

# Pre session polls

What level of study are you?

- Access
- Level 1
- Level 2
- Level 3
- Postgraduate

What would you consider is your main area of study?

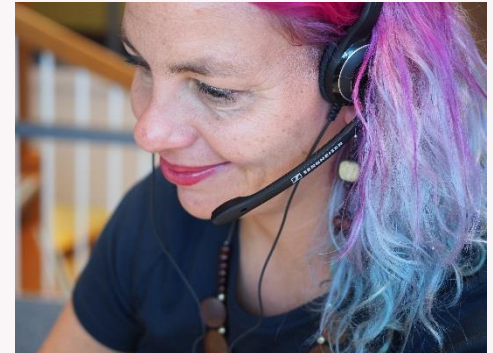
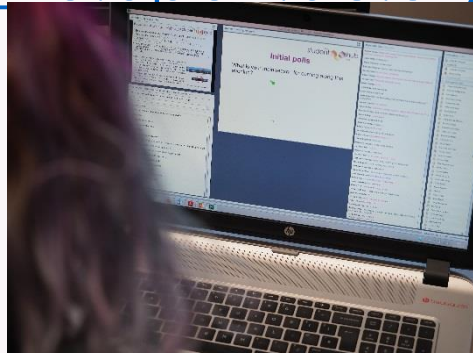
- Arts
- Languages (English & other)
- Social sciences
- Business and law
- Science
- Engineering or technology
- Maths
- Health sciences
- Education
- Sports
- OTHER

Have you been to any student hub live online events before?

- No (I'm brand new!)
- No (but have listened to one or more recordings)
- No (watched livestream freshers session)
- Yes any online workshops

# 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
- All online sessions are recorded and available to view on catch up on a public facing website. *Small group discussions are not recorded.*
- Slides are available to download during the session (*not accessible on mobile devices*) and from <http://studenthublive.open.ac.uk/>.



# Initial polls

What is your main reason for coming along to this session?

Are you currently...? (please choose the one that is closest)

- Brand new to OU study
- Have done at least one previous OU module (in last few years)
- Have done at least one previous OU module (many years ago)

If you are on a mobile device you will need to tap into the poll option



(remember to come back to the main slides when you are done)



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



Isabella Henman is an essay writing aficionado and skills trainer and has been the main student hub live online speaker since 2017. She tutors in science and health sciences at Access to level 2.



Rob Moore works on a range of under-graduate and post-graduate modules for the Open University Business School. Rob's passion is in making live online sessions fun and effective.

# Managing my time

## This was our advert...

Time management is the most common challenge for OU students who are often juggling other responsibilities alongside studying. In this workshop we'll provide you with some time management techniques and frameworks that may help you manage your time more effectively. We'll also discuss strategies other students have used, and you'll have the chance to talk to other students in small groups about how to apply some of these ideas to your own situation.

# Workshop

- This is going to be a structured workshop covering some of the basics about how to manage time when studying at the OU
- We'll give some tutor advice about strategies for help you not to fall behind and give some suggestions about how to get back on track if you do
- There is a lot of interaction so please be ready to answer polls (questions) or add to chat pod during the session
- You'll also get the chance to discuss things with others in a small group (dependent on numbers)

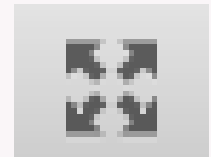
# Session purpose

- **Is for:**
- Covering general time management information
- Give some guidance about ways to manage time
- 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
- You can maximise slides on your own screen by clicking the icon



# Don't worry!

- Most participants here today are new. You don't have to know all the answers already, the idea is to help you start thinking carefully about some key points
- No one will force you to answer any of the questions we pose but they are a great chance to add thoughts and we pick up on some to help everyone
- The slides are available to download and the session is recorded, but you can take any notes you want to help you

# First thoughts

Which of the following do you normally use to keep track of things you are doing in every day life?

- Diary
- Wall calendar
- Online calendar
- App for tasks
- Sticky notes
- No specific method – I am good at remembering 😊
- No specific method – I always forget things 😞

## We recommend!

- Some form of visible calendar and active reminders
- If possible print out your module calendar and stick it up somewhere obvious so you can see it
- The online module planner is great but won't actively remind you of anything (dates will show up but you have to look)

# Study buddies

- At studenthublive we are all about community building and we often talk about study buddies
- These can be a 2/3/4/5/6/any legged live buddy who helps you in some way
- These can also be a place that ‘buddies you’
- They can also be a metaphorical buddy if that works for you
- Having a study buddy can be motivating / comforting

# Study buddies

Please select which is most accurate for you

- I already have a study buddy
- I am going to get a study buddy ASAP
- I may think about a study buddy in the future, see how I go
- At the moment I am don't feel I need a study buddy

Please also answer who / what is or will be your study buddy if you have or are going to have one using the short answer poll available

# Time management resources

- <https://help.open.ac.uk/time-management-skills>
- There are lots of resources available for time management
- Be realistic and balance what you want to achieve
- Balance time available, effort needed and eventual outcome
- Sometimes planning will help save time, other times just getting on will be the most efficient option

# Tools available

- Showcase of the different options including activity template for week, hour by hour planner, foursquare priorities, Gantt chart broad allocation per activity

(in separate pods)



# ACTIVITY TEMPLATE



Activities	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Weekly Total*
Work Hours								
Travel								
Family Time								
Socialising								
Housework/ Gardening/ Chores								
Shopping								
Exercise/Health								
Eating								
Sleeping								
<b>Total</b>								
<b>Time Available for Study</b>								

[\*] 24 hours each day, 7 days a week - maximum weekly total is 168 hours

## Four-square grid

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Write down your tasks within this grid. First do the things that are both urgent AND important!

	<b>Important</b>	<b>Unimportant</b>
<b>Urgent</b>		
<b>Not urgent</b>		

# Time Management Activity

Key Sleep      get ready      at work      travelling  
Childcare      Gym/hobbies      household      eat/relax



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
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5 am							

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH	AI
<b>Gantt Chart proforma</b>																																		
<b>Dates</b>	<b>October</b>			<b>November</b>				<b>December</b>				<b>January</b>			<b>February</b>			<b>March</b>			<b>April</b>			<b>May</b>										
	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25
<b>Tasks</b>																																		
read sections 1-3																																		
check TMA guidelines																																		

# Poll time

Please indicate which of these you think might be something you would try:

- Weekly activity planner
- Day and hour planner
- Foursquare chart
- Gantt style (time allocation) chart

Please use the short answer poll to give any further information about the tools and your thoughts

# Accountability

- One of the reasons we mentioned study buddies earlier as they can be good for accountability
- You can have someone who checks up on how you are getting on, in a nice way of course 😊

# Setting priorities

How good would you say you are at setting (and keeping to) priorities in general?

- Great
- Good
- OK
- Not so good
- Always get distracted by fun things!

# Strategies

- Little and often is better
- Trying to study for 3 hours without a break will be counterproductive and you will probably end up tired and fed up with it all!
- Factor in breaks
- Reward yourself for successful study



# Contingency time

- Can you think of anything that might affect your ability to study when, and for as long as, initially planned? Please use the short answer polling pod to give your suggestions

# Our ideas

- Illness – yours or dependants
- Extra paid work to do
- Family issues e.g. children's exams, attending school trip...
- Technical issues e.g. broadband down / computer breaks / house flooded...

# Foreseeing...



# Foreseeing...

- Obviously we don't expect you to foresee the future

BUT

- Some things can be planned for and therefore shouldn't disrupt your study plans unexpectedly
- Religious festivals such as Diwali, Christmas, Eid and Hanukkah are not unexpected so you need to plan for them if you will have time off

# Be prepared

- It is always better to over plan to begin with than expect everything to magically work and then get stressed

# Discussion activity

- Discuss as a group your best tips on how to manage time effectively
- Please bring back a few points that you can share with the rest of the group
- We can then try and discuss some of the common points
- You do not have to speak on mic if you don't want to but please do interact with your group using the chat option

# Useful points for breakouts

- We suggest you use the first couple of minutes to introduce yourselves and get used to the room. Choose a volunteer to keep the discussion on track and feed back to the main room
- If you want to speak you will need to activate your microphone *once in the room and you see the option available*



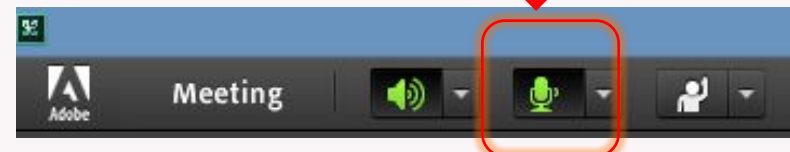
- Breakout groups work best if people engage and contribute and discuss
- There will be ~10 minutes for the breakouts overall – we'll send regular reminders to let you know how long you have got left

**Remember to check the number of the room you are in (shows at top of chat pod as “chat x BREAKOUT y”) in case of connection issues and for bringing back information.**

## Breakout activity



- Discuss as a group your best tips on how to manage time effectively
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- You do not have to speak on mic if you don't want to but please do interact with your group using the chat option if you don't speak





# **This session is currently in breakouts (small groups).**

**If you are part of this group and have had connection issues please let us know your room number in the chat box**

**If you are only just arriving in this room then unfortunately you have missed the main session. Please log back out and watch the recording which will be available later today**

# So....

- What can people share from their sessions?  
Please use either the chat pod or the anonymous short answer polling pod

# Alternative discussion activity

- There will be 2 specific questions in chat pods for you to explore some of the elements we have discussed further.
- *I manage my time well when....*
- *I could manage my time better if I...*
- 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'

# When time runs out...

- Look at what is most important and focus on that
- Prioritise the tasks according to what you will gain marks for, or need for professional development or is most important for your personal learning journey
- If something unexpected and unavoidable occurs then you *may be* permitted an extension on a TMA (NOT ICMA / EMA) deadline so talk to your tutor

# Take home message

- Time management works best if you prepare well and are realistic about the time you have available and what you can personally get done
- Think about what is important to you and what you hope to achieve
- Short term pain – long term gain

# Final polls

What do you feel is the main thing you will take away from this session?

What are you going to do as a result of this session?

Which of the following elements of this session did you find useful?

- Tutor led explanation
- Opportunity to chat in text chat box
- Opportunity to suggest ideas in polls
- Opportunity to read ideas suggested in polls
- Breakout room or alternative (discussion with / learning from other students)
- Breakout activity or alternative (reflecting on the concepts in more detail)
- The chance to reflect more deeply on own experiences / skills



## Freshers OU essentials Saturday 3<sup>rd</sup> Oct

**14:00 The OU essentials: Academic writing**

13<sup>th</sup> Oct 7pm Effective academic communication

21<sup>st</sup> Oct 11am / 8pm Academic writing skills

10<sup>th</sup> Nov 12 / 7pm Essay planning

17<sup>th</sup> Nov 7pm Essay writing

Details and booking information from

<http://studenthublive.open.ac.uk/>

Past student hub live online study skills sessions [here](#)

Visit us at <http://studenthublive.open.ac.uk/> and subscribe for events as they are announced. Send us feedback at [studenthub@open.ac.uk](mailto:studenthub@open.ac.uk)

