



# The Open University in Scotland: 'Big Bletcher' series

Viki Soper – Access, Participation & Success Officer

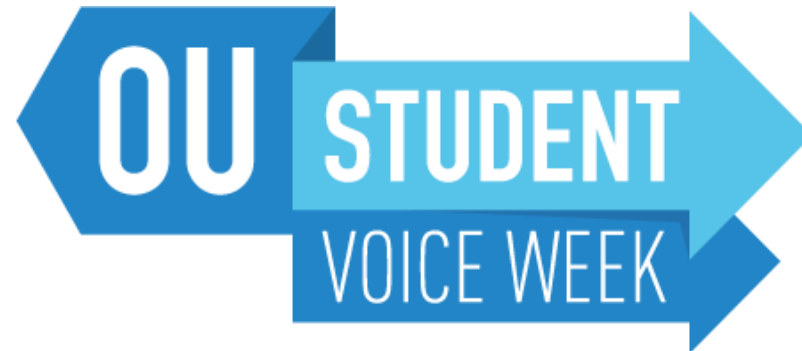
25<sup>th</sup> May 2021



The Open  
University

SCOTLAND

***‘A good blether can help us through a tough time, give us the confidence to overcome a hurdle or just put a smile on our face at the end of a long day. You’ll have the opportunity to put your questions to OU in Scotland staff and OU Students Association representatives on a range of topics.’***



*The Big Blether started as a one-off event as part of our Student Voice Week. This week is a celebration of all the different ways that Open University students can get involved in the university’s decision making. During the week, the OU and OU Students Association host a range of online activities for students to get involved and have their voices heard.*



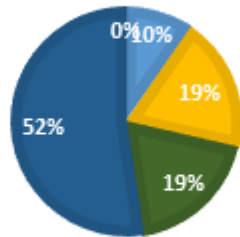
*‘At this event we’ll hear wellbeing tips from public health expert Dr. Jitka Vseteckova, from the OU. Jitka’s talk will include physical health & mental health topics structured around ‘The Five Pillars for Aging Well’. Jitka will also share gentle posture stretches/exercises to help with spending long hours at a computer.*

*You'll have the opportunity to put your questions to Jitka, as well as general questions to OU in Scotland staff and OU Students Association representatives.’*

# Open University in Scotland: Big Blether series

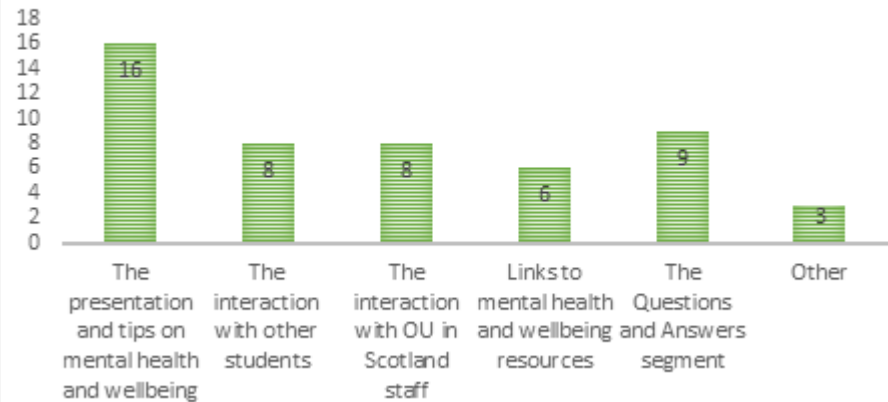
## Evaluation & Impact

### HELPFULNESS OF SESSION

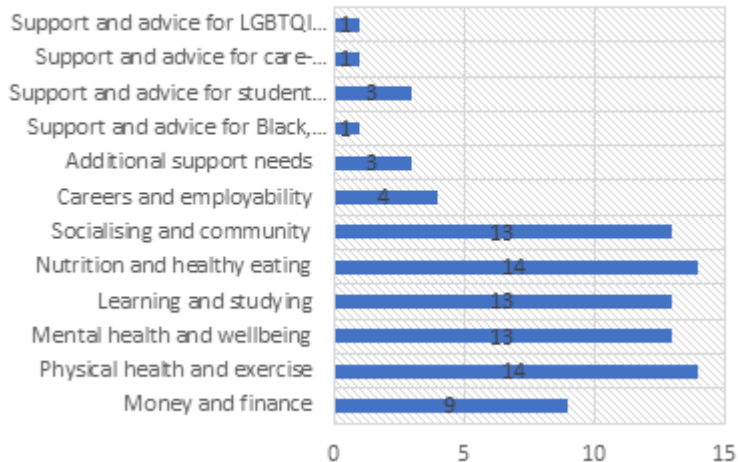


■ Not at all helpful ■ Not so helpful ■ A little helpful  
■ Helpful ■ Very helpful

### FAVOURITE PARTS OF SESSION



### 'Most wanted' topics for future blethers



*'The presentation was very informative and useful and I enjoyed the interaction with staff and other students which is something somewhat rarer in distance learning.'* Big Blether Spring '21 Participant 1.

*'Due to studying online and at a distance, it is good to have opportunities to connect with other students and staff [...] – helps to feel connected and part of a community. I'm new to the OU [...] so there were some handy tips and links that have been useful to me.'* Big Blether Spring '21 Participant 2.



*‘At the start of this drop-in event we’ll hear wellbeing tips from OU public health expert Dr. Jitka Vseteckova. Jitka’s talk will share insights into physical health and exercise and their impact on our wellbeing. Jitka will also share gentle posture stretches/exercises to address our immediate posture and suggest more types of exercises that are easy and suitable for everyone.’*

**THANK YOU**

**Any questions?**



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