

Time to Think

Open University Journeys in British and Irish prisons during the years of conflict, 1972-2000

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This audio appears in the OpenLearn course, *Coping with isolation: Time to Think*: <https://www.open.edu/openlearn/health-sports-psychology/coping-isolation-time-think/content-section-overview>

# Session 3 audio

Robert Campbell

The whole time I did the OU, it was really self-fulfilling for me. It was a personal journey for me at the time. I’m sure it was the same for a lot of the other lads, but it always just gave me that sense of worth, while I was there. It is hard for me to describe it at the time, but when you were locked up at night and you were struggling with some problems, you nearly had to fight with the officers to leave your light on after 11 o’clock at night; either because you were enjoying what you were doing, or you had been playing football and didn’t do an essay so you had to stay up late and get it in for the following day. So there were different sort of things happening around that time.