

Please note we have no control over the content of 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](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)

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Slides are available to download within the live session and from the event page on the studenthublive website at <https://studenthublive.open.ac.uk/content/tackling-procrastination-successfully-20224> to follow along or prepare for what will come up.

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

Feedback for 23/04.24 <https://forms.office.com/e/t3GDk9bTsf>

<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/>

type so f procrastinator <https://jaysonmoran.com/behaviour-change/the-6-types-of-procrastinator-and-how-they-think/>

[https://www.reed.edu/academic\\_support/pdfs/handouts/6%20kinds%20of%20procrastinators.pdf](https://www.reed.edu/academic_support/pdfs/handouts/6%20kinds%20of%20procrastinators.pdf)

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

### **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)**

<https://todoist.com/>

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

<https://thruday.com/>

Send your study buddy pics to [studenthub@open.ac.uk](mailto:studenthub@open.ac.uk)