

SHL memory and learning session links.

Please note we have no control over external websites.

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

<https://help.open.ac.uk/browse/study-skills>

Past student hub live online study skills sessions

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

click the button programme in bottom left corner of the catch up page

<https://help.open.ac.uk/study-skills-booklets#developing-effective-study-strategies>

<https://www.open.edu/openlearn/health-sports-psychology/mental-health/what-do-we-need-know-about-our-memory>

Pomodoro

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

- Youtube note taking

<https://www.youtube.com/watch?v=nfjFAz2ZQOU&t=337s>

Creative note taking catch up

<https://studenthublive.open.ac.uk/content/creative-note-taking-1900-2000>