

Links from the session Disabled community maintaining enthusiasm
28/01/25

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>

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

Disability community events in 2025

- 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
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- 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

4 Feb 11am Managing high intensity study

- 11 Feb 7pm Understanding graphical data
- 13 Feb 11am Tackling procrastination successfully
- 18 Feb 7pm Fundamental maths skills
- 25 Feb 7pm Logical problem solving

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

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.

Study related costs

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

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>

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

<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

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-december-2024>

SHL well being

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

SHL time management

<https://studenthublive.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>

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

Send us study buddy images at 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)

Disabilty 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

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.

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

Pomodoro

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

<https://todoist.com/>

neuro-notion and thruday

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

<https://thruday.com/>

There is a library training session on the "why and how of referencing" and you can find out about it here: <https://www.open.ac.uk/library/training-and-events/the-why-and-how-of-referencing>

<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.thedyslexiaishop.co.uk/collections/nuance-dragon-speech-recognition-software?srsId=AfmBOope3ZDuETasG65yfShN3PYzQDnWCSKUtF0qdgSnfk7EvCr-tDzA>

I have an app called Jomo, which is both on iPhone and Mac (perhaps on other devices, I don't know). I can use it to block apps and websites. Which is helpful for managing distraction.

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>

Does anyone have any comments for me to pass back to Tazzy after the session

01908 541 082 number for the disability support team |

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