

Somerville College Skills Hub: Hilary Term 2025

	Date	Time	Topic	Speaker	Venue
Week 1	Friday 24 th Jan	1-2pm	Academic/careers: Life in science - research internships (STEM focus), ways to enrich your CV & alternative careers in science.	Claire Cockcroft (CC), MTST Programme Director	Park 5
Week 2	Weds 29 th Jan	5pm	Academic Skills: Reference Management Systems - invaluable tools to do research more efficiently, prepare bibliographies & papers.	Sarah Butler, Librarian & Head of IT Services, MCR/JRF contributors	New Powell Room
	Saturday 1 st Feb	2-4pm	Academic skills: Improve your productivity - tips for taking notes, active reading, revision & strengthening your academic writing.	Archer Newton, COO & Senior Learning Coach, iCanStudy ; Tom Wells (OxLearn); CC	FAH
Week 3	Friday 7 th February	3.30pm	Confidence in public speaking: Practical tips to help quell nerves	Alison Skilbeck, RADA (alumna) 2hr workshop	MTC
Week 4	Weds 12 th Feb	1pm or 5 pm	Academic presentation skills: Tips to help hone your presentation skills, communicate effectively with impact and boost confidence.	Timothy Walker, Fellow and tutor in Biology and public speaker/presenter	MTC
Week 5	Tuesday 18 th Feb	1pm	Wellbeing: Tips for procrastination, motivation strategies, time management, normalising anxiety, sleep, exams, and self-care.	Elizabeth Edginton (Counselling Service), CC, Emily Stanyer (Sleep Research), Jo Ockwell	MTC
	Tuesday 18 th Feb	2-6pm	Academic shared study zone: Study with your buddies to beat procrastination. One-to-ones: Time Management, writing & CVs.	Claire Cockcroft, MTST Programme Director, & essay advisors. To book 1:1 Email Claire	MTC
Week 6	Sunday 23 rd Feb	2-5 pm	MCR Symposium – STEM subject presentations	MCR share research with MCR/JRC members	FAH
	Friday 28 th Feb	4pm	Law/ethics of AI & law careers: Hear how AI will affect the future, tips for law conversion, & research/mini-pupillages opportunities.	Richard Wagenlaender (2018), Zoya Yasmine (2024), Kate House (2017), Tim Sampson	MTC tbc
Week 7	Sunday 2 nd March	2-5 pm	MCR Symposium – Humanities and Social Science presentations	MCR share research with MCR/JRC members	MTC
Week 8	Tuesday 11 th March	5.30 pm	Internship Showcase: Get inspired - opportunities at SmartParc , with JRFs, and other places for 2024, plus student presentations.	Alumni Luca Webb & Tia Dabare, Jackie Wild SmartParc , JRFs + Somervillians	MTC
Essay Clinics: From week 5 - Bring essays for feedback/ support for non-native speakers/ small group or one-to-one sessions. Register interest at Skills.Hub@some.ox.ac.uk					
One-to-one meetings: Discuss academic skills, time management, CVs, career planning, internships & personal development. Email Claire at Skills.Hub@some.ox.ac.uk					
Time Management: Come to the session on 1 st Feb, look out for adverts for the Digital Distraction Workshop, or Email Claire at Skills.Hub@some.ox.ac.uk for 1:1 session					
SIGN POSTING to Careers Service Events – See term planner emailed to you, with these highlights and much more (mainly online sessions)					
Several	Wed 22 nd & 30 th Jan	various	Summer & micro-internships (also 5&24 Feb; and 28 Jan in person)	Careers Service team – register at Careerconnect	Online
Week 1	Tuesday 21 st Jan	12.30pm	CVs and Covering Letters (also 31 st Jan 2pm, 5 th Feb 2p)	Careers Service team – register at Careerconnect	Online
Week 3	4 th Feb & 5 th March	12-1pm	Improving your interview technique	Careers Service team – register at Careerconnect	Online
Week 4	Creative Careers	All week	Publishing, literary agents, music, radio, TV, journalism, heritage & more	Careers Service team – register at Careerconnect	Online
Week 6	Weds 26 th Feb	2-3pm	Disclosing disability to employers – Do I? When? How?	Careers Service team – register at Careerconnect	Online

Somerville Students' Skills Hub: is a series of skills seminars/workshops on issues that Somervillians have suggested will support their academic work, wellbeing, 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 3rd 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](#).

ONE-TO-ONE ADVISORY SESSIONS: The Director of the Thatcher Scholarship Programme – Claire Cockcroft – offers meetings to discuss your CV, study skills, internships, 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 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 run sessions to develop presentation skills and confidence in public speaking; two are scheduled this term. 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 termly **JCR-MCR-SCR symposia** (Thurs 6th week) are a great way to find out about Somervillians' research, meet new people and exchange ideas across disciplines.

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.