**Somerville College Students’ Development Programme: Hilary Term 2020**

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|  | **Date** | **Time** | **Topic** | **Speaker** | **Venue** |
| **0th week** | **Thursday 16th January** | 5.30pm | **Time Management:** 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 |
| **Week 1**  **ALL TERM** | **Tuesday 21st January & also weeks 2-8** | 5-6.45pm | **Entrepreneurs:** Develop skills in design thinking, needs-led innovation & enterprise, to bring ideas to commercial reality. | Erfan Soliman. More information at <https://www.oxhealthtechlabs.org/epl-hit> | Park 5 or Mait19 |
|  | **Friday 24th January** | Drop in sessions | **Development Awards/Careers:** Discuss ideas for your dream vacation project or get guidance on career planning. | Claire Cockcroft, MTST Programme Director  (note application deadline 17 Feb) | Maitland 8 |
| **Week 2** | **Tuesday 28th January** | 5.15 pm | **Internships & Careers:** Summer internships, ways to enrich your CV & boost employability (science/engineering focus). | Claire Cockcroft, MTST Programme Director | Park 5 |
| **Week 3** | **Tuesday 4th February** | 5.15pm | **Academic Skills:** Essay analysis, style, grammar, tips for tackling reference lists – bring your essays along to discuss. | Anna Clark. (This may be run as small interactive discussion groups, depending on numbers) | MTC |
|  | **Thursday 6th Feb.** | 5-8pm | **Creative Careers Night at the Ashmolean.** Hear from people working in creative arts, TV, film & gaming, advertising, writing, creative technology, craft & design, and plenty more. | Damilola Odimayo (The Careers Service) et al.  <http://www.careers.ox.ac.uk/creative-night/> | Ashmol |
|  | **All week** – register interest at onlinestore | Drop in sessions | **Development Awards/careers:** Discuss ideas for your dream vacation project…application deadline 17 Feb. | Claire Cockcroft, MTST Programme Director. (A doodle poll of timeslots will be sent to you) | Maitland 8 |
| **Week 4** | **Tuesday 11th Feb.** | 5.30-  6.30pm | **Wellbeing:** Understanding procrastination and perfectionism, strategies for motivation & resilience. | Alan Percy, University Counselling Service | FAH |
| **Week 5** | **Tuesday 18th Feb.** | 5.15pm | **Academic Skills:** Essay writing under pressure, exam style and tips for managing exam performance. | Anna Clark | MTC |
| **Week 6** | **Wednesday 26th Feb.** | 5.30pm | **Wellbeing: Wake up to the Power of Sleep** — research on students’ sleep & impact on concentration, emotional resilience & wellbeing — transform your waking life. | Prof Colin Espie and colleagues from The Sleep and Circadian Neuroscience Institute. | Park 5 |
| **Week 7** | **Wednesday 4th Mar.** | 5.30pm | **Careers:** The art of networking – techniques to enhance your social capital and build relationships for career success. | Brett de Gaynesford, Development Office | Park 5 |
|  | **Friday 6th March** | 4-6 pm | **Foundation Day:** Events celebrating the 140th Anniversary. | Guest event organised by Principal’s office. | FAH |
| **Week 8** | **Wednesday 11th Mar.** | 5.30pm | **Academic Careers:** Applying for JRFs and chance to hear about life as a post-doctoral researcher and academic careers**.** | Justin Lau (Biophys), Martin Walker (Engineering), Ana Edelhof (Philosophy) et al. | Park 5 |

**REGISTER INTEREST - A practical presentation skills workshop** to become a more confident speaker. We are arranging a practical follow up session on presentation/ public speaking skills, covering non-verbal communications and tips to build confidence when speaking. This was run last year with alumna Alison Skilbeck, an actress who is an experienced professional trainer for RADA. Workshops are 2 hr in duration and max capacity is 12. If you are interested, please register interest **HERE**.

**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 3rd week each term), Internship applications and professional development opportunities. External speakers and alumni return to share their experiences and tips for both interviewing 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.director@some.ox.ac.uk](mailto:mtst.programme.director@some.ox.ac.uk) to make an appointment. Please also contact Claire 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 2nd & 6th 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. The Principal’s office also organises an excellent range of speakers and panel discussions each term.

**Friday evening Talks on the Terrace:** in Hilary Term, before certain Friday Guest Nights, there will be the chance to chat informally withrecent alumni now working in careers ranging from Banking, Consulting, Civil Service, FCA and International Development to name but a few. More details nearer the time.