

Building on good foundations

This was our advert...



How does studying at a distance work when managing disabilities alongside study? In this, the first of a new suite of community workshops, we will be discussing the experiences of studying with disabilities with a student guest. They will share some of the strategies that have worked for them, as well as things to look out for. We will also showcase some of the areas where support can be provided by the OU, or other organisations. We won't have all the answers, but it will be a great opportunity to share with other students and pick up ideas from each other.

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/studying-disability-building-good-foundations-nov-2024>

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



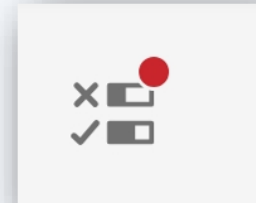
- This is going to be a structured community workshop to help you consider some things as you start out your study year.
- Ruth will be sharing her experiences and together you can consider your own
- We will not tell you what to do, nor what will definitely happen. We will suggest things based on experience and you can decide which aspects work for you.

What do you want to learn?

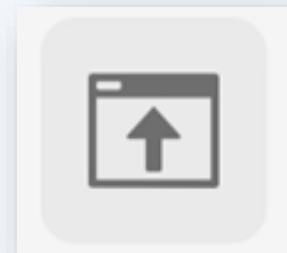


Using the short answer poll provided please say what you are hoping to learn from today's session. This is your opportunity to reflect on the session description and consider what is important for you.

(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



Studying with disability: Building on good foundations

Disabled community events



- This workshop is the first in the new year suite of events to support the Open University disabled community
- Each event will involve a guest who will share their own experiences, and has been developed with the support and input of current OU students and OU staff who have a disability and are interested in sharing their experiences and supporting others
- 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 disability impacts them and their study.
- There will be experience led suggestions for how to manage specific situations.
- Today's session is about considering some practical ways in which studying with disabilities can be managed, support avenues and being kind to yourself.

Isabella Henman – me!



- I am the presenter of the workshop and events for the SHL disabled and neurodiverse community.
- I have been an OU tutor since 2005 and have lead the SHL workshops since they began in 2017.
- I have an active interest in supporting students with various challenges and have undertaken specific training relating to disability and neurodiversity.
- I am not an expert but I am interested and continually update my knowledge.

Today's student guest



- Ruth is our student guest today
- She is currently studying
- T220 Environmental Science management and T213 Energy systems and sustainability
- Working towards BSc Environmental Science

Terminology - 1



- Terminology today has been taken from the University's Equality, Diversity, and Inclusion Inclusive Language & Image Guide.
- This follows the social model of disability in which people are disabled or limited by society and provision, rather than a deficit-model approach whereby the person has a deficiency.
- <https://help.open.ac.uk/browse/disability> covers a lot of information about disability support.

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



Disability poll



- Using whichever terminology you feel comfortable with please complete the short answer poll to indicate **what is the disability you have declared to the university?**
- This is purely so we can see the range of experiences that OU students are studying alongside.

Ruth Q1



- Ruth please tell us about your study journey and how disability has impacted your study

Struggles 1



Struggles 2



Struggles 3



Know your limits



Question for everyone 1



- As a question to everyone – how does your disability impact your study journey
- Please use the short answer poll pod provided and we will see whether there are any themes that we can draw out
- Don't worry if you don't feel able to answer but do have a look at what others say as this often shows people are not alone

- Can you tell us about your experiences with the disabled students allowance?

Mentor



Chair



Monitor



Additional software



Disabled students allowance 1

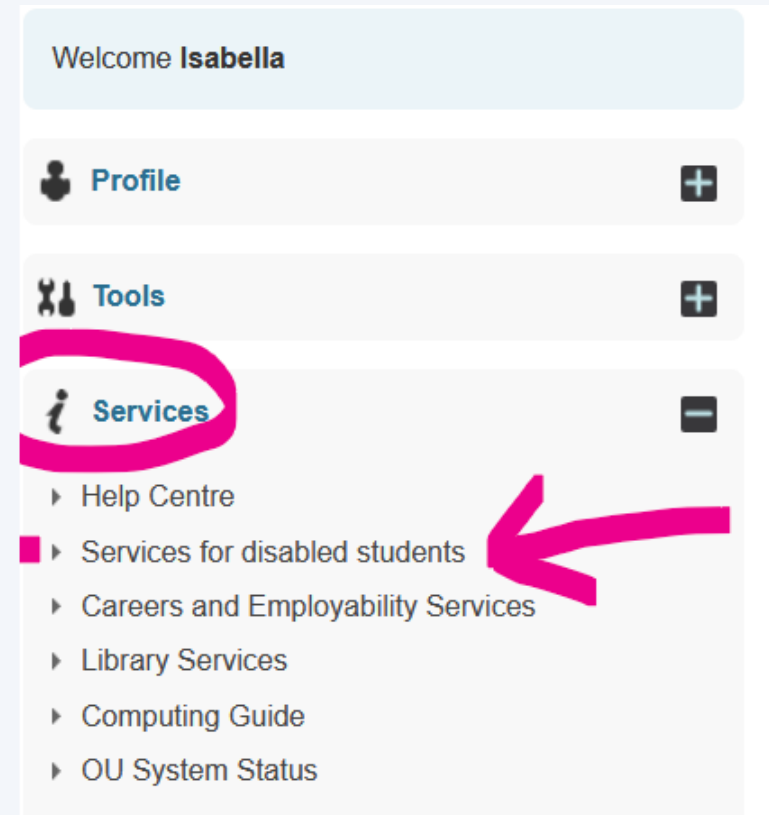


- DSA
- <https://www.gov.uk/disabled-students-allowance-dsa>
- <https://help.open.ac.uk/dsa-overview>
- Please note that the OU can not apply on your behalf but all students who declare a disability are encouraged to apply for the DSA as it is there to support them.
- The OU also does not govern what is provided and cannot guarantee what would be provided.

Disabled students allowance 2



- We can not guarantee anything but do encourage you to engage with your disability support team. Contact them through the option from studenthome in the services option
- <https://help.open.ac.uk/browse/disability>



Study related costs



- <https://www.open.ac.uk/courses/fees-and-funding/study-related-costs-funding>
- Examples may be support with broadband, provision of a large white board, special overlays to support reading on screen.
- Note we cannot guarantee anything but it is worth exploring and asking – you never know 😊

Question for everyone 2



- If you have received support as a disabled student please share something that has helped you
- This is to be supportive and share what is available, we can't say what each student may be able to receive, sorry.

Ruth Q3



- How do you manage study when you are having a bad health day?

Change things around



Change environment



Have (more) breaks



Break things down



Question for everyone 3



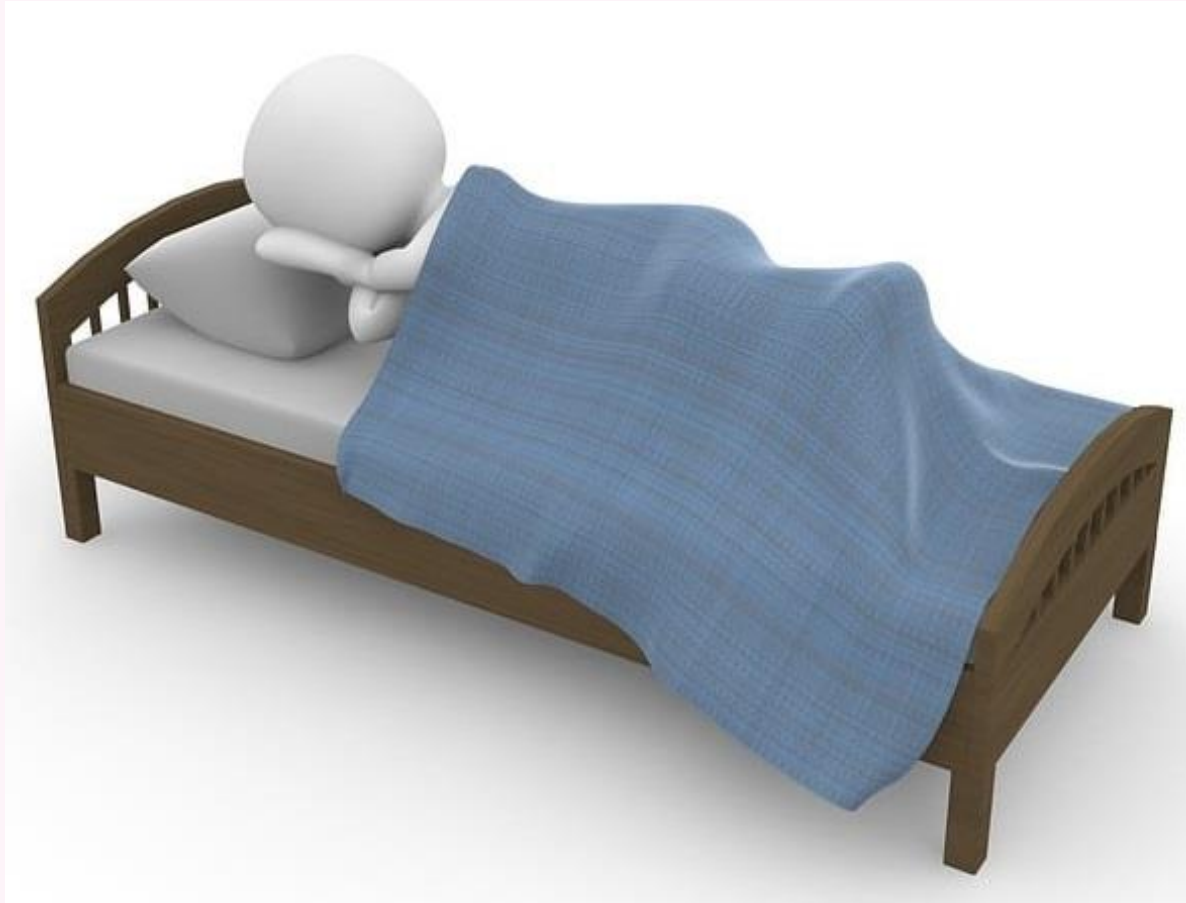
- Please share some of your top tips for managing bad health days
- Please use the short answer poll pod provided and we can see what suggestions there are

Comfort break

We will now have a 5-6 minute comfort break during which the recording will be paused. Please feel free to go and stretch your legs, visit the loo, grab a snack, make a drink or anything else you need to. The timer will count down until we come back

- What do you do to proactively manage your disability?

Be healthy 1



Not healthy 1!



Be healthy 2



Not healthy 2!



Be healthy 3



Be Kind to yourself!

BE
KIND

Question for everyone 4



- How do you proactively manage your disability?
- Please use the short answer poll pod provided and we will see what suggestions there are that we can share together and build upon

Ruth Q5



- How do support networks help you as a disabled student?

Question for everyone 5



- What does your support network look like?
- Please use the short answer poll pod provided and we will see where different people get their support – you may get some ideas you hadn't thought about!

OU community



- <https://community.open.ac.uk/> showcases community within the OU (including studenthublive!)
- [OUSA disabled students group](#) have regular meet ups as well as other support
- OUSA have various [events](#)

Ruth final comments



- What would you like to say to newer students about managing study alongside disabilities?

Use support



Take home message



- Disabilities represent challenges but also the chance to find out more about yourself and explore alternatives.
- Everyone is on their own study journey although planning that journey may need a bit more input to manage disabilities

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 run the neurodiverse as well as disabled student sessions (as well as others) so if you or any other OU student you know might like to be involved please contact us
- studenthub@open.ac.uk

Disability events this year



- 28 Jan 11am Progressing effectively
- 03 Apr 11am Planning to complete your module with success

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

ND events this year (24-25)



- **29 Jan** 11am progressing effectively
- **09 Apr** 11am Planning to complete your module with success
- **10 Jun** 11am Reflecting and consolidating learning
- **Note all ND workshops are now 11-12:15 due to popular demand for longer sessions 😊**

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/UHzpy2s4Sv>

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

I do share with colleagues within the university about the benefits in the hope that some of the ideas shared will be adopted more widely

Selected Upcoming events



- 26 Nov 11am Support for student carers
- 28 Nov 7pm Memory and learning
- 3 Dec 7pm Power reading
- 10 Dec 11am Keeping motivation
- 14 Jan 4pm Making use of digital apps and tools in study
- 21 Jan 11am Well being for students

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