

Motivation 10 07 25

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

Past student hub live online study skills sessions
https://studenthublive.open.ac.uk/eventlist_catchup

Motivation

<https://studenthublive.open.ac.uk/content/keeping-motivation-when-everyone-else-winding-down-10-july-2025>

Sconul accessing other libraries

<https://university.open.ac.uk/library/help-and-support/using-other-libraries-and-sconul-access>

Managing high intensity study

<https://studenthublive.open.ac.uk/content/managing-high-intensity-study-10-sept-2024>

Tackling procrastination

<https://studenthublive.open.ac.uk/content/tackling-procrastination-successfully-23-april-2024>

Resilience planning for success

<https://studenthublive.open.ac.uk/content/resilience-planning-success-12-september-2024>

Learning from feedback

<https://studenthublive.open.ac.uk/content/learning-feedback-6-may-2025>

Time management

<https://studenthublive.open.ac.uk/content/managing-your-time-better-9-january-2025>

SHL catch up

https://studenthublive.open.ac.uk/eventlist_catchup

-
- <https://help.open.ac.uk/browse/study-skills>
- All policies
- <https://help.open.ac.uk/documents/policies>
- Inverted U theory
- <https://www.mindtools.com/ax20nkm/the-inverted-u-theory>

<https://help.open.ac.uk/time-management-skills/planning-prioritising>

Special circumstances

- Policy <https://help.open.ac.uk/documents/policies/special-circumstances-policy/files/242/special-circumstances-policy-JAN24.pdf>
form <https://csr-eweb-live.open.ac.uk/Vantage/SpecialCircumstances/>
- deferring
- <https://help.open.ac.uk/documents/policies/changing-your-study-plans>
- Postponement
- <https://help.open.ac.uk/documents/policies/postponement-policy/files/240/postponement-policy%20%28DEC%2023%29.pdf>
- <https://www.oustudentsshop.com/past-exam-papers>

Mental health support

<https://help.open.ac.uk/mental-health-support>

Text SHOUT to 85258 for MH crisis care

- <https://help.open.ac.uk/understanding-the-question>

<https://wordart.com/> word cloud

Help for carers

<https://help.open.ac.uk/support-for-carers>

Help with planning

<https://help.open.ac.uk/planning-and-prioritising>

Drafting your answer

<https://help.open.ac.uk/drafting-your-answer>

Good academic practice writing in your own words

<https://learn1.open.ac.uk/course/view.php?id=100043>

<http://www2.open.ac.uk/students/skillsforstudy/writing-in-your-own-words.php>

OUSA shop for past papers (free)

<https://www.oustudentsshop.com/>

Work in other university libraries

Soncul

https://www.sconul.ac.uk/sconul-access?usertype=63%2C50&field_accepted_bands_tid=63%2C64%2C65%2C66%2C1572

Time management OU help

<https://help.open.ac.uk/time-management-skills>

<https://www.open.edu/openlearn/mod/oucontent/view.php?id=28143§ion=4.1>

<https://www.open.edu/openlearn/health-sports-psychology/mental-health/time-management-and-study>

Open learn courses on time management

<https://www.open.edu/openlearn/education-development/university-ready/organisation-and-time-management-academic-study-skills>

<https://www.open.edu/openlearn/education-development/ten-tips-students-starting-university>

<https://www.open.edu/openlearn/local/ocwglobalsearch/search.php?q=becoming%20ou%20studenteat>

Study with me youtube videos

<https://www.youtube.com/watch?v=yZDtCrY2CUY&t=1654s>

<https://www.youtube.com/watch?v=sUwD3GRPJos&t=3329s>

https://www.youtube.com/watch?v=1ex_bNIFR1A&t=3204s

<https://www.youtube.com/watch?v=FerGgYXVXiW>

Forest <https://www.forestapp.cc/>

Pomodoro

https://en.wikipedia.org/wiki/Pomodoro_Technique

eat that frog <https://www.briantracy.com/blog/time-management/the-truth-about-frogs/>

Creative note taking catch up

https://studenthublive.open.ac.uk/eventlist_catchup better sound on 7/7/22 on connect. Next one on 30/5/23

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Past student hub live online study skills sessions

https://studenthublive.open.ac.uk/eventlist_catchup

<https://studenthublive.open.ac.uk/content/preparing-and-producing-your-best-ema-2-may-2024?nocache=662f636d51bb7>

<https://help.open.ac.uk/time-management-skills/planning-prioritising>

Help for carers

<https://help.open.ac.uk/support-for-carers>

<https://learn1.open.ac.uk/course/view.php?id=100043>

<http://www2.open.ac.uk/students/skillsforstudy/writing-in-your-own-words.php>