

This was our advert...



Preparing for final assignments and exams can be stressful for all students and the added challenges of neurodiversity can increase that stress. In this workshop we will look for ideas and methods to minimise stress and anxiety as well as maximising effectiveness for end-of-module components.

What are SHL workshops?



- Studenthublive is non modular and focuses on study skills relevant to higher education.
- This means sessions are skills based and are not subject based.
- SHL workshops do not take the place of subject and skill related tutorials provided by your modules.
- All events are always advertised on our website along with studenthome news, social media channels and careers sources.
- All events are bookable; workshops do fill up as they are popular.

Online workshop 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 on a public facing website.
- Slides are available to download during the live session and from the event page on

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 would not be able to make the recording available.

Today's workshop



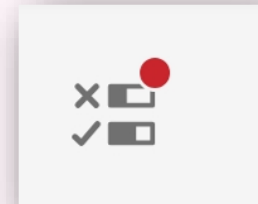
- This is going to be a structured community workshop to help you consider the aspects that go in to completing successful study
- The session is mainly focused around working towards an end of module assignment but also covers various other study tips and ideas
- We will not tell you what to do, nor 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?

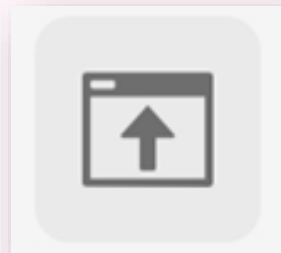


Using the short answer poll provided please say what you are hoping to learn from today's session

(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



Neurodiverse community/ neurodivergent students: planning to complete your module with success

ND community events



- This workshop is the 3rd in the new suite of events to support the Open University neurodiverse community
- Each event will focus on a specific aspect of study and has been developed with the support and input of current OU students and OU staff who are autistic, have ADHD, dyslexia or dyspraxia; identify as neurodivergent or who have an interest in these areas
- If you would like to be involved with future events then please contact us at studenthub@open.ac.uk

Session format



- Each of these sessions will talk to a student guest about their experiences of studying.
- This will include relevant questions about how neurodivergence impacts them and their study.
- There will be experience led suggestions for how to manage specific situations.
- Today's session is about looking towards the success at the end of a module and how to work towards that

Isabella Henman – me!



- I am the presenter of the workshop and events for the SHL ND community.
- I have been an OU tutor since 2005 and have lead the SHL workshops since they began in 2018.
- I have an active interest in supporting students with various challenges and have undertaken specific training relating to neurodiversity.
- I am not an expert but I am interested and continually update my knowledge.

Today's student guest



- Natasha is our student guest today
- Graduated 2023 with a BSc in Psychology

Terminology - 1



- Terminology today has been taken from the University's Equality, Diversity, and Inclusion Inclusive Language & Image Guide.
- This states that "Neurodiversity relates to the fact that no two brains are exactly alike" and "Neurodivergent/neurodivergence: this term is used for people whose brains function differently from what is considered standard or typical, and this can be in one or more ways."

Terminology - 2

- It is important to note that everyone is an individual and how one person describes their experiences may / not be how another does. Please be respectful of each individual's choice



Natasha Q1



- Why do you feel qualified to talk about successfully completing a module today?

Have hope



Think of the graduation!



Question for everyone 1



- What are you most looking forward to about your graduation day?
- Please use the poll pod available to give your ideas. If you haven't even thought about it that's fine, either think now or look at other answers for some inspiration.

Deadline poll



Please select from the options when your final assessment on your current module is due

- April 2024
- May 2024
- June 2024
- September 2024
- October 2024
- Some other time
- I don't know

Natasha Q2



- Can you share your experiences on knowing when to start and how to know when to choose that date please?

Manage your calendar



Make deadlines that work

- For you...



Question for everyone 2



- If you have had an EMA / exam / emTMA how did you prepare to complete that? If you haven't completed any kind of OU end of module assessment before think about how you met a deadline elsewhere in your life.
- Please use the poll pod available to give your ideas. If you haven't even thought about it that's fine, either think now or look at other answers for some inspiration.

Natasha Q3



- How do you get the most out of your materials?

Use what is there



- Tutor
- Forums
- Support teams
- Tutorials
- Library

Word cloud



- Using the option to type in where it says enter word here say **How do you feel about engaging with forums?**
- Note that suggestions need to be a single word rather than a phrase / multiple words, if you press the space or enter button your first word will go through (so it won't make sense if that one word is not the whole answer).
- A word cloud is built up with common answers being larger so we can see if there are patterns

Enter word here

Natasha Q4



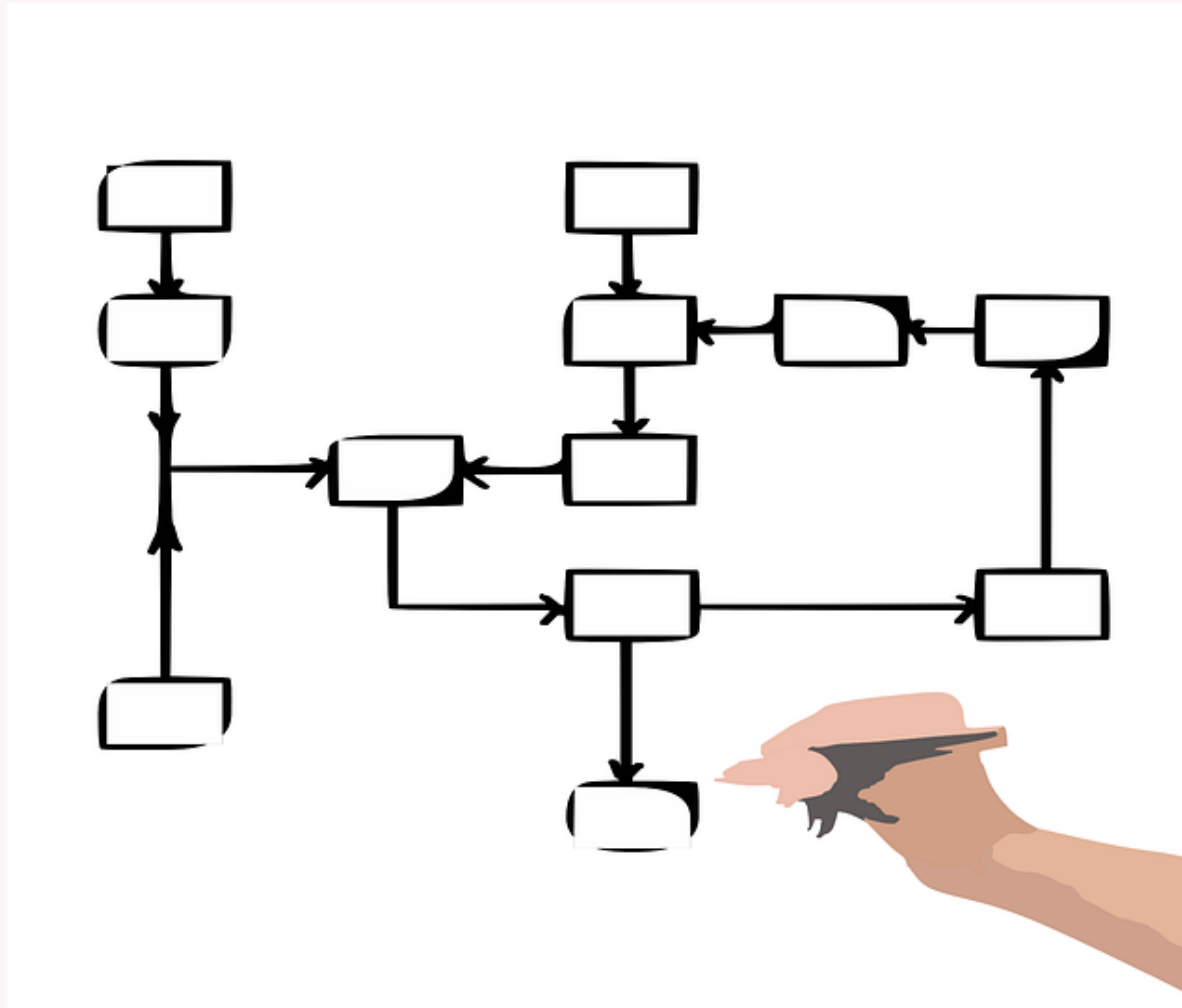
- What happens if it is not working? What do you do to help yourself? Some people mention burn out and how hard that is when ND – is that something you could talk about too within your answer please?

Fail fast



- Failing does happen to everyone
- Find a way to start over whilst there is still time rather than panicking or wallowing in self pity

Recognise change happens



Question for everyone 4



- What do you do (or can you do) to make yourself more comfortable when you have to change a plan?
- Please use the poll pod available to give your ideas. If you haven't even thought about it that's fine, either think now or look at other answers for some ideas.

Natasha Q5

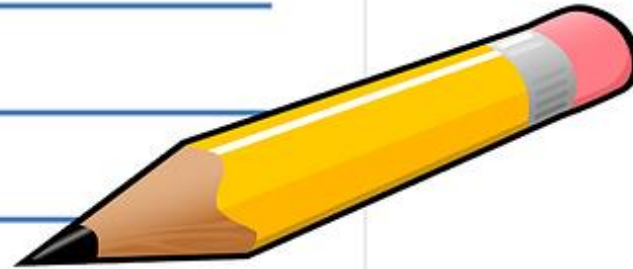


- You talk about double checking to make sure something is right – please explain.

Check carefully

CHECKLIST

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Did you information dump?



Question for everyone 5



- Assuming that you started your module in October 2023 what would you like to say to your September self? If you had a different start date think of the month before you started the module
- Please use the poll pod available to give your ideas. If you haven't even thought about it that's fine, either think now or look at other answers for some ideas.

Past, current and future you



- You today is **current** you.
- Tomorrow or next week will be **future** you
- By tomorrow or next week the you that is today will be **past** you.
- Current you will always assume that future has the same or more information as current you today.
- That's not the way it usually works as we all forget things.

Future you



Question for everyone 6



- How can you help future you? What kinds of strategies or methods could you use to help yourself?
- Please use the poll pod available to give your ideas. If you haven't even thought about it that's fine, either think now or look at other answers for some ideas.

Take home message



- Preparing for a final assessment does take time and as it covers the whole module there may be some revisiting
- Plan in a way that works for you but also think about how you can manage anything that changes that plan
- Keep your eyes on the goal!

ND events this and next year



- 11 Jul 11am Reflecting and consolidating learning

- 05 Sep 11am Starting out effectively
- 30 Jan 11am Progressing effectively
- **13 Mar 11am Studying when you think differently (live broadcast)**
- 09 Apr 11am Planning to complete your module with success
- 11 Jun 11am Reflecting and consolidating learning

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

Upcoming events



18 Apr	11am	Interpreting and using ideas and facts
23 Apr	11am	Tackling procrastination successfully
2 May	11am	Preparing for and producing your best EMA
9 May	11am	Power reading
14 May	11am	End of module assessments and exams
16 May	11am	Get well prepared for your final 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/g3jwS0ZENS>

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