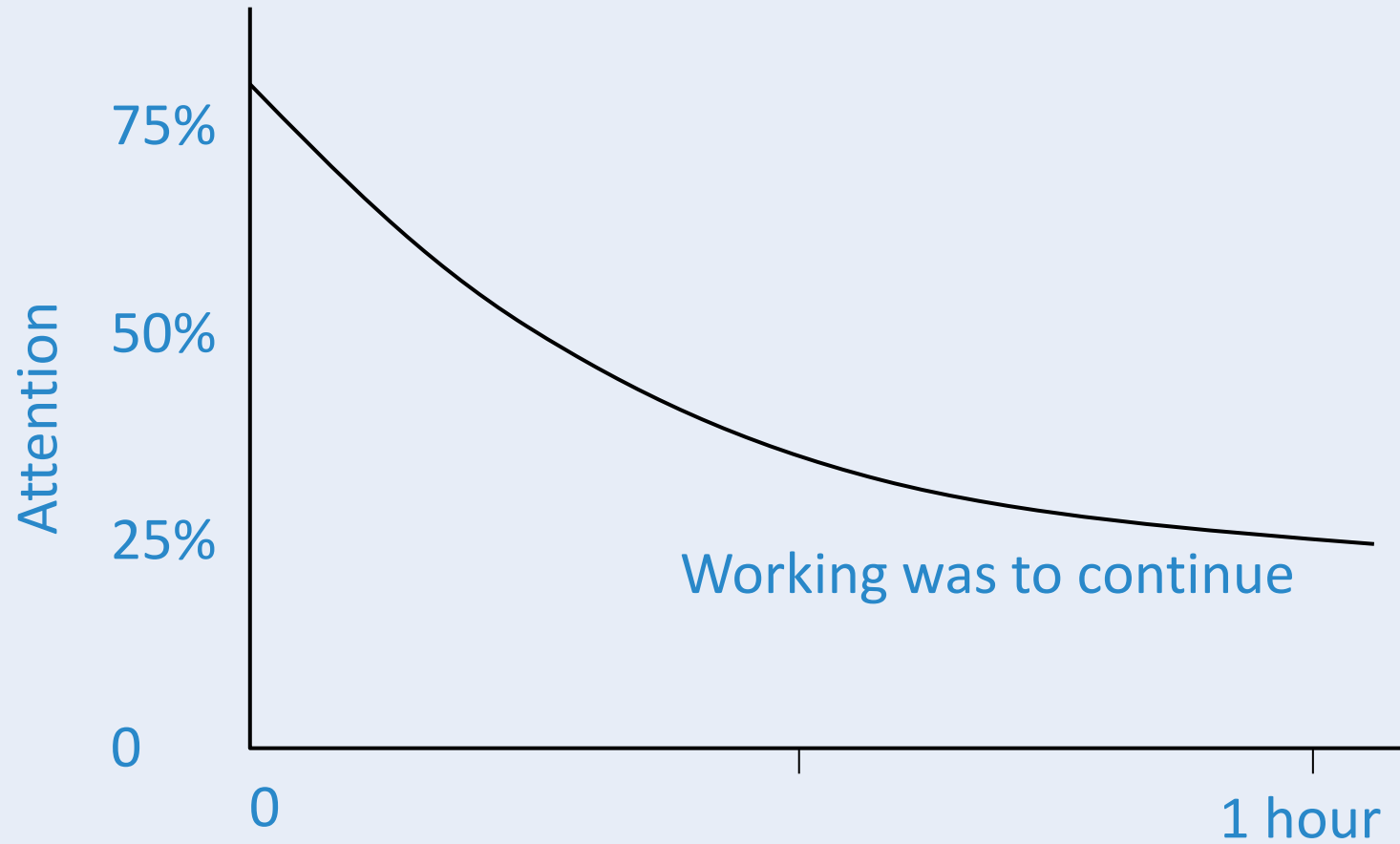
Sensory memory

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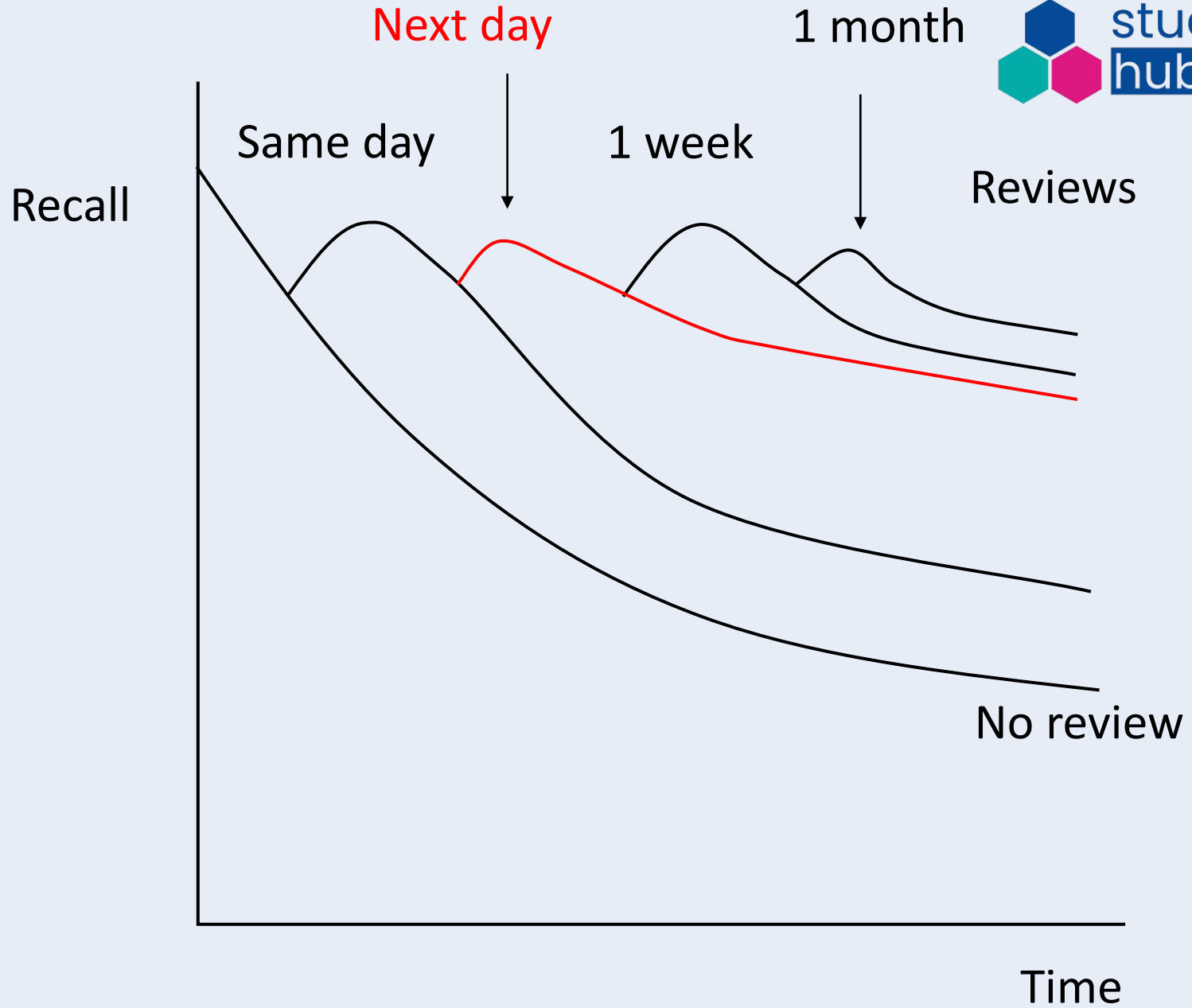- Kinesthetic – movement and spatial

People remember

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

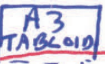# How do you use your senses in unusual ways when you learn?

A mind map titled **MINDMAPPING** with the following branches:

HOW? (red)
- LANDSCAPE — A3 TABLOID
- PICTURES
- COLOR — EACH BRANCH 4 IN CENTER
- KEYWORDS — LEGIBLE, MEANINGFUL, NOUNS & VERBS
- CENTRAL THEME
- LINES — THICK → THIN, LENGTH MATCH WORDS
- BRAINSTORM — SUN DIAGRAM, POST-ITS, CARDS, WALL
- INCUBATION TIME

ORGANISATION (green)
- ROAD MAPS, ASSOCIATIONS
- CONNECTIONS — NATURE (RIVERS, TREES, NEURONS)
- RADIATING
- PYRAMIDS, CATEGORIES
- HIERARCHY — ABSTRACT, CONCRETE

USES (blue)
- DECISIONS
- MEETINGS
- NOTES
- PLANNING
- OVERVIEWS
- PRESENTATIONS
- DIARY
- TO DO
- REPORTS
- BOOKS
- MEMORY
- CREATIVITY

WHY? (purple)
- FUN
- SENSES — CONCRETE, SIGHT (COLOR, SHAPE), MOVEMENT, SPATIAL, DRAWING
- BRAIN — LEFT, RIGHT, CONNECTIONS, ORGANISATION
- BIG PICTURE OVERVIEW, DETAIL, INSIGHTS
- CREATIVITY — IDEA FLOW, ASSOCIATIONS, FUN
- MEMORY — SHORT, LONG, ONE PAGE, 7 ITEMS, IMAGES, COLOR, TACTILE

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

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 appears 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/MRNxTuWX5w

Upcoming sessions

- 16-Apr   11am   ND community: planning to complete your module with success
- 18-Apr   11am   Interpreting and using ideas and facts
- 23-Apr   11am   Tackling procrastination successfully
- 02-May   11am   Preparing for, and producing your best EMA
- 07-May   11am   Support and Wellbeing for Student Carers
- 09-May   11am   Power reading: boost your reading skills
- 14-May   11am   End of Module Assessments and Remote Exams
- 16-May   11am   Get well prepared for your final exams
- 23-May   11am   Creative problem-solving: techniques for success

Details and booking information from
http://studenthublive.open.ac.uk/

Study skills workshop

Live Broadcast