

Links from the session Disabled community 03/04/25

Disabled community –preparing for exams and EMAs

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

Slides for previous and current session

<https://studenthublive.open.ac.uk/content/studying-disability-building-good-foundations-nov-2024>

<https://studenthublive.open.ac.uk/content/studying-disability-how-maintain-enthusiasm-and-keep-going-28-jan-2025>

<https://studenthublive.open.ac.uk/content/studying-disability-planning-complete-your-module-success-3-april-2025>

Catch up for Neurodiversity/Disability

<https://studenthublive.open.ac.uk/content/studying-disability-building-good-foundations-nov-2024>

<https://studenthublive.open.ac.uk/content/studying-disability-how-maintain-enthusiasm-and-keep-going-28-jan-2025>

<https://studenthublive.open.ac.uk/content/studying-disability-planning-complete-your-module-success-3-april-2025>

Catch up for Neurodiversity

<https://studenthublive.open.ac.uk/content/neurodiverse-community-starting-out-effectively-5-september-2024>

<https://studenthublive.open.ac.uk/content/neurodiverse-community-progressing-effectively-your-module-29-jan-2025>

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

Send us study buddies at studenthub@open.ac.uk

Past student hub live online study skills sessions

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

Neurodiversity events in 2025

- 09 Apr 11am Planning to complete your module with success
- 10 Jun 11am Reflecting and consolidating learning
 - 03 Apr 11am Disabled community session 3 (Planning to complete)

• Note all ND and disabled workshops are now 11-12:15 due to popular demand for longer sessions

Other events coming up

- **09 Apr** **11 am ND planning to complete your module successfully**
- **23 Apr** **11 am Tackling procrastination successfully**
- **24 Apr** **11 am Support and wellbeing for student carers**
- **01 May** **11 am Studying when English is not your first language**
- **06 May** **7 pm Learning from feedback**
- **08 May** **11 am Live – End of modules assessments and exams**
- **13 May** **11 am Producing your best EMA**
- **14 May** **11 am Get well prepared for your exam**
- **20 May** **7 pm Improving your academic writing**

This year's National Student Survey (NSS) – last chance to respond! The National Student Survey (NSS) is a high profile annual survey of nearly half a million students across the UK. Use it to have your say on your study journey with the OU by 30 April. It's quick, anonymous and you can really help us to improve the student experience. Click here to take part...

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

showcases community within the OU (including studenthublive!)

•OUSA disabled students group have

<https://community.open.ac.uk/>

OUSA shop for past papers

<https://www.oustudentsshop.com/past-exam-papers>

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

Study related costs

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

covers a lot of information about OU disability support.
<https://help.open.ac.uk/browse/disabilityc>

OUSA disabled group
<https://www.oustudents.com/get-involved/support-groups/disabled-students-group/>

OUSA events

https://www.oustudents.com/whats-on/events-listing/?utm_source=OU+website&utm_medium=bitly&utm_campaign=OU+presence

National support network

<https://ou.nsn.org.uk/>

OU community and support

<https://community.open.ac.uk/>

showcases community within the OU (including studenthublive!)

•OUSA disabled students group <https://www.oustudents.com/get-involved/support-groups/disabled-students-group/>

•OUSA have various events <https://www.oustudents.com/whats-on/events-listing/>

•National support network <https://ou.nsn.org.uk/>

Post it tabs

<https://www.amazon.co.uk/Hanyousheng-1120Pcs-Markers-Stickers-Writeable/dp/B09BVH5MLS>

Reading ruler colour overlays can be a good way to read on white paper

<https://www.amazon.co.uk/Original-Plain-Window-Reading-Overlays/dp/B00TDV5H8M>

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>

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.

<https://help.open.ac.uk/who-can-get-disability-support>

SHL does run sessions on working with feedback. We had one in early December – recording at

<https://studenthblive.open.ac.uk/content/learning-feedback-5-december-2024>

SHL well being

<https://studenthblive.open.ac.uk/content/well-being-students-21-january-2025>

SHL time management

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

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>

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> unofficial OU actually a discord group but you join via facebook **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>
- **Openlearn** <https://www.open.edu/openlearn/>

(also specific Youtube / educational websites and recommended books)

Sconul using other university libraries

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=FerGgYXVXiw>

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

Virtual trees grow as you log your work time.

the Pomodoro technique involves working for a set amount of time (usually 25 minutes) and then taking a short break (usually 5 minutes). You repeat this process until you reach your goal, whether it's completing a specific task or working for a certain number of hours.

Pomodoro

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

<https://todoist.com/>

neuro-notion and thruday

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

<https://thruday.com/>

<https://mstrust.org.uk/a-z/understanding-and-improving-your-posture/how-maintain-a-good-posture-when-sitting>

sometimes having someone read out what you need to read can be helpful

<https://www.naturalreaders.com/online/>

dragon for dxylexia

<https://www.thedyslexiashop.co.uk/collections/nuance-dragon-speech-recognition-software?srsltid=AfmBOope3ZDuETasG65yfShN3PYzQDnWCSKUtF0qdgSnfk7EvCr-tDzA>

using focus in windows <https://support.microsoft.com/en-gb/windows/how-to-use-focus-in-windows-11-cbcc9ddb-8164-43fa-8919-b9a2af072382>

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

01908 541 082 number for the disability support team England

dsa-queries@open.ac.uk - email contact

<https://app.speechify.com/>

If the tma upload system isn't working there is a backup system to email it.

<https://help.open.ac.uk/submitting-a-tutor-marked-assignment-tma/technical-troubleshooting-tma-submissions>

Past papers

<https://www.oustudentsshop.com/past-exam-papers>

free open learn course learning how to learn

<https://www.open.edu/openlearn/education-development/learning-how-learn/content-section-8.5>

power reading <https://studenthublive.open.ac.uk/content/power-reading-boost-your-reading-skills-22-may-2025>

Light hearted session on memory <https://studenthublive.open.ac.uk/content/memory-and-learning-making-connections-1-april-2025>

Studying with dyslexia

<https://www.open.ac.uk/blogs/OU-Sport/?p=2847>

helperbird for reading

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