**Somerville College Students’ Development Programme
Michaelmas Term 2019**

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|  | **Date**  | **Time** | **Topic** | **Speaker** | **Venue** |
| **Wk1-8** | **Every Wednesday** | 6-6.45pm | **Wellbeing:** Mindfulness meditation. For further information, email chapel.office@some.ox.ac.uk | Led by Zen Master Dr Barbara Gabrys and Somerville Research Fellow Dr Boris Motik | Chapel  |
| **Week 1** | **Thursday 17th October**  | 12.45-2pm | **Academic Skills:** Essays made easy (for Arts & Humanities). Scientists may attend or request alternative options. | Simon Kemp, Fellow and Tutor in French | FAH |
| **Week 2** | **Tuesday****22nd October**  | 5.30-6.30pm | **Wellbeing:** ‘Music and the Mind’exploresphysiological & emotional responses to sound and how community music can be a ‘sensory remedy’ to help restore mental wellbeing.  | Panel discussion hosted by Daniel Anthony and Claire Cockcroft, part of the Oxford Science & Ideas Festival | FAH |
| **Week 3** | **Monday 28th October** | 5.15-6.30pm | **Science & Society mixer:** Exploring sustainable, climate-friendly solutions to global challenges. Got an idea? Interested in social enterprise and innovation? Join us to hear about support programmes to help you translate ideas into reality. | Claire Cockcroft, Anna Gee, MalakAlshaikhali, Ash Elshehawy, Erfan Soliman & others‘All Innovate’ and enterprise competitions at the Foundry <https://www.oxfordfoundry.ox.ac.uk/> | MTC |
|  | **Tuesday 29th October** | 12.45-2pm | **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 4** | **Wednesday 6th Nov** | 1-2pm &2-2.30pm | **Careers & CVs:** Get ahead of the game – internship schemes, graduate schemes, ways to enrich your CV & boost employability. Damilola is available 2-2.30pm for additional advice one-to-one. | Claire Cockcroft & Talisha AriarasaDamilola Odimayo, Careers Service <https://www.careers.ox.ac.uk/> | FAH |
| **Week 5** | **Tuesday 12th November** | 12.45-2pm  | **Interview Skills:** Tips to improve your performance, make a good impression & avoid the cardinal sins of interviewing.  | Fiona Mayhew (Alumna, Shell & Diageo, Mayhew Leadership Executive Coaching) | MTC |
| **Week 6** | **Tuesday** **19th November** | 5.30-6.30pm | **Academic Skills:** Reference Management Systems - invaluable tools to more efficiently prepare bibliographies & papers. | Anne Manuel, Librarian, Head of IT Services  | Park 5 |
| **Week 7** | **Wednesday****27th November**  | 5.30-6.30pm | **Communications:** 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. | MTC |
| **Week 8** | **Wednesday4th Dec**  | 5-6.30pm | **Travel Funding & Development Awards:** Find out how to fund your dream summer project. Session includes presentations from last summer’s expeditions, volunteering and summer internships. | Claire Cockcroft and last year’s Development Award holders. | Park 5 |

Also look out for our ‘**Talks on the Terrace’**, where recent graduates, or invited guests, return to chat informally about their careers in sectors such as banking, civil service, consultancy, FCA and many more. These take place before guest nights in the bar and will be announced nearer the time. Suggest themes and careers to us!

**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 (see 5th week) and what to expect in the workplace. We are also running a number of sessions to develop communications and presentation skills throughout the academic year.

**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 the most from your time at Somerville. Email 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 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, in the chapel. Past themes include: Metamorphoses, Dreams and Sleep, Love and Justice.

**Wednesday 13/11/19 Monica Fooks Annual Lecture:** Poppy Jaman OBE, CEO and a co-founder of Mental Health First Aid (MHFA) England **FAH 5.30pm**