

Somerville College Skills Hub: Trinity Term 2026

	Date	Time	Topic	Speaker	Venue
SHARED STUDY ZONE Weeks 1-8 Mondays 6.30-10pm, Sundays 11-5pm: Study with your buddies, in a more social environment to beat procrastination					NPR
Week 1	Weds 29 th April	4-5pm	Reducing Digital Distraction: Focus for exams and boost productivity	Dr Ulrik Lyngs Book here: reddfocus.org/somerville	Zoom
Week 2	Friday 8 th May	12.30-1.30pm	Preparing for exams: Understanding/incorporating feedback from tutes/collections, revision strategy, pacing & avoiding overwhelm.	Dr Helen Flatley, Academic Skills advisor	Park 5
Week 3	Weds 13 th May	1-2pm	Careers - How to Network Confidently	Careers Service team – register at Careerconnect	Online
	Friday 15 th May	4 -5.30 pm	Alumni Careers Panel: International development, global healthcare, public affairs & creative careers in the arts, plus insights into what employers are looking for and tips for applications.	Somerville MML alumni Laura Batchelor, Alexia Scarlett, Jo Cole; Amanda Banda (global healthcare) & Claire Cockcroft	Park 5
Week 4	Tuesday 19 th May	1-2pm	Essays under pressure – writing essays for exams & elevating your style, managing time in exams, tips for pacing yourself and self-care.	Dr Helen Flatley, Academic Skills advisor	Park 5
Week 5	Tuesday 26 th May	5-7pm	Internships in a sustainability-focused enterprise: SmartParc	Alumni – Luca Webb, Tia, Emma, Illia, Dayin	MTC
	Thursday 28 th May	5-8pm	Graduate Research Symposium – themes will include climate change, health innovation, technology and international relations.	MCR scholars (OIC, Sanctuary & Thatcher) share their research with MCR/JCR members	FAH
Week 6	Day TBC or week 7	TBC	“What is AI, Should I Use It, and Will it Take My Job?” - wider political economy & technical architecture of Generative AI tools	Dan McQuillan & Alina Utrata, St John’s	TBC
Week 7	Weds 10 th June	5.30pm	Careers: Academia – Short talks from Junior Research Fellows, giving insights into research (linguistics, archaeology, music, healthcare)	JRFs: Najing Liu, Lachie Scarsbrook, Ashley Younger, Liliia Bepala & Charlotte Doesburg.	Park 5
Essay Clinics – Dr Helen Flatley: Friday AM weeks 2 & 4 - Bring essays/collections for feedback in small subject groups or 1:1 sessions. Email Skills.Hub@some.ox.ac.uk					
1:1 meetings - Claire: From Week 3 - 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 Selected Careers Service Events – See term planner emailed to you, with these highlights and much more (mainly online sessions)					
Week 1	Mon 27 th April	11am	Summer and Micro-Internships: Application tips (& 5/5 1pm)	Careers Service team – register at Careerconnect	Online
Week 1	Thurs 30 th April	12pm	How to Create Effective CVs and Cover Letters (& 10/6 1pm)	Careers Service team – register at Careerconnect	Online
Week 2	Weds 6 th May	12-1pm	Getting experience for Your CV Over the Summer (& 28/5 3pm, 11/6 3pm)	Careers Service team – register at Careerconnect	Online
Week 3	Wed 14 th May	2-3pm	How to Improve Your Interview Technique (& 8/6, 12pm)	Careers Service team – register at Careerconnect	Online
Week 4	Tuesday 19 th May	1-2pm	AI & Job Applications: What to Know	Careers Service team – register at Careerconnect	Online
Week 5	Tuesday 26 th May	1-2pm	Using Social Media to Enhance your Career Prospects (& 23/6 1-2pm)	Careers Service team – register at Careerconnect	Online
Week 8	Monday 15 th June	1-2pm	Are you Job Ready? From University to 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 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
- 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 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.