

Reflecting and consolidating learning

This was our advert...



This workshop will provide the opportunity to reflect on a (hopefully!) successful year of study and consider what techniques and strategies could be adopted to build on this in order to make ongoing study even better. Honest reflection helps all students to know what to keep up and well as what might need changing.

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 <https://studenthublive.open.ac.uk/content/neurodiverse-community-neurodivergent-students-reflecting-and-consolidating-learning-11-july>

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 what has worked well in your study this year and what you could work on further.
- Mairead 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.

What do you want to learn?

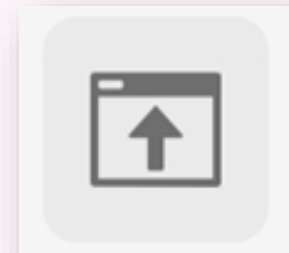


Using the short answer poll provided please say what you are hoping to learn from today's session

(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 Reflecting and consolidating learning

ND community events



- This workshop is the fourth 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 considering what does and doesn't work in study in a reflective honest way

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



- Mairead is our student guest today
- Mairead:
 - Studies Psychology at the OU
 - Has been an OU student since 2015
 - Will be entering her final year of study in October

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



Reflecting on learning poll 1



- This workshop is timed to be at the end of the main autumn start so people can reflect and consider their learning. Even if you haven't finished your current module please use the poll pod available to answer the question:
 - What is the main thing you have learned about yourself through your most recent study?

Reflection and learning



- Sometimes we are good at knowing ourselves, sometimes we aren't.
- Keeping track can be useful and allowing the space to consider our learning needs and preferences and how these can be met, or may need to be modified in future
- We will come back to various of these ideas through the workshop

Mairead Q1



- What brought you to study at the Open University?

Poll question 2



- As a question to everyone – What brought you to study at the Open University?
- Please use the short answer poll pod provided and we will see whether there are some common reasons

Sitting down to study word cloud



- Using the option to type in where it says enter word here '**How do you feel when you sit down to study?**'
- 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

Mairead Q2



- How does being autistic affect your study?

Poll question 3



- How does your neurodivergence impact your own studying?
- Please use the short answer poll pod provided and we will see what themes arise, if any
- We can't promise to have answers and solutions to everything but between us we may have some ideas that can help 😊

Mairead Q3



- You have done a number of work placements and internships – how has that helped you in terms of skills and your autism?

Change 100



- Information about Change 100
- <https://www.leonardcheshire.org/get-support/working/change-100-internships>
- <https://www.leonardcheshire.org/get-support/working/change-100-internships/change-100-applicants>
- Brochure for 2024 (closed for applicants but gives an idea) available to download from file pod

Opportunity hub



- <https://help.open.ac.uk/opportunityhub>
- Opportunity hub includes jobs, internships, voluntary opportunities and more
- You do need to sign in to see them but there are lots of things that are possible

Mairead Q4



- You have learned about a number of sensory accommodations. Some people may be familiar with some of these but others may be new. Can you tell us about them and explain a bit about why they work for you?

Poll question 4



- Do you have any sensory accommodations or things that you need to do to help your senses or focus?
- Please use the short answer poll pod provided if you feel able and we can see whether there are commonalities for ideas for others

Mairead Q5



- When we were discussing this session and your own experiences we talked about honesty. Why is it important for you to be honest with yourself about how you are feeling?

Future you



- Future you is you at a point in the future
- Current you always knows what is happening as it is live in your mind at the moment. So current you assumes that future you will also know everything
- Future you relies on having signposts or information to know what is happening.
- Being kind to future you (your future self) is important.
- Reflection is often about recognising what current you does (and maybe doesn't do) to help future you

Example past / future



- Past you thinks oh there is lots of work but I can do in the future so I can relax now – there is plenty of time
- Present you finds lots of work and tries some but also thinks future you will do. At the same time getting cross that past you didn't do any of it – there is limited time.
- Future you is overwhelmed trying to do everything that has been left and is very cross with past you that you compounded the stress – there is hardly any (if any) time.

Past you



Present you



Future you



Poll question 5



- Along the theme of future you and reflection. What can you do to help yourself the most in your next module?
- Please use the short answer poll pod provided and we will see what themes arise, if any
- Don't worry if you can't think of anything, some things may strike you from other answers

Final points



- What further questions or points would you like to raise?
- Please use the chat or poll pod and we will see whether we can suggest something, or just share experiences

Take home message



- Everyone whether neurodiverse or neurotypical can benefit from reflecting and taking stock of what does and doesn't work.
- Every single person has strengths but also weaknesses
- Honesty with yourself and others will help the reflective and learning process.
- Be kind to yourself!

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 (ask for it to be sent through to me Isabella Henman)
- I will also be introducing a suite of sessions more broadly for disabilities so if you or any other OU student you know might like to be involved please contact us
- studenthub@open.ac.uk

ND events next year (tbc)



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

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

Disability events next year (tbc)



- 21 Nov 4pm session 1 probably starting out
- 28 Jan 11am Session 2 probably progressive effectively
- 03 Apr 11am Session 3 probably Planning to complete
- 03 Jul 11am Session 4 probably Reflecting and consolidating

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/1LMsG9X0Fj>

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

Selected Upcoming events



- 18 Jul 11am Really understanding questions
- 15 Aug 11am Effective notetaking
- 22 Aug 7pm Get well prepared for final assessment
- 3 Sep 7pm Managing your time better
- 10 Sep 11am Managing high intensity study

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