Somerville College Skills Hub: Hilary Term 2026

	Date	Time	Topic	Speaker	Venue
MONDAYS WK 1-8: TWILIGHT STUDY SPACE 6.30-10 PM - Study with your buddies, in a more social environment with refreshments, to beat procrastination. - 1:1 advisory meeting available with Claire					NPR
Week 1 & Week 2	Various days and times		Careers Service Events: Internships (21 Jan 1pm & 27/30 Jan), Interview technique (22 Jan & 4 Feb 12pm). How to use social media to enhance career prospects (27Jan 1pm); Network confidently (27Jan & 6Mar12pm); Effective CVs (29 Jan 4pm, 25Feb 2.30pm)	Offered via the Careers Service website Register at CareerConnect	Online
Week 3	Friday 6th February	4-6pm	**Confidence in public speaking:** Practical tips to help quell nerves	Alison Skilbeck, RADA (alumna) 2hr workshop	Park 5
	Friday 6th February	6-7.15	**Alumni Careers Panel:** Meet the medics, historians, PPE and law.	Somerville alumni, Sam Warburton & CC	Park 5
Week 4	Mon 9-13th Feb	various	Creative Careers Festival: Events on future of the creative industries, marketing, music industry, journalism, graduate schemes, TV/film	Organised by the Careers Service, several events daily, online and in person.	Careers Service
Week 5	Thursday 19th Feb	2-6pm	**Academic shared study zone:** Study with your buddies to beat procrastination. **One-to-ones:** Time Management, writing & CVs.	Claire Cockcroft (CC), MTST Programme Director. Book 1:1 Email Claire	Park 5/NPR
Week 6	Sunday 22nd Feb	12.30pm	**Reducing Digital Distraction:** Focus for exams	Dr Ulrik Lyngs, Co-Founder ReDD Project	Park 5
	Friday 27th Feb	4.30pm	**Publishing:** Insights into publishing / creative industries	Alysoun Owen, Publishing consultancy	Park 5
Week 7	Sunday 1st March*	2-5 pm	**MCR Symposium** – research presentations	MCR share research with MCR/JRC members	MTC
	Weds 4th March	5.30pm	**Careers:** Academia – Short talks giving insights into research careers	Panel of JRFs and short research talks	MTC
Week 8	10th /11th March	5 pm	**Internships in a sustainability-focused enterprise:** SmartParc	Alumni – Luca Webb, Tia, Emma, Illia, Dayin	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: From Week 4 - Discuss academic skills, CVs, career planning, internships & personal development. Book online or email Skills.Hub@some.ox.ac.uk					
Time Management: Look out for adverts for the Digital Distraction Workshops, or Email Claire at Skills.Hub@some.ox.ac.uk for 1:1 session					
SIGN POSTING to Further Careers Service Events – See term planner emailed to you, with these highlights and much more (mainly online sessions)					
Week 1	Tues 20th/Thur 22nd	12pm	Finding Roles in Finance and Finding Roles in Consultancy	Careers Service team – register at Careerconnect	Online
Week 3	Monday 2nd Feb	12.30pm	How to Build Lasting Career Resilience	Careers Service team – register at Careerconnect	Online
Week 3	Tuesday 3rd Feb	12-1pm	Introduction to Careers in Human Rights	Careers Service team – register at Careerconnect	Online
Week 3	Wed 4th Feb	4-5pm	How to Find Scientific Research Internships **(also see Canvas CC seminar)**	Careers Service team – register at Careerconnect	Online
Week 3	Thur 5th /Fri 6th Feb	1pm/12	How to Get Work Experience as a First Year and Career Planning	Careers Service team – register at Careerconnect	Online
Week 5	Tuesday 17th Feb	1-2pm	How to Gain Academic Experience this Summer	Careers Service team – register at Careerconnect	Online
Week 7	Weds 4th March	1-2pm	Introduction to Data Science & Technology (all disciplines)	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. Events are 'in person' – either at lunchtimes (often a free lunch) or early evening before dinner – but often can be accessed over Teams. You can also browse our archive of previous talks, here, on our Youtube Channel (Unlisted). The University now offers the Academic writing hub – access to materials (including structure, grammar, clarity, cohesion, and paragraphing: core language issues that affect academic writing quality) and Penrose, the Academic Writing Hub Chatbot, available 24/7 to assist.

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
- Grammar/punctuation/style writing workshop, interactive with worked examples (small groups)
- Essays under pressure – tips for exams

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 college funding applications 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. 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 Aneeska 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.

SOMERVILLE SKILLS HUB