

student hub live is the OU's live online interactive platform to support academic community



Margaret Greenhall is a study skills specialist. She tutors on science level one and level two environmental courses. She is also an OU geology student. Her hobbies are rowing, baking and Lego.



Fred Motson has taught Law at undergraduate and postgraduate level for 15 years. He Chairs a first year Law module and teaches across Levels 1, 2 and 3. His hobbies include 5-a-side football, computer games and following Derby County FC.

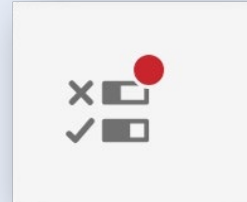
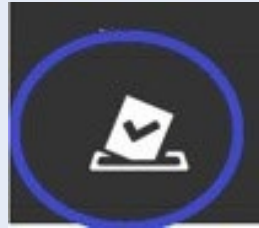
Online workshop basics



- 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/>.

Mobile users

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



Chat pod icon



Today's workshop

- This is a live session with a guest to help you think about your well being
- We'll give you some thoughts on how one person has balanced their life and studies and invite you to share your own tips
- 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)



Inclusivity

- 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 website 24 hours ahead of every session to follow along or prepare for what will come up.

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

Well being for students



This was our advert...

- Most people are familiar with the term ‘wellbeing’, and we are all encouraged to look after our physical and mental health. But how do we do this?
- We are all encouraged to look after our wellbeing these days, but what is the best way to go about this?
- In this special Student Hub Live Connect LIVE event, we will be joined by a guest who will share their experiences and offer practical advice on how to care for your body and mind so you can do justice to your studies.
- We’ll hear useful stress-busting tips and showcase support resources - including those related to mental health - to help you make 2025 a fabulous study year.

First thoughts poll

- What does well being mean to you?

Well being definition

- State of feeling happy and healthy



Hi Arran, Please share with us a bit about yourself and your OU journey.

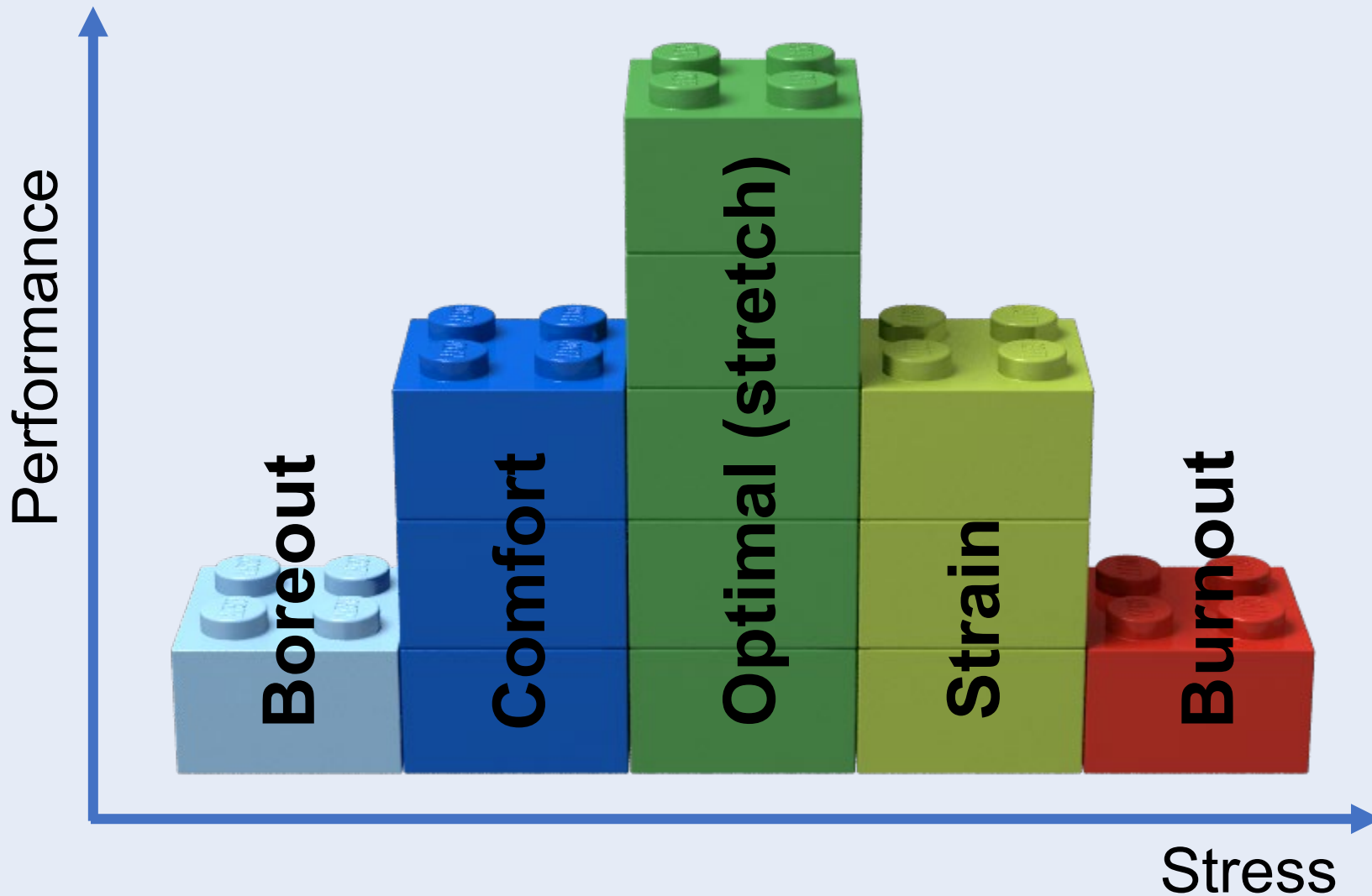


Arrans cat Mjolnir

Maslow hierarchy of needs



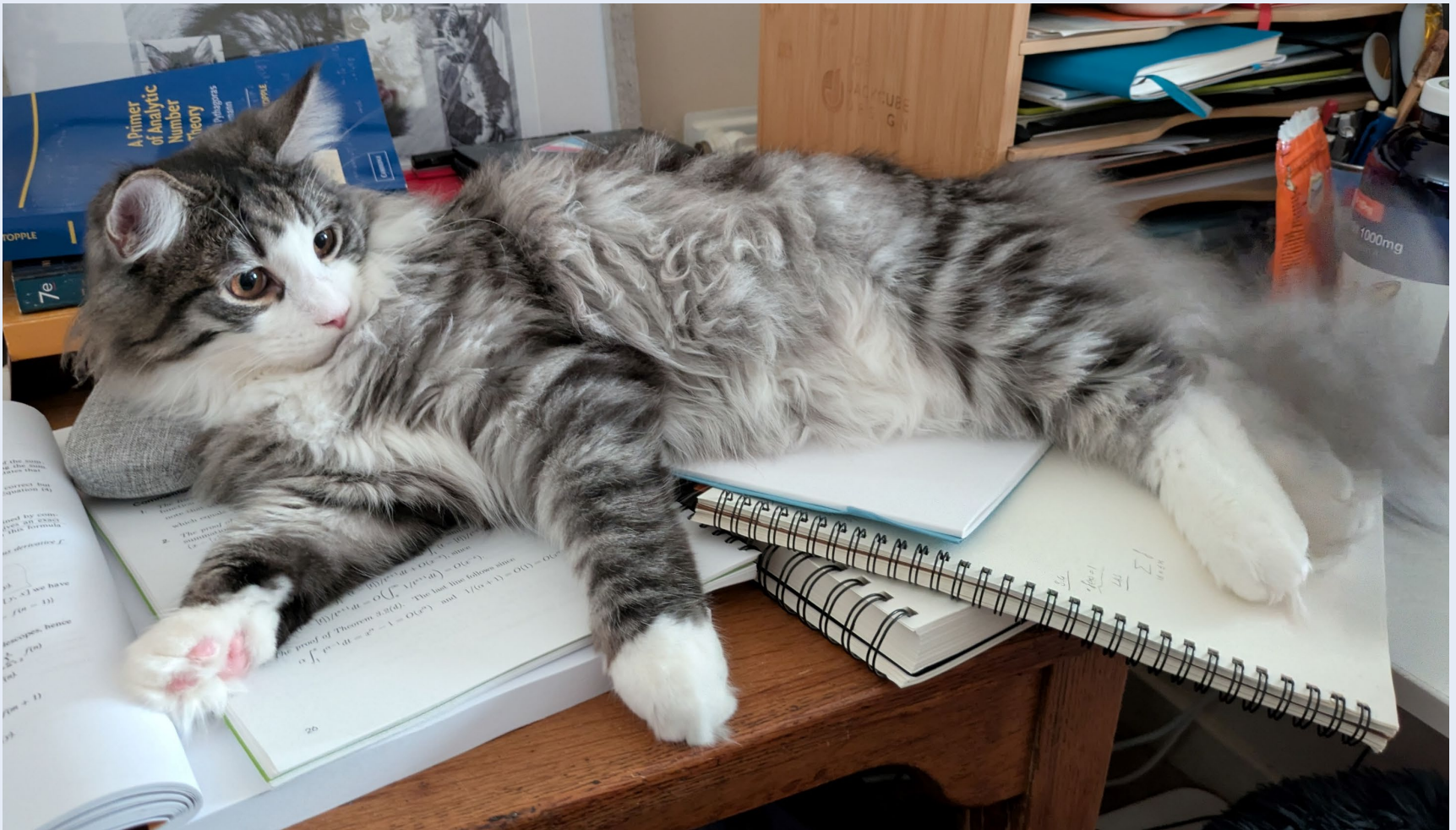
Peak performance



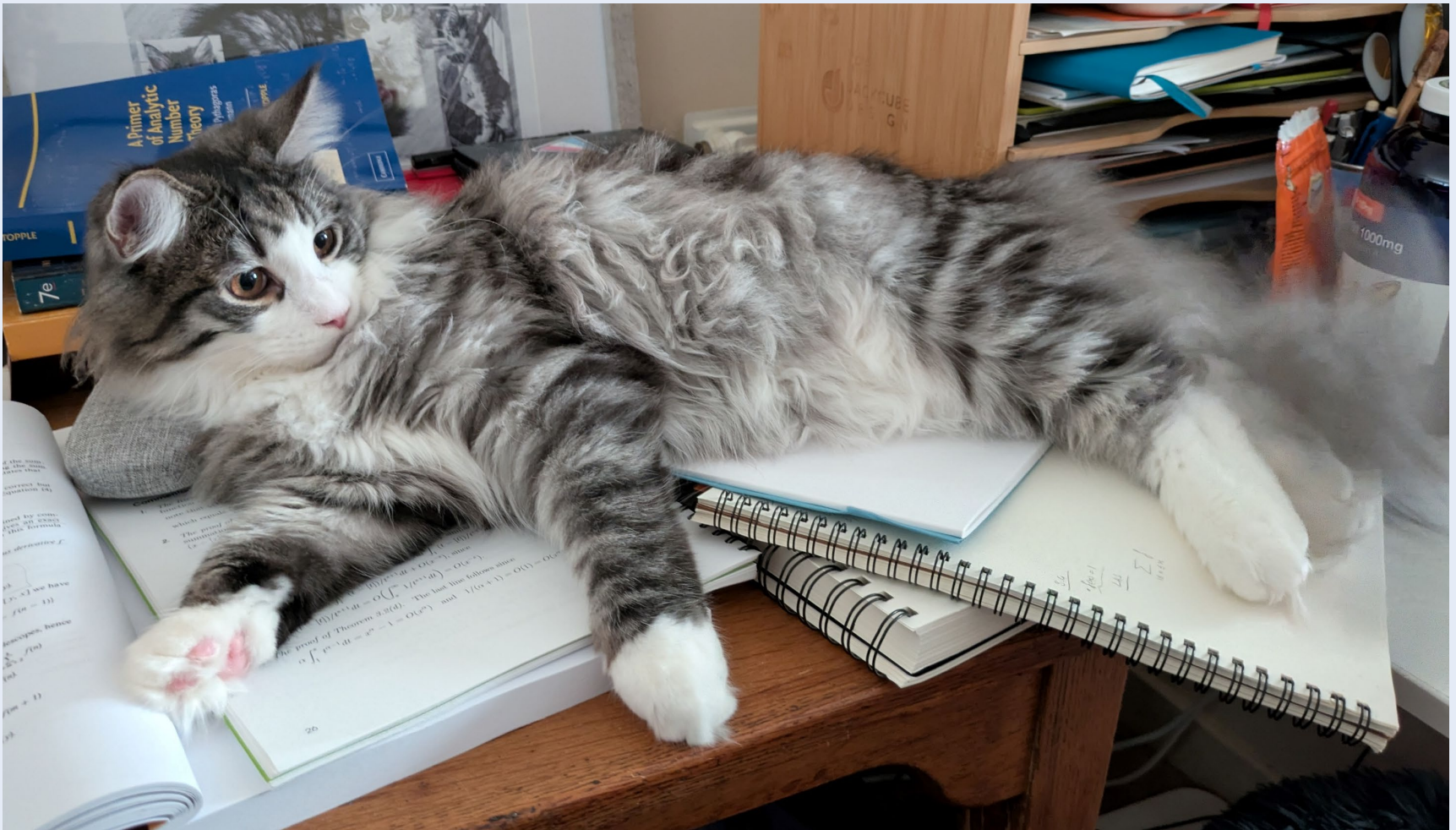
Poll

How could you use these ideas to help your well being?

How do you juggle your health and studies?



How did you cope when your health wasn't so good?



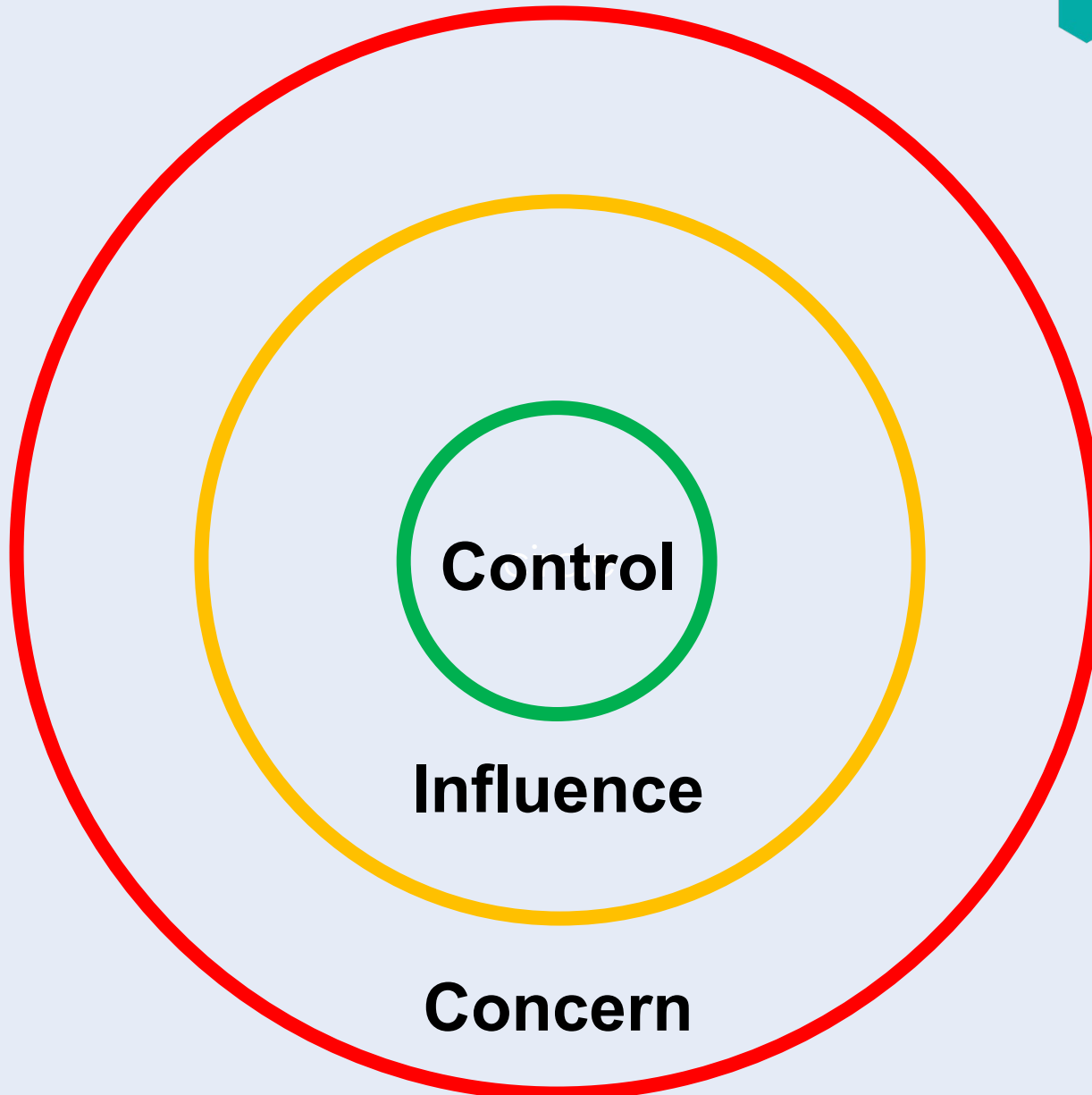
Stress bucket



Your bucket

- Poll B1: What fills your bucket?
- Poll B2: What helps keep it at the right level?

Circle of influence



Margaret's circle of influence

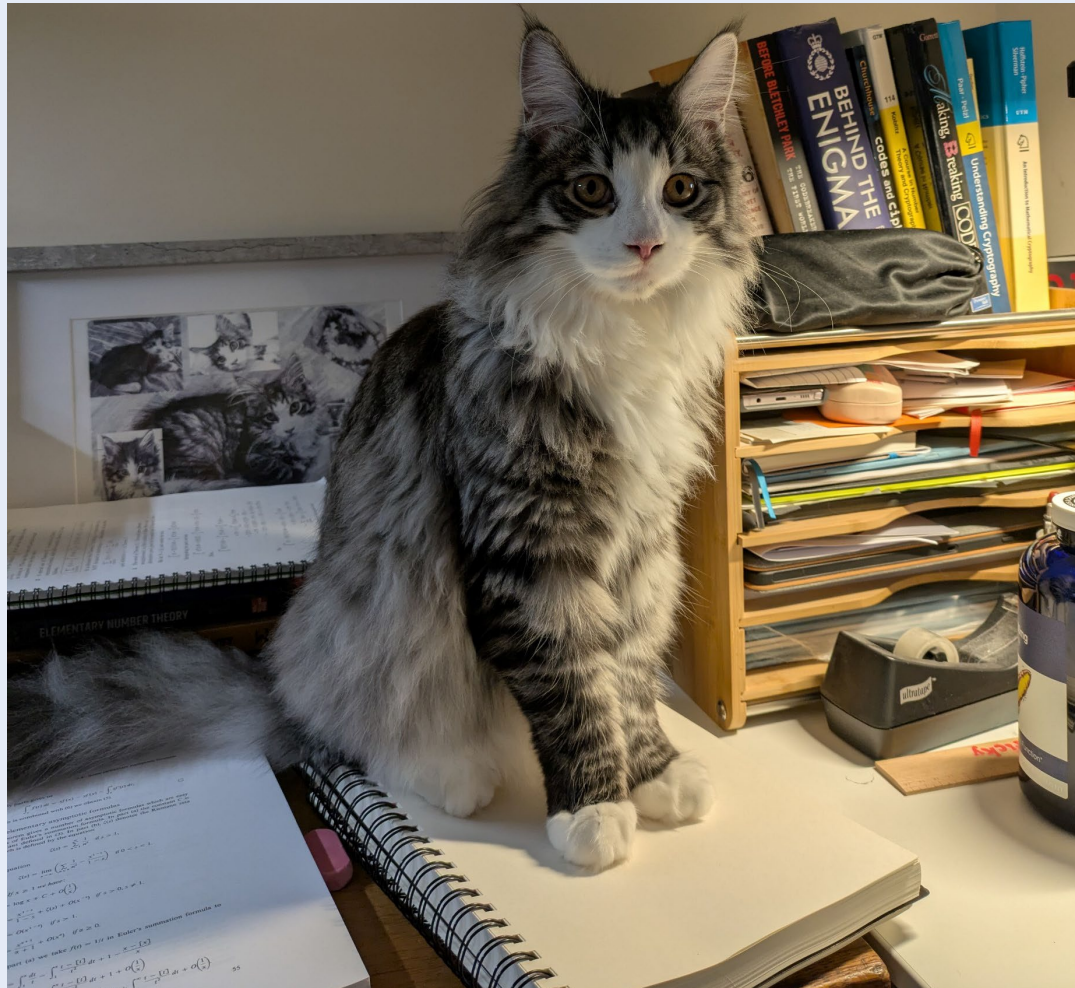
- Control: pick up litter
- Influence: teach my kids not to litter
- Concern: UK general level of litter compared to other countries why don't we care as much?



Your circle of influence

- What can you control?
- What can you influence?

What support did you get from the OU?



OU help

- Tutor
- Student support services
- Well being app
- <https://help.open.ac.uk/ou-wellbeing-app>
- Disability support
- <https://help.open.ac.uk/contacts-for-disability-support>
- OUSA
- <https://www.oustudents.com/>
- Mental health support
- <https://help.open.ac.uk/mental-health-support>

Other help (see download file)



- National support network
- <https://ou.nsn.org.uk/>
- Hub of hope
- <https://hubofhope.co.uk/>
- Shout
- <https://giveusashout.org/>
- Samaritans
- <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

What do you do to feel good?



Poll: What do you do to feel good?

Relative



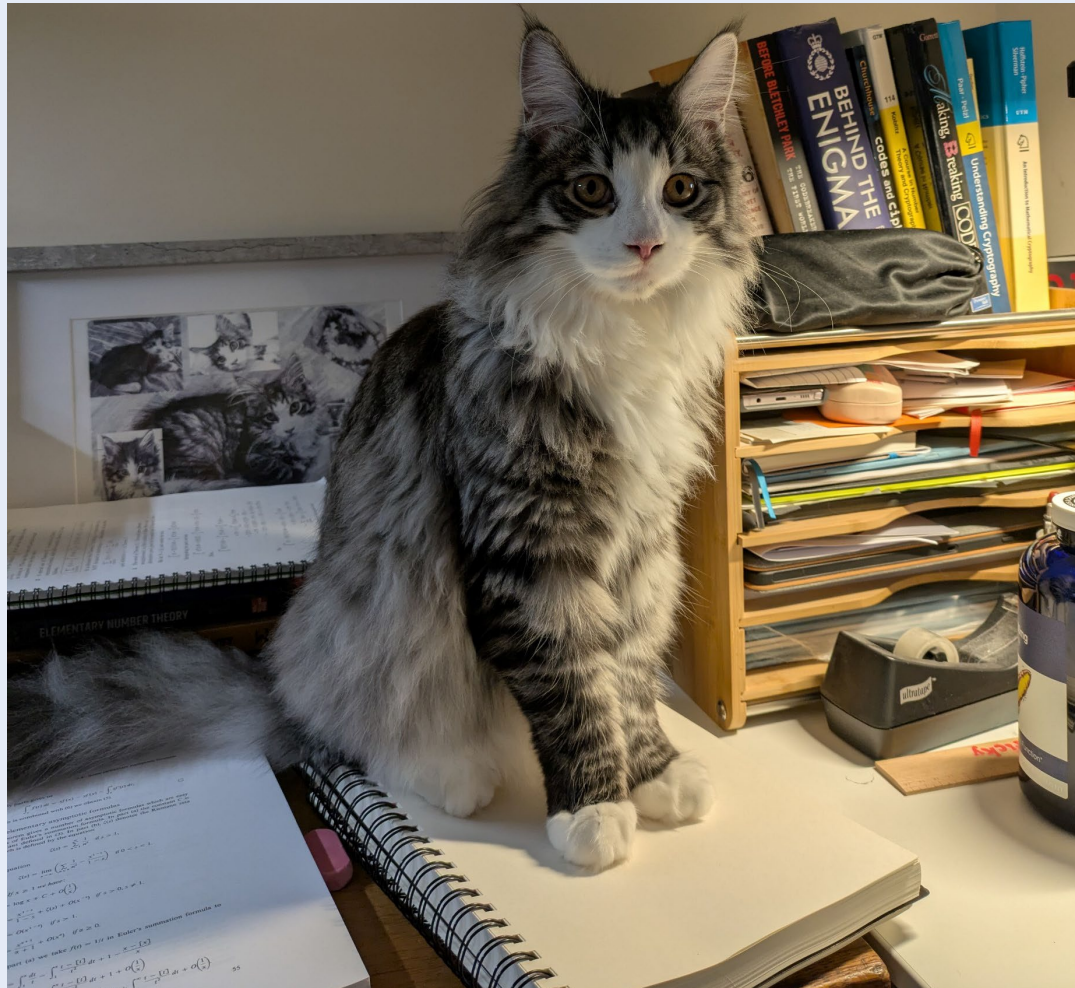
**How do you feel about your
well being over the last few weeks?**

**Poll P1: physical
Poll M1 : mental**

**What could you change to
make it better?**

**Poll P2: physical
Poll M2 : mental**

Any questions from our audience?



Your thoughts

- There will be 2 specific questions in chat pods for you to explore some of the elements we have discussed further.
- *THINGS THAT ARE WORKING FOR ME*
- *WHAT WOULD I LIKE TO CHANGE...*
- 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

- Well being is different for everyone
- If it works for you don't fix it
- Use your support systems
- Find your happy



Feedback please

Please use the following link to provide feedback to help the studenthublive team to continue to improve what we do

<https://forms.office.com/e/12RhjYwJwj>

Selected upcoming events



- 23 Jan 7 pm Academic communication
- 28 Jan 11 am Studying with disability, keeping enthusiasm
- 29 Jan 11 am Neuro-diversity Progressing effectively
- 04 Feb 11 am Managing high intensity study
- 05 Feb 11 am Freshers: Welcome to the OU (live video)
- 06 Feb 6.30 pm Freshers: 'Furs' day night social
- 11 Feb 7 pm Understanding graphical data
- 13 Feb 11 am Tackling procrastination
- 18 Feb 7 pm Fundamental maths skills
- 20 Feb 11 am Support and well being for student carers

For more information on all past and upcoming events, go to <http://studenthublive.open.ac.uk/>