

## Links from the session Building on good foundations 21/11/24

Please note we have no control over the content of external sites.

Slides can be found at  
<https://studenthublive.open.ac.uk/content/studying-disability-building-good-foundations-nov-2024>

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)

Past student hub live online study skills sessions  
[https://studenthublive.open.ac.uk/eventlist\\_catchup](https://studenthublive.open.ac.uk/eventlist_catchup)

Extra ones from staff and student in the session  
<https://help.open.ac.uk/making-the-most-of-your-learning-style>

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

<https://notebooklm.google/> (Notebook LM)

<https://bionic-reading.com/> (Bionic Reading)

<https://www.pomodrotechnique.com/> (Pomodoro Timer)

<https://mcmw.abilitynet.org.uk/>

<https://habitica.com/static/home>

<https://goblin.tools/> is really useful for todo lists being broken down into smaller tasks

[https://store.steampowered.com/app/2113850/Spirit\\_City\\_Lofi\\_Sessions/](https://store.steampowered.com/app/2113850/Spirit_City_Lofi_Sessions/) this is a good game that helps with studying

<https://help.open.ac.uk/funding-for-computers-internet-childcare/study-related-costs-fund-eng-ni-wal>

5 minute anxiety busters which is perfect as a break from study if you're getting stressed out  
<https://loona.app/>

<https://help.open.ac.uk/funding-for-computers-internet-childcare/study-related-costs-fund-eng-ni-wal>

<https://www.amazon.co.uk/ART-REAL-Rectangle-Fireplace-Realistic/dp/B07HKBKHJ7>

smart speaker <https://www.amazon.co.uk/echo-dot-2022/dp/B09B96TG33/>  
scon

### Disability community events in 2025

28 Jan 11am Progressing effectively

03 Apr 11am Planning to complete your module with success

### Neurodiversity events in 2025

**29** Jan 11am progressing effectively

09 Apr 11am Planning to complete your module with success

10 Jun 11am Reflecting and consolidating learning

•

### Links from our guest:

Mind Charity for those who are experiencing MH  
difficulties: <https://www.mind.org.uk/>

ME Association for those experiencing chronic fatigue, long covid and myalgic  
encephalitis (ME) <https://meassociation.org.uk/free-literature-downloads/>

National Autistic society: <https://www.autism.org.uk/advice-and-guidance>

How to apply for DSA: <https://www.gov.uk/disabled-students-allowance-dsa>

<https://help.open.ac.uk/browse/disability>

<https://www.gov.uk/disabled-students-allowance-dsa>  
• <https://help.open.ac.uk/dsa-overview>

<https://www.open.ac.uk/courses/fees-and-funding/study-related-costs-funding>

OU community

<https://community.open.ac.uk/>  
<https://www.oustudents.com/get-involved/support-groups/disabled-students-group>  
[https://www.oustudents.com/whats-on/events-listing/?utm\\_source=OU+website&utm\\_medium=bitly&utm\\_campaign=OU+presence](https://www.oustudents.com/whats-on/events-listing/?utm_source=OU+website&utm_medium=bitly&utm_campaign=OU+presence)

### **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>

### **Opportunity hub**

<https://help.open.ac.uk/opportunityhub>

<https://wheelofnames.com/> Make your own list of choices – in box on right press return after each choice. Copy and save it to a file for yourself as it resets when you leave the site.

SHL does run sessions on working with feedback. We had one in early December – recording at <https://studenthublive.open.ac.uk/content/learning-feedback-5-dec-2023>

The studenthome help centre also has guidance at <https://help.open.ac.uk/learning-from-feedback> and <https://help.open.ac.uk/strategic-study-techniques/using-feedback-from-your-tutor>

SHL runs regular sessions on time management –recent example at <https://studenthublive.open.ac.uk/content/managing-your-time-better-09-jan-2024>

The studenthomehelp centre also has guidance at <https://help.open.ac.uk/time-management-skills/finding-a-strategy>

<https://psychcentral.com/adhd/adhd-challenges-with-writing#how-to-combat-challenges> and  
<https://writingcenter.unc.edu/tips-and-tools/adhd-and-graduate-writing/>

Study with me <https://www.facebook.com/groups/845643519504519>

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

**Send us study buddy images at [studenthub@open.ac.uk](mailto:studenthub@open.ac.uk)**

**OU student association <https://www.oustudents.com/>**

**Being an OU student**

**<https://www.open.edu/openlearn/education-development/being-ou-student/content-section-overview?active-tab=description-tab>**

**The Neurodivergent student network is at  
<https://www.facebook.com/groups/OUNeurodiversity/>**

**Library workshops <https://www.open.ac.uk/library/training-and-events>**

**SHL events <https://studenthublive.open.ac.uk/>**

**Openlearn <https://www.open.edu/openlearn/>**

**<https://help.open.ac.uk/browse/disability/what-disability-support-is-available>**

**<https://www.bbc.co.uk/news/blogs-news-from-elsewhere-40493398>**

**(also specific Youtube / educational websites and recommended books)**

**Disability support**

**<https://help.open.ac.uk/browse/disability>**

**Sconul using other university libraries**

**[https://www.sconul.ac.uk/sconul-access?usertype=63%2C50&field\\_accepted\\_bands\\_tid=63%2C64%2C65%2C66%2C1572](https://www.sconul.ac.uk/sconul-access?usertype=63%2C50&field_accepted_bands_tid=63%2C64%2C65%2C66%2C1572)**

**OU study with me facebook**

**<https://www.facebook.com/groups/845643519504519>**

**Study with me youtube videos body doubling**

**<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=1ex_bNIFR1A&t=3204s)**

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

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

**Virtual trees grow as you log your work time.**

**My own personal tip is not to try to study for a long time - short 15 min bursts are a really good way to work. Have a look at Pomodoro [https://en.wikipedia.org/wiki/Pomodoro\\_Technique](https://en.wikipedia.org/wiki/Pomodoro_Technique)**

**Pomodoro**

**[https://en.wikipedia.org/wiki/Pomodoro\\_Technique](https://en.wikipedia.org/wiki/Pomodoro_Technique)**

**<https://todoist.com/>**

neuro-notion and thruday

**<https://www.neuro-notion.com/>**

**<https://thruday.com/>**