

Somerville Skills Hub: Michaelmas Term 2025

	Date	Time	Topic	Speaker	Venue
MONDAYS WK 2-8: TWILIGHT STUDY SPACE 6.30-10PM - Study with your buddies, in a more social environment with refreshments, to beat procrastination.					NPR
Week 1	Weds 15 th Oct	1-2 pm	Careers: hear about (micro) & internship schemes, graduate schemes, ways to enrich your CV, experience for academic careers.	Damilola Odimayo, Careers Service and Claire Cockcroft, MTST Programme Director	Park 5 & TEAMS
Week 2	Thursday 23 rd Oct	1-2 pm	Academic skills: Principles of active academic reading, navigating reading lists, skim reading effectively to get your essays in on time.	Dr Helen Flatley, Academic study skills advisor	Park 5 & TEAMS
Week 3	Weds 29 th Oct	5.15 pm	Interviews & Applications meet AI: Tips to improve preparation, performance, impact of AI & avoid the cardinal sins of interviews.	Fiona Mayhew & CC (Alumna, Shell & Diageo, Mayhew Leadership Executive Coaching)	Park 5 & TEAMS
	Friday 31 st Oct	5 pm	Careers Development: Panel of alumni share careers insights from various sectors & discuss skills/mindset employers are seeking.	Laura Batchelor (MML), Isobel Hettrick (PPE) CC, alumni panel	MTC
Week 4	Tuesday 4 th Nov	1-2 pm	Academic skills: Effective use of AI tools in teaching, supporting active learning & productivity, limitations & ethical considerations.	Dominik Lukes, Centre Teaching & Learning. And Dr Helen Flatley.	Park 5 & TEAMS
Week 5	Thurs 13 th Nov	1-2 pm	Academic skills: Managing time, productivity & distractions, breaking through psychological barriers and boosting confidence.	Claire Cockcroft, MTST Programme Director, and Dr Rachel Lee (TBC)	MTC & TEAMS
	Thurs 13 th Nov	2-7 pm	Academic shared study zone: Study with your buddies One-to-ones: Time Management & CVs. Essay reviews & writing	Claire Cockcroft & Dr Helen Flatley, essay advisor. To book 1:1 Email Claire	MTC
Week 6	Date TBC w/ MCR	5 pm	Careers: Academia – is it for me and applying for Graduate Study. Insights into research life from current DPhils.	Panel from the MCR	
Week 7	Weds 26 th Nov	5 pm	Academic Research Forum. Short pitches from Junior Research Fellows, interdisciplinary discussions and career insights.	Claire Cockcroft and JRFs, who discuss their route into academia & the application process	Park 5
Week 8	Monday 1 st Dec	5 pm	Planning your summer & internship presentations: Overview of funding & student presentations from last summer's projects.	Claire Cockcroft and recipients of awards.	Park 5
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 CVs, career planning, internships, academic skills, time management & personal development. Email Claire at Skills.Hub@some.ox.ac.uk					
SIGN POSTING to Careers Service Events – See term planner emailed to you and https://www.careers.ox.ac.uk/ for full listings, with these highlights (mainly online sessions)					
Week 1	Tuesday 14 th Oct	1 pm	Summer & micro-internships (also 16 Oct)	Careers Service team – register at Careerconnect	Online
Week 2	Thursday 22 nd Oct	1 pm	CVs, covering Letters & applications (28/10@12pm, 5/11@2-4pm)	Careers Service team – register at Careerconnect	Online
Week 2	Monday 20 th Oct	1 pm	Applying for Masters programmes	Careers Service team – register at Careerconnect	Online
Week 3	Thursday 30 th Oct	1 pm	Careers in International Development	Register: Careerconnect Plus SkillsHub Archive recording	Online
Week 6	Thurs 20 th Nov	4-5.30	Neurodiversity in the workplace	Careers Service team – register at Careerconnect	Online

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 mainly '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)
- Reading effectively and critically

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](#). Of particular note are: [OU Careers Fair for all Sectors](#), and the [Law Fair](#), both on **Saturday 11th Oct, 10.30am** 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 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 symposium** (Thursday 6th week) is a great way to find out about Somervillians' research, meet new people and exchange ideas across disciplines over refreshments.

WELLBEING & TIPS FOR WORKING PRODUCTIVELY: If you're having trouble sleeping, try the app [Sleepio](#), developed by Prof of Sleep Medicine, Colin Espie.

- 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.