Digital skills podcast transcript

Speakers

- **Dr Jane Mooney, host**, Senior Lecturer and Academic Theme Lead for Digital Skills and Literacy, Flexible Learning Programme
- **Dr Sarah Shepherd**, Senior Lecturer and Academic Lead for Clinical Communication and Early Clinical Experience
- **Chung Kei Tang**, third year MSci biochemistry student
- **Maddie Follis**, second year medicine student
- **Iqra Malik**, speech and language therapy student

Transcript

Jane

Hello and welcome to the Faculty of Biology, Medicine and Health (FBMH) flexible learning podcast, where today we're going to be talking about digital skills. I'm Jane Mooney, a senior lecturer in FBMH and I have a role with the University's flexibility program supporting the digital skills and literacy of our students and staff.

I'm here today with students, Maddie, CK and Iqra – welcome all. Can I ask you to introduce yourselves and if you could tell us what you're studying and which year of your studies you're currently in?

Maddie

Hi, I'm Maddie and I am in my second year studying medicine.

CK

Hi, I'm CK, I'm from Hong Kong and I'm right now doing a year for biochemistry. It's my pleasure to join you guys in this episode of the podcast. I'm very happy about it.

Iqra

Hi, I'm Iqra. I'm a third year speech and language therapy student and I'm also really excited to be here.

Jane

We're also joined by my colleague Sarah. Sarah and I have done a lot of work around digital wellbeing together – spoiler alert! Sarah, could you please introduce yourself as well?

Sarah

Hello, I'm Sarah Shephard. I'm a lecturer in medical education. And I'm here exactly as Jane said, because I have an interest in digital wellbeing. Thank you for joining us.

Jane

So coming up today, we're going to be talking about what digital skills mean to us, evidencing our developments and accessing support with digital skills – because we all need a bit of support sometimes – and digital wellbeing. And so it would be really good to start off to hear from you about which digital skills have been important for you in terms of your studies so far?

Maddie

A digital skill that has been important for me is using media platforms to help me focus while I'm doing work. I find that I get distracted quite easily, especially when I'm working in my room, and so having a platform that allows me to make a schedule and kind of forces me to keep focus, I find it helps me to be a lot more productive and kind of create the time that I need to rest and to also help me stay on track to finish my learning agenda for the week.

Jane

Oh, that's really interesting. So that's kind of organizational management. Yeah. Really helpful.

CK

So for me, talking about digital skills, it's already a part of my life since I've been using digital skills either for studying or entertainment purposes like every day of my life. So if we are talking about digital skills related to my studies, the one skill that pops up in my mind that I use every day is note taking. I use various note taking softwares like Evernote or OneNote during lectures or during my spare time where I do revisions on my lectures. I go through those note taking apps and use that function which can enhance my efficiency in studying.

Jane

And I think there are loads of apps out there at the moment and it's finding which one works for you. They all have slightly different features, but just give a few a try and see which ones gel with you the best.

Iqra

Mine are also really similar to what's been said, but I've also branched out into video editing. So I found that after lectures and stuff, taking key questions, just making little videos and then testing myself with it. So when the answer pops up, I would hopefully have answered it before the answer comes on the screen. And that's just because I'm such a visual learner. If it's not a video that's presented to me or someone talking, if it's not something I can interact with, I'm not really going to take it in.

So that's something that I've been doing recently. I think it's been working. So I'll probably stick to that.

Jane

That's great. And that's really nice way of doing stuff and really using those skills to enhance your learning. And I think, you know, you're all quite advanced in your studies and it's finding those ways of studying that work for you, isn't it?

Maddie

Yeah, just to add to what Iqra was saying… I find that using OneNote like I mentioned, because it has lots of drawing tools, I find that visually, being able to draw flow charts of pathways and things that

you need to remember, I find that really, really helpful to you can print them out and you can have them on your wall and you can look at them when you come out of the bathroom kind of thing. It's really helpful to kind of get them stuck in your memory.

Jane

That's great. And then as you look ahead to your careers, you'll start doing different subjects and or areas that you're interested in pursuing further. And which skills are you thinking will be expected and relevant within the workplace?

Maddie

I think for me, I know that for the rest of my course and also going on, I'll need to be able to get better at using search tools to find relevant information and accurate information from projects or research that I'll undertake. And so, yeah, I think those skills I'll need to develop.

CK

I absolutely agree with what Maddie just said about the use of search tools, since there's an enormous amount of information provided on the Internet for us to use freely. And it's very important to have the skills to search for the right information so that is suitable for you to use.

Jane

Thanks CK. A lot of what you'll be doing, obviously, you'll be able to apply those principles. So the softwares may change slightly and things like that, but the principles that you're developing around how you're using technology and how you search for literature and how you find the evidence that will support what you need to support that quality of evidence. And those are the principles you'll be able to take forwards.

Iqra

I think, in terms of my actual career… so when I become a speech and language therapist, there's an area that really interests me. It's called AC, but it basically just means like alternative communication. So if someone has difficulties communicating a lot, often times they turn to apps. But the apps that are currently out right now, they're really difficult to navigate from what I've seen. They're all they're either really simplistic or they can't actually replace communication.

So I'm personally working on growing my understanding of apps and how they're developed so that eventually I can work on contributing towards making them better. So I just feel, like CK said, everything is becoming so digital and a lot of people are at like risk of falling behind. So you do have to keep up with everything. And that's what I'm trying to do. It's really interesting.

Jane

I think I think you're absolutely right. So the point you're raising there about people are at risk of falling behind and that digital inclusion is something that we're very much considering at the university. And I think that it's really great that you've already got that on your horizon and thinking how you can you support people to access it. Because that's the way that people are going to have to access the support that they need in the future.

I'm going to move on now to talk about using the JISC Discovery Tool. So I think people managed to use the discovery tool for their use listening. If you haven't come across the JISC discovery tool yet, you can access it through the 'Develop your Digital Capabilities' resource on the library's My Learning Essentials online resources.

The Discovery Tool is a portable online tool that'll take you through a series of questions about the different technologies and approaches you use and provide you with a personalized report about

your current digital practice. It includes links to lots of resources that you can access to support your further development. So how did you get on using the tool? Did it change your understanding around your digital skills?

Maddie

I found that the tool was quite easy to use once I got past the initial logging stage and setting up the account was fine. Then when you got onto the quiz, it was kind of really simple to go there and it had a glossary. So if they came up with any terms, you didn't understand, and it was easy to navigate, and I did not realize that there were so many ways to break down digital skills.

I assumed that, because I use my laptop and I use the internet and I use social media, I was digitally proficient. But the tool showed me that there are areas I can improve in. And also at the end of the pull it gives you lots of helpful tips and it kind of shows you how far into being proficient in a skill you are. And I think that the tips, while not completely all relevant to me at this point in the course or at this point in where I am studying, I definitely think that I know that there are places that I can get help later on if I need to develop the skills.

Jane

Thanks, Maddie. I think that's an important point that you touch on there. So the report is very detailed, isn't it?

Maddie

Yeah, definitely.

Jane

So you get a lot of information and I think it's really don't think it could be easy to feel overwhelmed by it, but I think you have to bring it back to you and what do you need right now? And so we purposely included an action planning template in the My Learning Essentials resource that accompanies it. And I encourage anyone doing it to kind of think, what are my priorities in terms of my digital skills at the moment and just focus on them? Because as you said, it's available throughout your studies and you can go back to it if there's different areas that you want to do a deep, deep dive into at a later time.

CK

For me, myself, I strongly relate to what Maddie is experiencing about how she feels before the taking like the three two of the test digital skills to and after. So for me I like how the discovery too is set for us to learn about digital skills. It's really easy to navigate. You only need to take a questionnaire or survey for around 15 to 20 minutes and you get a full tailor-made report on which aspects of your digital skills you're strong in, and which aspects you are a bit weak in.

So for me, before taking the questionnaire, I'm pretty confident with my digital skills because I think I'm using them every day. Why would I need to like learn anything extra? But then after taking it, Ithe report says that although I am pretty good at certain things in the entire digital skills spectrum, but then in certain aspects I'm not that good on. For example, I'm not active enough in trying out new softwares, just like what Iqra said at the last part, it's very important to try to keep up and learn about new digital skills, and stepping out of your comfort zone.

So after reading the report, I would definitely do more of that in my spare time. And I think that's what gives you very, very useful resources. For example, for each of the aspects of the digital skills, they will have some length for you to further discover more online resources, provide them to further enhance, and let you learn more about the different areas of the skills. So this tool, after

finishing the survey, it's definitely very useful for me and I would strongly encourage everyone listening this podcast right now to give it a go.

Jane

Thanks very much, CK. And I think something that you said earlier on about using digital skills all the time in my personal life, and in my work life. I think the JISC tool and the language that's used within it, it just gives you a language that you can then use to talk about those skills. Because that's something that we, in the careers service at the University, are wanting to support people to be able to articulate those skills because you're all developing these skills all of the time in your personal lives, as well as through your studies.

And so, you know, there is language there that you can take and use to be able to talk about that.

Iqra

Yeah. One thing that I really liked as well is that it won't just highlight where you need improvement.

There's really practical next steps that are given as well. So for me, I found an area that I needed work on was actual data literacy. So I'll go into a website and I accept everything. All the cookies, all the boxes that I checked. I'll just leave them checked and hope for the best. But it actually highlights to me that I need to be a bit more aware and actually be reading on tick boxes, actually reading terms and conditions. Not just skipping through and then pressing agree.

Just being more careful with my own data, that's such an important thing to know because if we all move into a world where everything's online, then all your personal details are online. And if you're not protecting that, then that can be really dangerous in a lot of cases.

So JISC really highlighted and stuck that out to me.

Jane

Thanks. I think at times we're all just focused on getting done what we want to get done, aren't we? And there's a big, long list of stuff and we just give it a cursory glance and tick 'yes'.

As you progress through your studies, as we said, you're constantly gaining and applying knowledge on transferable skills. Here we're just focusing on digital skills. But I'm interested in hearing from you. How do you keep track of these, and how do you evidence your developments as you go? For example, do you have a CV or an online CV like LinkedIn?

Maddie

I do have a CV and it's on my laptop. It's a word document and I tend to update it when I finished a course or I started or finished a job, or when I'm at home with my parents because they are the ones who gave me my introductory how to write a CV thing. And so it's comfortable to update it when they're around. So I know I'm doing it right.

CK

I'll feel ashamed of myself after hearing what Maddie just said. I mean, I'm a year three student already, but I still don't really have a digital CV to work on for example, and LinkedIn. And I think it's about time for me to really work on the CV and think more about my careers.

I would like to see if you guys have any tips of advice in actually tracking your skills?

Jane

Okay. I'm going to jump in there and just say there was a big update to the JISC Discovery Tool over the summer. And if you go back into it and you took the same questionnaire that you took

previously, you know the diagram that it gives you at the start of your report with the different sections? So if you've taken the same questionnaire twice, so obviously not, not immediately, but after a further period of development, then it will overlay those two diagrams. So you can see the gains within the different sections and so that that can be a way to capture that progress.

And, you know, you said your report gave you areas where you which were your strengths, and that's great. I would capture those within your CV and use that language to tell potential employers how great you are at those, because that is your progress.

CK

Well, that's a fantastic advice. I almost forgot that we now got this discovery to use and work through it again.

Jane

And I hear you putting a lot of pressure on yourself there about your CV. So I'm just going to step in and say something about self-kindness. We're all doing a lot all the time and we're all doing our best. And, you know, there's plenty of time for you to create a CV and the Careers Service do a lot of work supporting students with their CVs. So that's the support on hand around. If you reach a point where you want some support with it as well.

Iqra

Yeah, with my CV I've found... So I use LinkedIn. Initially when I was applying for jobs over the summer, I thought it was really useful because it has like a sort of feedback tool that skims through it and let you know what needs work, what language isn't that appropriate, which is really useful, especially because it's hard to articulate what you've done when it's something you've just been doing that you wouldn't think is a skill, it's something you've done every day.

What I found is quite useful is, I have a word document that's just literally called 'What I've Done' and I've written everything I've ever done in there that I would mention in a CV once I qualify. And I quite like having it in this really informal format because then it's just for me to see. But I can write absolutely everything so that when I do need to put it in a CV, there's more than enough information to pull from it. So even feedback that I remembered from other people, I put in and it's just been a really useful way to keep up with that.

Jane

Sounds really helpful Iqra, I do something similar and then, you know, at least there's something in one place that you can go to. Brilliant. Thank you. And I'm going to move on to talk a bit about support. And we all need a bit of help. As we mentioned, sometimes that's digital skills. So where do you go to if you need some support with yours?

Maddie

Usually if I need help, I will do a web search. I tend to get a bit impatient with technology sometimes, and so I like to get the quick answer. I like to try and figure out myself and if I find it's something that's recurring, I like to stick it on the wall so I can just refer back to it when I need to. But if I can't figure it out online, I will call my dad and we will sit there on the phone and try and figure out what to do together.

Jane

Yeah, that's good. Back up there. I think we definitely go to we go to the people we know.

Iqra

I do try and troubleshoot things first and I'm in quite a unique position because I also work as part of the library student team, which means I'm always around the customer service team, I'm always with people from the library. But that's not something that you have to be a part of. You can still ask for help regardless if you're working there or not, if you're a student. I think it's so useful just going straight to the people that know the digital world inside and out.

It's really useful to me and they're so helpful. They're literally there to help everyone. And so it's really useful for me, even on like the library website, you can do like an online chat if you're a bit apprehensive about speaking to someone in person. And there's so many different ways to go about it, which I think is so useful. And we also run workshops and stuff that help with there's a section that's specialist library support, so really specific library software or My Learning Essentials, that's something that will assess your learning. So improving academic skills. So I feel like just navigating the university's library website, you end up getting so many answers to questions that you wouldn't even know you had. So I think just taking time to do that is really, really useful.

Jane

Yeah, that's great. So glad you mentioned the library Iqra because they have such great support on offer and I'm a massive fan of the work that they do on My Little Essentials, it's fantastic. And as you work through some of those resources, you will also be enhancing your digital skills. So the resources around literature searching, for example, that they have the resources around statistics and data analysis, all digital skills. And there's also the support from the digital team as well around you can borrow your laptop for a day and lock yours in a cupboard and charge it up and then they'll support you to do very specific things that you need to do.

So they'll help you put your email on your laptop, right the way through to doing something very specific in Excel, for example. It's always something very specific in Excel! So yeah, I think it's a really helpful team and lots of support on offer the good to know about.

CK

So if I'm in a situation that where I need some assistance or help when using digital software or working in digital skills, I will first try to help myself. The internet gives you a tutorial on everything possible. So I would just try to search for videos or websites that could help me in working through those. But as you guys mentioned just now, seems like all of you have gotten some help with digital skills from the university library. For me personally, I really, I really like the service and supports provided by the university library ranging from helping with maybe with your university email accounts to helping you academically for like writing and essays. For me the writing and referencing lessons in My Learning Essentials definitely helped me during my year one. And you see those with a lot of my essays and dissertations.

Jane

Oh, it's great. Thanks very much. Okay. I'm going to move on now to consider digital wellbeing. And as you know, using the discovery tool, digital identity and wellbeing are part of our digital capabilities and that's a really helpful definition from JISC that says Digital Wellbeing considers the impact of technologies and digital services on people's mental, physical and emotional health.

We've all experienced some really big changes in how we study, how we work, how we live, over the last few years and we're a few weeks now into the new academic year. So how is your use of technology and digital affecting your wellbeing at the moment?

Maddie

Yeah, I think it's been nice to get back into the year and start working again. And for me, that comes with using a lot more media and technology than I did over the summer. And so it's kind of it's been a

bit abrupt getting back into it, but I think it's been fine mentally and emotionally. I think because I've been using technology for quite a while, especially social media and that kind of stuff. And I'm kind of in a good place with those.

Physically, my desk is very close to my bed, which can make it hard to focus. Sometimes I find that if I'm kind of watching a lecture and I'm tired, I just slip off my chair and nap. And sometimes you need to take a nap. But I think if I'm working in my room, it happens a lot more frequently. So for physical health, I like to do when I have lots of work to do. I try and get out the flat, try and get out of my room so that I am able to stay focused and get things done.

CK

Yeah, talking about digital wellbeing... I wouldn't say my digital wellbeing is that healthy because I can really confidently say that I'm addicted to the internet. I spent like tens of hours on the internet every day, whether when I'm studying or when I'm like having fun, like maybe watching YouTube videos online, those sort of stuff. And I really don't do much other stuff instead of like surfing online. So when the digital becomes more popular and for me, I have even less chance to maybe go out for exercise or a walk or even practice my other hobbies. But I only stay on the internet, so I don't think that's a healthy thing for me to do.

Jane

Okay. I mean, it might be and it might not be, CK. I think with all of these things, it's balance, isn't it? So if you are super happy doing what you're doing and we are in no place to judge. I think it's very much finding out what works for you, what the challenges are and what you can do to mitigate them, and manage them so that what you're doing works for you.

And I try and try to be more deliberate in what I do. So I've set timers around stuff, I've set time on my watch (although I'm not wearing it) to prompt me and time limits on apps and things like that. So yeah, I think it's bringing it back to you. What do you need, and taking it from there.

Iqra

It really similar to what like CK said as well, I like to use the Pomodoro technique to study, so I'll spend like 20 minutes doing work then a five minute break. But what I found was that I'd be working on my laptop, then on my break I'd be on Tik Tok. So I was never leaving my desk. So I've now sort of forced myself off for the five minute break. I need to actually move and get up because I feel that is part of my digital wellbeing, making sure that my physical health is also intact as well, because especially during exam season and stuff, you never really leave your desk. And like Maddie said, having your bed next to it, it just like stops a lot of unhealthy habits. So I found that actually getting up and moving around is really beneficial to me.

Jane

Yeah, that's great. It's very much really important because otherwise we hunch more and more... so I find I get closer and closer to the screen. For all those who are listening and not viewing, we all just sat up straight!

Something recently somebody said to me, have you come across the 20 20 20 rule? So this is every 20 minutes. Look at something 20 feet away. So I'm not really a feet person, but it's far enough away for 20 seconds, so that you are building in a bit of an eye break.

So you need to stand up, look out the window, and then go off for 5 minutes. Great. Thanks, Iqra. Maddie?

Maddie

Yeah. Just what Chris said about the Pomodoro technique. I don't know if it counts as the Pomodoro technique because it's 50, 10 instead of 25, 5. I find it's really good for keeping me focused because like I've said, I have trouble staying focused sometimes. There's an online platform called Focus Mate, and it basically it's like a video calling thing where it matches you with a random person and you like video call with them for 50 minutes or you can choose 25 minutes. But I find that if I do it in 25 minutes, if I'm watching a long lecture, I don't feel like I get enough done. But that kind of ten minute break that you have, it doesn't let you book sessions that you put in by hour. So you have to take the ten minute break. And I find that lets me get up and make myself a cup of tea or do something like that, because I know that I've got another 50 minutes coming. And so I find that very helpful and the Pomodoro technique, definitely.

CK

Yes. I got one tip from my personal experience that I would like to share to both Maddie and Iqra. So I heard that you both have struggles when your work is very close to a bed, so you would be tempted to just go for a nap during your studies.

For me, a really good tip to prevent and avoid this situation from happening is to change your working space, so you don't always work at home next to your bed. Sometimes you work in the study commons or the libraries. That shift over environments definitely boosts me into more motivation on actually focusing on my work and being less distracted from all the distractions that we could have.

Maddie

Yeah, I definitely agree with that. Sometimes it's just even getting myself out of my room to the dining table in the next room just so that I can't see my bed. But definitely getting out and about is not only good because, you know, you need to go for a walk in the day if you don't have any classes. But yeah, being in a different environment I find especially the libraries makes it a lot... You know, everyone's that's work, it's, it's a better environment for work and I think

Iqra

Yeah, definitely. I'd also recommend like finding a study space that suitable for you. So I hate really quiet spaces to study, I can't work in pure silence. So I really like sometimes going to the Students' Union building where there's a lot of students walking around because for some reason that helps me concentrate more. So, finding an environment that really suits you as long as your bed is not next to it, that's really useful!

Jane

Yeah, thanks very much Iqra. Sarah, we already have a really useful way of thinking about wellbeing at the University of Manchester?

Sarah

Yeah. And it's really interested hearing what you're talking about as well. You're talking about boundaries and trying to be aware of what you're doing. It sounds that you're trying to let the digital hub provide you with some structure as well in terms of your days and where you want to be. Trying to avoid the work and social, really blurring with each other so you get to sleep a bit easier as well. I wonder if sleep might be affected here.

So the University's got this Six Ways to Wellbeing. You might see it on their student support pages. And so that's a really helpful model that we can utilize when we're considering our wellbeing so that we're really thinking about, what drains our battery? And what recharges us, and then where can we find the balance so that we're not kind of falling too far down to the low battery place, but where we're maintaining a kind of flourishing aspect.

So there are six different aspects to that. The connection, learning and discovery. Right at the beginning CK, you said we have so much access to everything and that's really, you know, unbelievable. And it can be a little bit overwhelming as well. So just knowing which different space we're in.

Connection – Iqra you talked about actually all this technology that supports people to be able to communicate and how it's supported is to all be able to talk with each other during times where we're far away from each other or in isolation. And that's really important and it really helps us live and flourish. And there are times where too much connection can feel too much for some people as well, and it starts to get a bit overwhelming in terms of how many messages we're getting from so many different platforms.

How do we utilize this? Who do we want to really connect with and who might we just need to quiet down, particularly on social media.

Maddie

Yeah, at the end, in my first year of medicine, we had this reflective piece based on the six ways to wellbeing. And I found that really, really helpful because that was part of it. I hadn't thought about reflecting on before and upon reflecting on them, it's kind of like, oh, I need to do a bit more of this and I'm actually doing enough of this, this is good. And it kind of helps you to put into perspective the ways that you're keeping healthy and the ways that you could get more healthy. And I think that that was very good and it was very it was a good piece of work that we had to do.

Sarah

Yeah. It just gives us some space, isn't it, to actually stop and reflect and think, well, what's working for us? What might I need a little bit more of and what might I need a little bit less of as well?

You've all spoken about, I need to kind of get up and move a little bit more because I really, you know, we can have lessons that are back to back and then we don't move around as much as we might like to. So how do we get up and move around and take notice of what's around us as well? So just having that space and time to just sit and think, how is this helping? Because we've got all the apps that tell us to go and get up and move around. You know, you've been sat down for too long and the wrists start shaking and but it can feel a bit shaming as well. It can feel a bit like we're being told off. So then it's just considering what works for us at that time.

Because if you feel that you're being told off, chances are you're going to stay seated and rebel against the machine for a little bit. Or you can think, great, I've got this reminder that's really helpful. If I go, well, actually, I can't do this right now, but I recognize that I need to. So just having some structures around what works for you seems to be a big theme of what we've talked about today.

Jane

Yeah, absolutely. Thank you, Sarah. So I'd just like to do a shout out at this point to one of the University student support teams resources that they've created. So they have lots of really helpful resources generally around support available at the University on their web pages. And they've created a resource that's looking after your wellbeing online. So within that there are top tips as well as a kind of study planner as well to help you manage that wellbeing online.

And I'd just like at this point as well to say beyond digital skills, obviously we're focused on digital skills here today, but beyond digital skills, there's loads of support available across the University. And if you're not sure who to ask and you need some support, then please do ask anybody or tutor your lead, your academic advisor, and they'll be able to advise you.

Okay. I'm going to bring this to a close now. So final thoughts, please.

Maddie

And I suppose my final thoughts are that technology, from what everyone else was saying, it confirmed it for me that it's obviously very, very useful when studying, but that having it in the correct proportions is important, making sure that you get a balance between online time and offline time so that you have a balance between work and also between rest. And so it gives you a little bit of time to reset each day. I think that's really important.

CK

I absolutely agree to balance the time on staying on digital and staying off digital to maintain a good mental and physical wellbeing. And my final thoughts are, I think that digital skills can sometimes be good, but can sometimes be harmful to you if you're not using them properly. So I think we all in this area need to learn how to navigate through all these digital skills to fully utilize their potential.

Iqra

Yeah, I really agree with everything. I also think it's ideal to have a balance, but I know it's quite unrealistic to be able to have that just because of the world we are in today. So if you do have to spend most of your time in the digital environment, make sure you're surrounding yourself with things that are positive rather than focusing on like, you know, really negative spaces because you can sort of fall down the rabbit hole of the internet and end up just reading some things that you don't want to expose yourself to. So, yeah, I just say expose yourself to things that, you know, make you happy. Don't spend so much time on things that don't because inevitably we do have to spend so much time online and just prioritizing what makes yourself feel good.

Jane

Yeah, that's good advice for all of us. Thank you very much, Iqra and thank you so much, all of you, for joining us today, talking so freely and sharing your thoughts and experience. And thank you Sarah, and thank you listeners for joining us too.

We very much hope that you enjoyed spending this time with us and you're all off outside now for a break.