

Taking stock of study: what works and what doesn't

Starting notices

Who we are, ground rules and practicalities

This was our advert...



Reflect on your study habits, share ideas, and learn techniques to boost your future success. This being the penultimate SHL session, there will also be a chance to say what SHL has meant to you.

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 from the [studenthublive online room](#).
- Slides are available to download during the live session and from the event page on <https://studenthublive.open.ac.uk/content/taking-stock-study-what-works-and-what-doesn%E2%80%99t-8-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 from <https://studenthublive.open.ac.uk/content/taking-stock-study-what-works-and-what-doesn%E2%80%99t-8-july> 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 workshop



- This is going to be a structured workshop to help you consider study issues relating to taking stock of study and reflecting on how to be as effective as you can.
- Ellen will be sharing her experiences and together you can consider your own possibilities
- We will not tell you what to do, nor what will definitely happen. We will discuss experiences and you can decide what may work for you.

At the end



- There will be an opportunity to say what studenthublive means to you. Please stay around for it.
- We may overrun so if you have to go we understand.

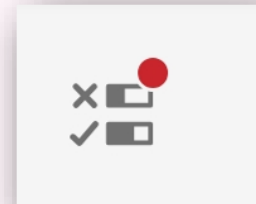
Initial poll

The same one starts each workshop 😊

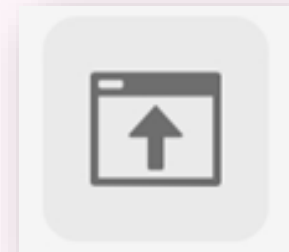
What are you looking to gain?

Using the short answer poll provided please say what you are hoping to gain 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



Practicalities

Practicalities and who is involved today

Session format



- Each of my (Isabella) student co-designed sessions will talk to a student guest about their experiences of studying.
- This will include relevant questions about how the specific topic is relevant to them and how they manage their study.
- There will be opportunities for all attendees to consider their own situation and peer sharing of possible strategies.
- Today's session is about considering how to take stock of what works well as well as consider what strategies may need to be modified

Today's student guest



- Ellen is our student guest today
- I am studying full time
- Studying English literature and creative writing
- Background in STEM
- Can see different education styles and lifestyle factors

Getting into today's workshop

Sharing experiences from student guest and you

- When do you take stock and what have you learned from this process?

The environment matters



- Carve out space in the world that isn't designed for this
- Fight to keep boundaries
- Don't minimise achievements
- Be aware of responsibilities and count the time and effort they require when considering study
- Is 'being realistic' a negative thing?
- You are already doing a lot – don't ignore what you are already doing.

Take time to take stock



- You might like to make a list of what you do automatically that takes time and effort.
- All the little tasks take energy, effort and decision-making resources.
- Taking stock involves all of life as it all affects studies.

Mindset shift



- Went from time based to task based.
- Thought had to have everything set out in order to meet deadlines.
- Rigidity didn't work and needed to try something else.

Summer



Tweaks work



- It doesn't need to be a major overhaul to be effective

Poll for everyone 1



- Please use the short answer poll pod provided to answer the question – **what kinds of things do you feel haven't worked the way you might like over the past year?**
- This isn't about beating ourselves up but being honest and starting (or continuing) that taking stock process.

Taking stock 1



In the previous poll you identified something that you were not entirely happy with. Make a note of that and consider what you can do about it.

This is not a personal failing.

It is a bug in the system that can be fixed.

- Can you solve yourself?
- Do you need help from someone?
- Could you use your summer downtime to upskill in a particular area?
- Be kind to yourself!

Ellen Q2



- You have learned that you have a particular pattern of study through the week. Please tell us about this and what you found out

Monday push



Tuesday tired



Prioritise the study space



- Protect the boundary of study
- Communicate with those who share your space and time – maybe have a shared calendar
- Not just I need to sort out – I need to share and communicate

Poll for everyone 2



- Please use the short answer poll pod provided to answer the question – **How do you manage your study across the week?**
- We will be looking at suggestions and tips – there may be ideas you haven't thought of!

Taking stock 2



Keep a record and see if you notice any patterns.

Everyone is unique so that means their study patterns may be as well.

- We have talked about study across a week – please share with us what you have learned about your study within a day and what you have found works, or doesn't.

Brain stops braining



Need fuelling



Poll for everyone 3



- Please use the short answer poll pod provided to answer the question – **when do you realise you need a break?**
- Don't worry if you don't know or haven't thought of it before – this session is about taking stock to consider different ideas.

- It sounds like you are great at taking stock and reflecting successfully – is it really that easy?

Learn from mistakes



Play around



- Try different things
- Be willing to experiment
- Taking stock is just the beginning
- Be prepared to push out of comfort zone
- There is not just one hack!
- Not all answers are external – some are internal.

Take home message



- Taking stock involves honest reflection.
- It is not about criticising yourself or being down on yourself.
- Likewise, it is not about ignoring reality.
- Be free to trial different methods.
- It is often only through trial and error that we learn effectively.
- Be willing to step outside your comfort zone.

Something different



- If you would like to come on camera to say what studenthublive has meant to you then we will shortly be providing the opportunity. If you don't want to be on the recording you can do afterwards or through the chat.
- Very sadly this is the penultimate studenthublive session and Margaret and I wanted people to have the chance to share what has been great about it.

- 10 Jul 11 am Keeping motivation when everyone else is winding down

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

Feedback



Please complete the feedback form that is available at

<https://forms.office.com/e/aEXgGdZM0p>