

## Somerville College Students' Development Programme: Michaelmas Term 2018

	Date	Time	Topic	Speaker	Venue
Wk1-8	Wednesdays	5-5.45 pm	<b>Wellbeing:</b> An intro to mindfulness and building resilience	Led by Michael Pockley	Chapel
Week 1	Tuesday 9 <sup>th</sup> October	12.45-2pm	<b>Academic Skills:</b> Essays made easy (for Arts & Humanities)	Simon Kemp, Fellow and Tutor in French	MTC
	Wednesday 10 <sup>th</sup> October	5.30-6.45pm	<b>Science&amp;Society Mixer:</b> Drop in to mingle with scientists & engineers, hear about events & suggest ideas of your own.	Jai Bolton and Dan Simonsen (3 <sup>rd</sup> Year Biologists & Development Award holders)	MTC
Week 2	By arrangement		<b>Academic skills:</b> The art of writing scientific essays (small group)	Timothy Walker	MTC
Week 2	Thursday 18 <sup>th</sup> October	12.45-2pm	<b>CVs &amp; Careers:</b> Get ahead of the game - find out about micro internships, ways to enrich your CV & boost employability.	Claire Cockcroft & Damilola Odimayo, Careers Service <a href="https://www.careers.ox.ac.uk/">https://www.careers.ox.ac.uk/</a>	MTC
	Thursday 18 <sup>th</sup> October	5.15 pm	<b>Careers Clinic: Consultancy applications</b> – a Q&A giving expert advice on applications and getting a job. Bring your CV too.	Claire Cockcroft and Maria Hohaus (Graduate PPE 2018)	Park 5
Week 3	Tuesday 23 <sup>rd</sup> October	12.45-2pm	<b>Time Management:</b> Get control of your time and realise the power of time off to beat procrastination and get more done.	Steve Rayner, Senior Tutor and Tutor for Graduates	MTC
	Wednesday 24 <sup>th</sup> October	5.30pm	<b>Inaugural Mary Somerville Lecture</b> "Excluding the Excluded"	Dame Stephanie Shirley (computer pioneer & software entrepreneur) with Jan Royall	FAH
Week 4	Tuesday 30 <sup>th</sup> October	5.30-6.30 pm	<b>Academic Skills:</b> Reference Management Systems - invaluable tools to more efficiently prepare bibliographies & papers.	Anne Manuel, Librarian, Head of IT Services	Park 5
	Wednesday 31 <sup>st</sup> October	5.15-6.45 pm	<b>Travel Funding &amp; Development Awards:</b> Find out how to fund your dream summer project, hear about volunteering through the Oxford Hub – showcase of 2018 projects & reception	Claire Cockcroft, Emma Anderson, Oxford Hub <a href="http://www.oxfordhub.org/">http://www.oxfordhub.org/</a> and Somervillian Development Awardees	FAH
Week 5	Tuesday 6 <sup>th</sup> November	12.45-2pm	<b>Wake up to the Power of Sleep:</b> Hear about research on students' sleep & impact on concentration, emotional resilience and wellbeing – transform your waking life.	Colin Espie and Bryony Sheaves (The Sleep and Circadian Neuroscience Institute)	Maitland 19
Week 6	Tuesday 13 <sup>th</sup> November	5.30pm	<b>Communications:</b> Public Speaking and presentation skills. Tips to help hone your presentation skills and boost confidence.	Timothy Walker, Fellow and tutor in Biology and public speaker/presenter.	FAH
	Friday 16 <sup>th</sup> November	From 6.30pm	<b>On the Terrace:</b> Chat informally with recent alumni now working in Banking, Consulting, Civil Service, FCA	Isabel Hettrick (graduated PPE 2018) other recent graduates	Terrace Bar
Week 7	Tuesday 20 <sup>th</sup> November	5.30-6.30 pm	<b>Interview Skills:</b> Tips to improve your performance, make a good impression & avoid the cardinal sins of interviewing.	Fiona Mayhew (Alumna, Shell & Diageo, Mayhew Leadership Executive Coaching)	FAH
Week 8	Tuesday 27 <sup>th</sup> November	5-6.45 pm	<b>Internship Presentations:</b> Find out how to fund a summer of research, work experience or voluntary placements.	Claire Cockcroft & Somervillians awarded Development Award/Internship support	MTC

**The Somerville College Students' Development Programme** is a series of skills workshops on issues that Somerville students have identified as important. They are open to all students, undergraduate and postgraduate, and occasionally our neighbouring colleges. Events take place in College either over lunchtime, when a FREE lunch is provided, or in the early evenings before dinner.

**WRITING SKILLS:** We run a series of writing workshops during Michaelmas and Hilary Term. This starts with a general introduction to essay writing, which is mainly aimed at essay writing in the Arts and Humanities. Based on the feedback from this group, and follow-up with students and tutors during the term, further seminars/workshops relating to different aspects of writing and research will be organised, catering for different audiences and needs, for example:

- The art of writing scientific essays
- Writing skills and tips for non-native English speakers
- Essays under pressure – tips for exams
- Grammar/punctuation/style writing workshop, interactive with worked examples (small groups)
- Critical Analysis of internet sources and tackling the dissertation
- Reference Management Systems
- Critical analysis of research papers

**CAREERS SEMINARS AND PROFESSIONAL DEVELOPMENT:** The University Careers Service provides a wide range of events throughout the year, as well as running micro-internship schemes (closing date Sunday 3<sup>rd</sup> week each term), Internship applications and professional development opportunities. External speakers and alumni return to share their experiences and tips for both interviewing (see 7<sup>th</sup> week) and what to expect in the workplace. We are also running a number of sessions to develop communications and presentation skills.

**DROP-IN ADVISORY SESSIONS:** The Director of the Thatcher Scholarship Programme - Claire Cockcroft – is available on Wednesdays during term and other times throughout term by appointment (Maitland 8). Come to discuss your CV, internships, ideas for a Development Award and general advice to help you get your most from your time at Somerville. Email [mtst.programme@some.ox.ac.uk](mailto:mtst.programme@some.ox.ac.uk) to make an appointment or contact Claire by email if you have a specific enquiry or ideas for seminars/skills training sessions for the Development Programme.

#### **OTHER SPECIAL EVENTS TO WATCH OUT FOR:**

The **JCR-MCR-SCR** and **MCR-SCR symposia** take place twice each term (normally Thursdays of 2<sup>nd</sup> & 6<sup>th</sup> week in the MTC) and are a great way to find out about Somervillians' research, meet new people and exchange ideas across disciplines over refreshments. Perhaps you'd like to give a talk yourself?

Each term we organise an interdisciplinary performance of literature, music and readings, usually before a Special Guest Night. Past themes include: Metamorphoses, Dreams and Sleep, Love and Justice.

**Tuesday 6/11/18**      **Monica Fooks Lecture:** Mental Imagery and Mental Health - The Example of Intrusive Memories after a Traumatic event  
FAH 5.30pm      Professor Emily Holmes, Karolinska Institute & Visiting Prof of Clinical Psychology, Oxford.

**Sunday 11/11/18**      **Somerville and the end of the War** – a Centenary Commemoration Day.