

What are SHL workshops?

- Studenthublive is non modular and focuses on study skills relevant to higher education
- This means all sessions are skills based and are not subject based. We cannot provide subject/faculty related sessions
- SHL workshops do not take the place of tutorials provided by your modules
- All events are always advertised on our website along with studenthome news, social media channels and careers sources
- All events are bookable; workshops do fill up as they are popular

Online workshop basics

- Polls are anonymous to other participants but the chat box will have your logged in name associated with your comments during the live session.
- All online sessions are recorded and available to view on catch up on a public facing website.
- Slides are available to download during the session (*may not be accessible on some mobile devices*) and from <http://studenthublive.open.ac.uk/>.

Today's workshop

- This is a structured workshop to help you think about issues of motivation and procrastination
- We use illustrations and examples to get you thinking, as well as providing specific suggestions and ideas to consider the topic further
- There is a lot of interaction so please be ready to answer polls (questions) or add to chat pod during the session
- We can not give module or subject specific advice

Please be aware

- These sessions are large scale
- They are very busy
- There is lots of interaction
- They are not the same as other tutorials
- You can maximise slides on your own screen by clicking the icon (this will hide the chat)



- We welcome all students at our workshops. Please do be aware that they can be very busy and some students may struggle with the non scripted nature. Slides are available to download within the live session and from the event page on the [studenthublive](https://www.studenthublive.com) website to follow along or prepare for what will come up.
- This session does have a number of illustrative images to aid thought

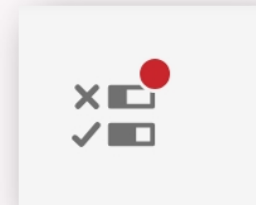
Please

- Do NOT share any personal information in the chat pod during the session
- On the recording names will be anonymised to user number
- However if you type anyone's full name or any other personal information in the chat pod it can be seen by everybody and it would also show up on the recording so we would not be able to make the recording available

What do you want to learn?

Using the short answer poll provided please say what you are hoping to learn from today's session

(If you are on a mobile device remember you need to tap into the polling option)



To come back to these slides after completing a poll click on the share pod slides icon



Your hosts today!



Isabella Henman is an essay writing aficionado and skills trainer and has been the main student hub live online speaker since 2017. She tutors in science and health sciences at Access to level 2.



Margaret Greenhall teaches science at first and second year courses. She is a specialist in studying skills having taught creative problem solving, memory and speed reading for many years.

Tackling procrastination successfully

First thoughts poll

- If you have an hour (or a couple of hours but not days) of free time what activity would you most like to do (or do you do)? Please use the short answer poll pod provided to give your answer

Now say why

- Next say why you chose the activity you mentioned

Considering motivations

- We asked the question as sometimes personal preferences and motivations can come out when answering questions like this:
- Relaxation
- Health
- Likes / Interests
- Successes

We'll come back to motivation later ...

Study timing poll

Assuming you can choose, what is the most productive study time for you (lots of options as people vary!):

- Early morning (5-8am)
- Morning (8-11 am)
- Middle of day (11-2pm)
- Afternoon (2-4pm)
- Early evening (4-6pm)
- Evening (6-9pm)
- Late evening (9pm-12midnight)
- Overnight (12-5am)
- No fixed time (all times as productive)
- No fixed time (all times unproductive)
- Really don't know / haven't thought about it

Ideal timing

- It isn't always the case that we can study at the best time for us, sometimes we have to make do but aiming for productivity helps
- It may require some reconsideration of activities overall
- We do separate sessions on time management e.g. <https://studenthublive.open.ac.uk/eventCalendar/2023-04-11> so I'm not talking about it now although procrastination can link in with time management

Distractions word cloud

- Using the option to type in where it says enter word here say **What is the main thing that distracts you when you are trying to study?**
- Note that these need to be single words rather than phrases, if you press the space button your first word will go through. Phrases can be entered using _ or -

Enter word here

Distractions

- Many distractions can be quite personal although there are common ones
- It is a balancing act to be able to study alongside other life issues but recognising distractions and doing something about them can help



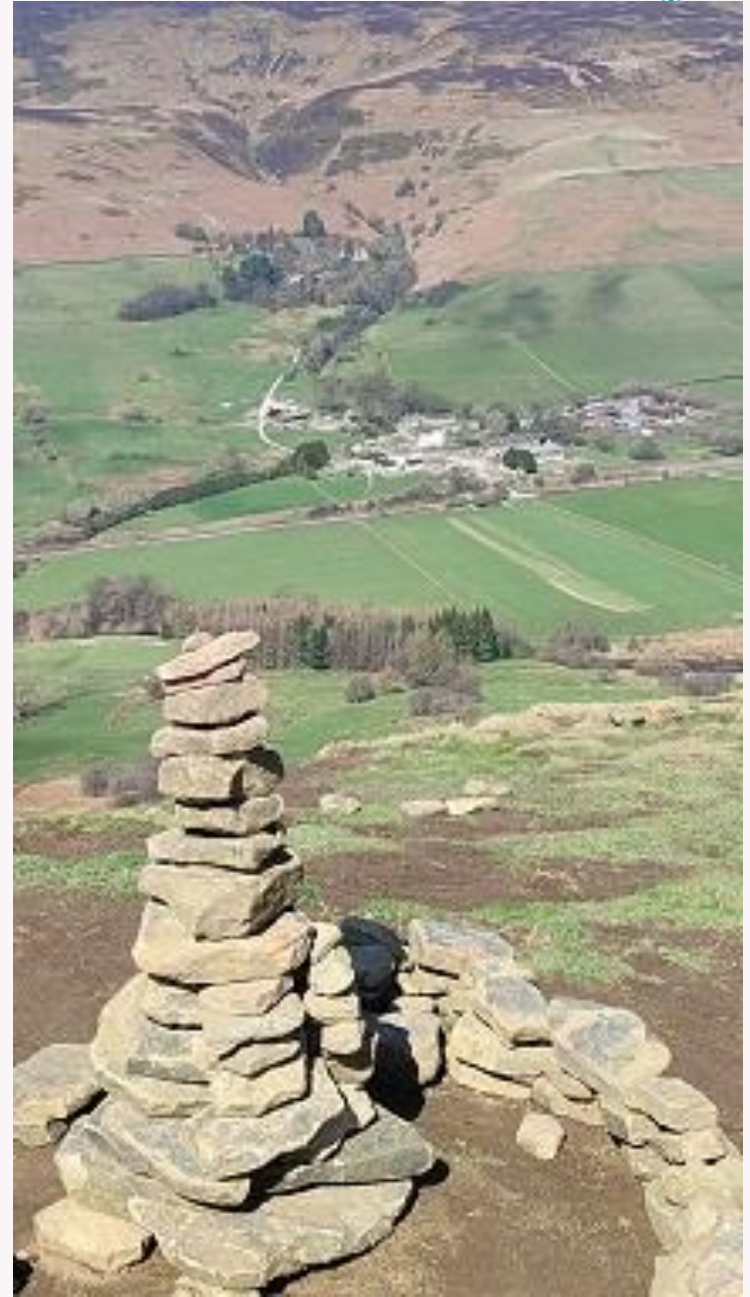
Making use of help

- Carer network
- Disability support team
- Student support team
- Open University students association
- Module forums
- Family/friends

We can't unfortunately find more time or solve all problems for you but can give some ideas for you to work with

What do you see here?

- Look at this picture and use the short answer poll to say what you see



Perception

- Seeing and perceiving
- Difference between describing and explaining
- Perception is based on experience
- We believe the information that our senses pass to us is an accurate representation of our world but we also integrate that with our past experiences of the world

Why is this relevant?

- Past experiences influence current actions
- Procrastination may be based on past experiences
- Motivations come from different places

Isabella's distractions

- I have interests and I like to find out what's happening with them
- I like variety
- I like to be prepared
- FOMO!
- I allow myself [to be distracted] as a treat at times

Allowing distractions?

- Please give your answers in the poll pod provided to why do you allow yourself to get distracted
- Remember it's absolutely fine to say I don't know and we aren't being negative, but sometimes recognising reasons can help to tackle them

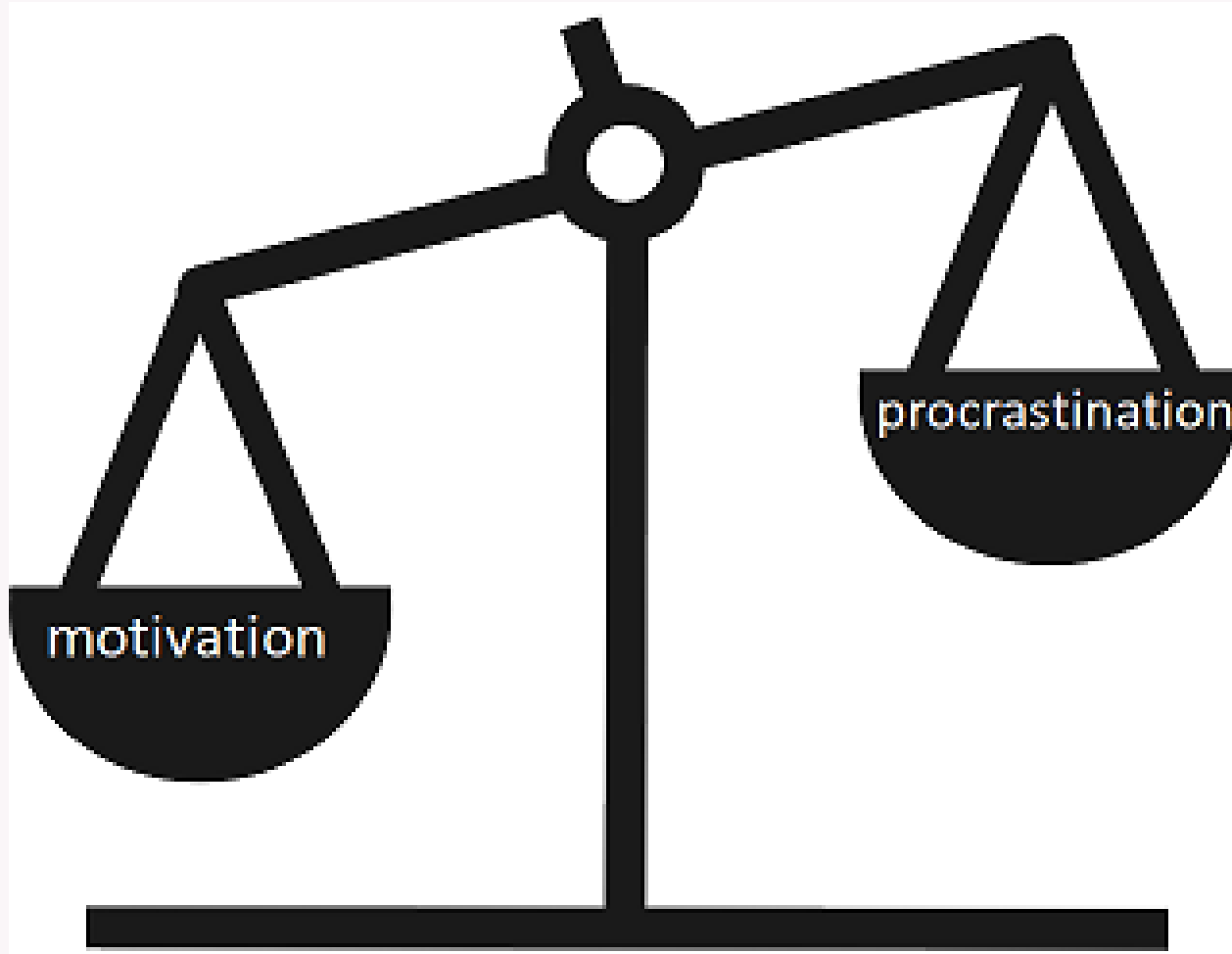
Isabella's procrastination

- I'm not interested [enough] in something
- I am more interested in something else
- I can't see the value
- I've had negative experiences of the thing before

Your procrastination

- Please use the short answer poll to say if there's anything that you've identified that causes you to procrastinate

Procrastination V motivation

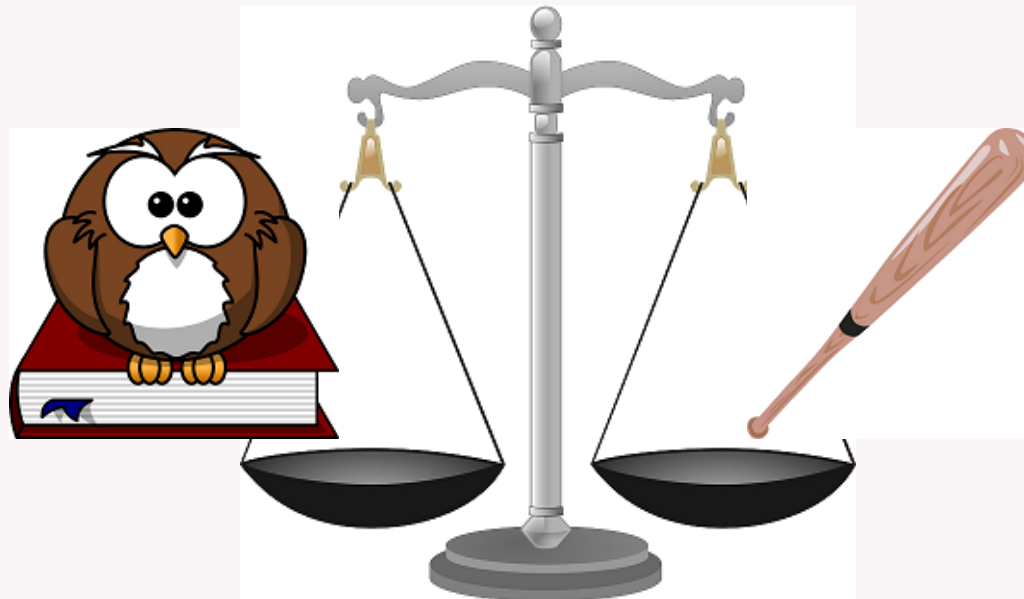


Motivation

- Extrinsic motivation
- Goal based motivation
- Intrinsic motivation

Extrinsic motivation

- This is motivation that comes from outside of the individual
- Benefit- guidance from outside ourselves
- Downside - could also be thought of as the stick method



Goal based motivation

- This is motivation that comes from aiming to achieve specific goals
- Benefit - a specific purpose and target which can be achieved
- Downside - obstacles or failure to meet the goal removes motivation



Intrinsic motivation

- This is motivation that comes from within the individual
- Benefit - it means something to the individual
- Downside - there needs to be a clear target [for the motivation] for it to be generated in the first place



Overall...

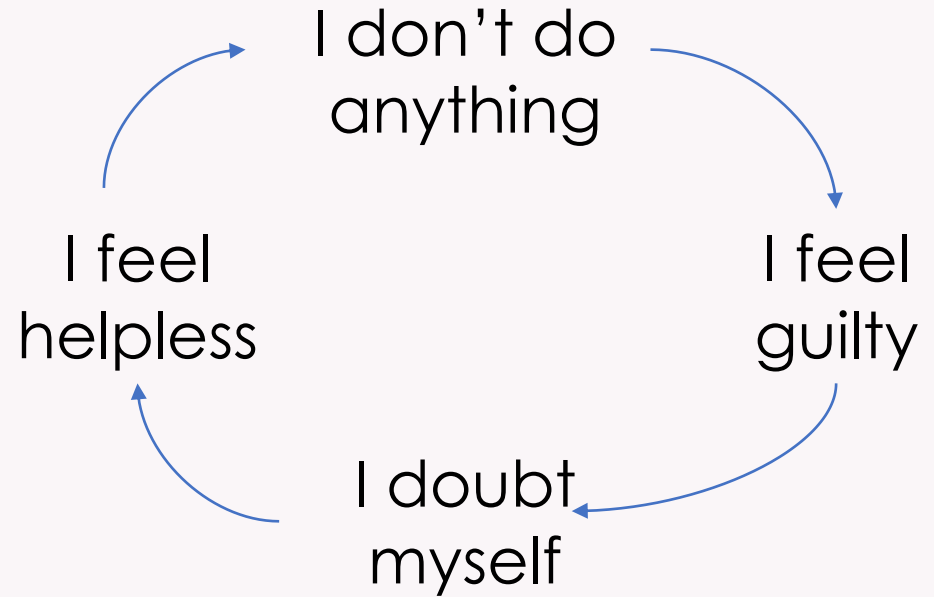
- Intrinsic motivation is ideally best as it is about what you as a student want to achieve, not what someone tells you that you have to do

What is procrastination?

- Procrastination is the art of putting things off intentionally or habitually
- Usually this means putting all tasks together at the end of time available

What procrastination isn't?

- Laziness...



- Relaxation!

Styles of procrastination

- Perfectionist
- Worrier
- Pleaser
- Dreamer
- Crisis maker
- Defier

The first three are motivated by avoiding negative feelings

The second three are motivated by boredom and frustration

Perfectionist

- Wants everything to be perfect
- All or nothing thinking
- Fear of failure
- Doesn't complete a task just in case it isn't perfect



Worrier

- What if...
- I can't...
- Perceive all the potential problems and sees the failure
- Don't even start a task, to avoid experiencing the negative emotions of not succeeding



Pleaser

- Can't say no
- Just too busy
- Hates to ask for help (doesn't want to bother anyone)
- Strong need for approval from others



Dreamer

- Creative
- Lots of ideas
- Doesn't follow through
- Waiting for an opportunity to drop into the lap as shouldn't have to work for dreams



Crisis maker

- It's boring / I don't feel like it
- Always something else to do first
- Only starts when something makes them (which could be the deadline in a few hours)
- Needs a crisis to actually get going e.g. the stress or pressure because 'it makes them better'



Identifying in yourself

- Which of the six types of procrastinator have you observed in yourself? (You can choose more than one)
- Perfectionist
- Worrier
- Pleaser
- Dreamer
- Crisis maker
- Defier
- None / don't really know

What can you do?

- Remove the blockage of what makes the task hard to do
- Visualise what might happen if you do it compared to what might happen if you don't do it
- Reframe your thinking from the anxiety to a benefit

Locus of control

- Internal locus of control – **you** make things happen, you can affect outcomes through effort and ability
- External locus of control – things happen **to you** and outside forces like fate make things happen
 - **I control my destiny**
 - OR**
 - **Others control my destiny**

Isabella's avoidance of procrastination

- Focus on responsibility (not in a negative way)
- Tick lists being motivational
- Have set times to do 'fun tasks'
- Simply switch off – phone is on silent and face down

Is it that easy?

- Get ideas about what works for other people to consider whether it might work for you

Discussion activity

- Please use the chat pod available to answer the question:
- *I am going to try and reframe my thinking and avoid procrastination by...*
- You are welcome to add your thoughts and we will then pick up some of the themes and talk through them.
- Chat does have names on but the recording will be anonymised so you will appear as 'user number'

Take home message

- Everyone procrastinates but identifying triggers / reasons can help to avoid them
- Make use of the support that exists
- Focus on the end goal

Feedback

Please complete the feedback form that is available at

<https://forms.office.com/e/QNv2VPVZjn>

This is immensely valuable to provide information on how studenthublive is beneficial to students as well as to help us plan our future programme

(Please remember that as explained earlier studenthublive is non modular and we cannot provide subject based sessions- sorry!)

If you've received an email inviting you to **respond to this year's NSS, please do!**

- The NSS is a nationwide survey run by the independent market research company Ipsos.
- Please have your say on your whole study journey, not just your latest module.
- We're keen to hear what's gone well and where improvements are needed.
- The NSS is anonymous, so you can be as frank in your feedback as you like.
- We use NSS feedback to make continuous improvements to teaching, assessment and the whole student experience.
- The survey only takes a few minutes.
- Once you've responded you won't be contacted any further by Ipsos.
- The survey closes on 30 April 2023
- Respondents can enter a prize draw for one of 20 X £50 Amazon vouchers
- **Check your eligibility and take the survey at www.thestudentsurvey.com**
- **Got questions? Email national-student-survey-coordinator@open.ac.uk**



28 Apr 11am support & wellbeing for student carers

2 May 11am Preparing for, and producing your best EMA

9 May 11am Mastering essay planning (Advanced)

16 May 11am Get well prepared for your final exams

10 May 11am End of Module Assessments & Remote Exams

Details and booking information from
<http://studenthublive.open.ac.uk/>

Past student hub live online study skills sessions [here](#)

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

