

## Somerville Skills Hub: Michaelmas Term 2024

	Date	Time	Topic	Speaker	Venue
Week 1	Weds 16 <sup>th</sup> Oct	1pm	<b>Careers:</b> hear about (micro) & internship schemes, graduate schemes, ways to enrich your CV, experience for academic careers.	Damilola Odimayo, <a href="#">Careers Service</a> and Claire Cockcroft	MTC
Week 2	Thursday 24 <sup>th</sup> Oct	1pm	<b>Financial Wellbeing:</b> Planning and tips to avoid financial stress.	Catherine Miller (Alumna) & Claire Cockcroft	NPR
Week 3	Monday 28 <sup>th</sup> Oct	4pm	<b>Consulting, Is it for me?</b> Insights into the skills/experience required.	Natasha Arbon-Stuckle (Alumna) PA Consulting	Park 5
	28 <sup>th</sup> /29 <sup>th</sup> /30 <sup>th</sup> Oct	10am or 3pm	<b>Conquering Digital Distractions</b> – interactive workshop to reflect on relationships with tech, identify challenges and tips to triumph.	Dr Ulrik Lyngs (Psychology & Comp Science researcher). Book <a href="https://redd-project.org/oxford/">https://redd-project.org/oxford/</a>	Zoom or in person
Week 4	Weds 6 <sup>th</sup> Nov	5.15pm	<b>Interview Skills:</b> Tips to improve your preparation, performance, make a good impression & avoid the cardinal sins of interviewing.	Fiona Mayhew (Alumna, Shell & Diageo, Mayhew Leadership Executive Coaching)	Park 5
Week 5	Monday 11 <sup>th</sup> Nov	1pm	<b>Wellbeing:</b> Imposter syndrome, perfectionism and procrastination unwrapped. Discussion and strategies for motivation & self-care.	Elizabeth Edginton (Counselling Service) Jo Ockwell	MTC
	Thursday 15 <sup>th</sup> Nov	1pm	<b>Academic skills:</b> Time Management clinic - tips & open discussion	Claire Cockcroft, MTST Programme Director	<a href="#">Teams</a>
Week 6	Tuesday 19 <sup>th</sup> Nov	5.30pm 2hr + food	<b>Cultural adjustment:</b> Understanding the physical & emotional demands of studying in a different culture, for academic success.	Dominik Lukes, Centre Teaching & Learning Book <a href="https://forms.office.com/e/OuB3859uzB">https://forms.office.com/e/OuB3859uzB</a>	FAH
	Thursday 21 <sup>st</sup> Nov	5pm	<b>Academic Skills:</b> Reference Management Systems - invaluable tools to more efficiently do research, prepare bibliographies & papers.	Sarah Butler, Librarian & Head of IT Services, MCR/JRF contributors	NPR
Week 7	w/c 25 <sup>th</sup> Nov	5pm	<b>Careers:</b> Academia – is it for me and applying for Graduate Study. Insights into research life. JRFs discuss their route into academia.	Panel from the MCR, JRFs and short research talks	TBC
Week 8	Monday 2 Dec	5pm	<b>Student travel/internship presentations:</b> Overview of funding & presentations from last summer's special projects and internships	Claire Cockcroft and recipients of awards.	Park 5
<b>Essay Clinics:</b> From week 5 - Bring essays for feedback/ support for non-native speakers/ small group or one-to-one sessions. Register interest at <a href="mailto:Skills.Hub@some.ox.ac.uk">Skills.Hub@some.ox.ac.uk</a>					
<b>One-to-one meetings:</b> Discuss CVs, career planning, internships, academic skills, time management & personal development. Email Claire at <a href="mailto:Skills.Hub@some.ox.ac.uk">Skills.Hub@some.ox.ac.uk</a>					
<b>SPECIAL CLIMATE CHANGE EVENT:</b> From (Energy) Farm to Table. Current government goals to achieve net-zero are getting ever closer, but how are we going to get there? From tidal and wind turbine energy production, to using energy efficiently and sustainable carbon-aware computing, find out more on <b>Tuesday 22<sup>nd</sup> Oct 5.30pm (FAH)</b>					
<b>SIGN POSTING to Careers Service Events – See term planner emailed to you, with these highlights (mainly online sessions)</b>					
Week 1	Tuesday 14 <sup>th</sup> Oct	1 pm	<b>CVs, covering Letters &amp; applications</b> (15/10, 22/10 & 29/10 at 1pm)	Careers Service team – <a href="#">register at Careerconnect</a>	Online
Week 1	Tuesday 15 <sup>th</sup> Oct	1 pm	<b>Summer &amp; micro-internships</b> (also 17 Oct)	Careers Service team – <a href="#">register at Careerconnect</a>	Online
Week 3	Monday 28 <sup>th</sup> Oct	3pm	<b>Graduate Schemes – are they for me?</b>	Careers Service team – <a href="#">register at Careerconnect</a>	Online
Week 3	Thursday 31 <sup>st</sup> Oct	1 pm	<b>Careers in International Development</b>	<a href="#">Register: Careerconnect Plus SkillsHub Archive recording</a>	Online
Week 4	Weds 6 <sup>th</sup> Nov	3 pm	<b>Intro to Arts, Culture and heritage careers</b>	Careers Service team – <a href="#">register at Careerconnect</a>	Online

Red \* Indicates sessions organised by OU Careers/Counselling Services. Also see <https://www.careers.ox.ac.uk/> for full listing of term events and the summary emailed to you.

**Somerville Students' Skills Hub:** is a series of skills seminars/workshops on issues that Somervillians have suggested would support their academic work, wellbeing and career planning, and transition to University learning. They are open to all students, undergraduate and postgraduate. We're back to 'in person' events – either at lunchtimes (often a free lunch) or early evening before dinner – but we'll also aim to offer digital delivery over Teams where appropriate. You can also browse our archive of previous talks, [here](#), on our Youtube Channel (Unlisted).

**WRITING SKILLS:** We offer writing workshops throughout the year. We start with a general introduction to essay writing in Michaelmas Term and offer further sessions as required to allow feedback on past essays and tips for improving style and structure. Further seminars/ workshops relating to different aspects of writing and research may be organised, catering for different audiences/needs, including one-to-one sessions, e.g.:

- Writing skills and tips for **non-native English speakers** or essays for scientists
- Essays under pressure – tips for exams
- Grammar/punctuation/style writing workshop, interactive with worked examples (small groups)

**CAREERS SEMINARS AND PROFESSIONAL DEVELOPMENT:** External speakers and alumni return to share their experiences, tips for interviewing and what to expect in the workplace. We will also run sessions to hone communication and presentation skills throughout the academic year. [The University Careers Service](#) provides a wide range of online/in person events and runs micro-internship (closing date Sunday 3<sup>rd</sup> week each term) and internship schemes. They offer advice on [building skills, tips for CVs](#), sector insights, internships, one-to-one meetings and much more. Check out the [calendar](#) and sign up via [CareersConnect](#). Of particular note are: **OU Careers Fair (Consultancy/Finance) on Friday 11<sup>th</sup> Oct, 12-4pm and on Saturday 12<sup>th</sup> Oct, 10.30am** Careers Fair for all Sectors, plus further sector fairs during term

**ONE-TO-ONE ADVISORY SESSIONS:** The Director of the Thatcher Scholarship Programme – Claire Cockcroft – offers meetings to discuss your CV, internships, academic support, ideas for a Catherine Hughes Award and general advice to help you get the most from your time at Somerville. Email [skills.hub@some.ox.ac.uk](mailto:skills.hub@some.ox.ac.uk) to make an appointment (usually Wednesday pm or request another day) and contact Claire if you have suggestions for other seminars/skills sessions.

**University study skills courses and support for learning online:** Don't forget the University's excellent range of courses, to improve your IT skills and competence with MS applications. You can read about them [here](#). Study skills resources are live at <https://canvas.ox.ac.uk/courses/63345>. We can arrange for some of these sessions/those from IT Services to be delivered at Somerville without the participation fee if there is sufficient demand - e.g. presentation skills. Some of you may already have taken advantage of other free opportunities online to gain new skills and enrich your CV during the pandemic:

- [Future Learn](#) – free/paid courses across a range of subjects and [Coursera.org](#): Build Skills with courses online from World-class Universities and Companies.
- LinkedIn Learning – Accessed through Molly (IT Services Learning Page) <https://skills.it.ox.ac.uk/linkedin-learning>
- Want to brush up a language? Visit the [University Language Centre](#)

**PRESENTATION SKILLS:** We have run sessions to develop presentation skills and your confidence in public speaking. Courses are also available through the [University's IT Services Division](#). If there is interest ([Email](#) me) we can run further sessions and a recording of one event is [Archived](#) here. The **JCR-MCR-SCR symposia** (Thursday 6<sup>th</sup> week) are a great way to find out about Somervillians' research, meet new people and exchange ideas across disciplines over refreshments.

#### WELLBEING & TIPS FOR WORKING PRODUCTIVELY:

- Former graduate student Aneesha Sohal produces a fortnightly weekend podcast "[All things Mental Health](#)", on Spotify with a range of interesting speakers.
- Yoga – alumna Celia Jay has recorded a session to help guide you – available in the Teams archive [here](#). There is also '[Yoga with Adriene](#)' for Anxiety and Stress and of course the wellbeing sessions organised through the chapel. There are many relaxation/mindfulness apps you can try, such as Headspace and Calm.
- If you're having trouble with your sleep, try the app [Sleepio](#), developed by our Prof of Sleep Medicine, Colin Espie.