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Student News

Preparing for Oxford



May 2017

This month's newsletter includes information on the [study guidance](#) that is available to help you prepare for academic life at Oxford. There is advice on a range of topics including how to manage your workload, research and library skills, and how to prepare for examinations. There is also a series of short videos providing tips on interpreting questions, effective time management and what to expect from an Oxford tutorial.

Read on to find out more about what is on offer, both before and during your studies.

With best wishes,

Den Moore,
Director of Student Affairs

Academics and students showcase their work

The Arts and Science blogs showcase work being undertaken by students and academics. From research into the ethics of eating meat to the cultural significance of hip hop, the [Arts blog](#) covers the latest news and views in the arts, humanities and culture at the University of Oxford. The [Oxford Science blog](#) provides the inside track on science at the University: the projects, the people, and what's happening behind the scenes. You can also follow the University on [Medium](#) to keep abreast of the latest stories about life in Oxford, our research, and analysis of topical issues.

Workshops and courses

The Bodleian libraries [iSkills workshops](#) focus on general skills which can be used across a wide range of disciplines, designed to help you to make effective use of scholarly materials. Over 200 different IT courses are available through the [IT Services](#) website to help with your studies, research, administration and planning. The [Careers Service](#) regularly offers students skills sessions on interview techniques, CV clinics and networking, as well as internship and work experience opportunities.

For those undertaking research, the [Research Skills Toolkit](#) explores IT and library tools, tips and techniques, while the Researcher Training website, available to you when you commence your research, lists graduate and post-doctoral training opportunities.

Language Centre

The Language Centre welcomes all students whatever their degree, offering classes each term in 12 modern languages from beginner to advanced level, as well as classes in academic writing and communication skills for students whose first language is not English. Also available are a multi-media library with resources for self-study in 200+ languages, and a language exchange scheme for conversation practice. Get ready to sign up for classes at the start of Michaelmas term! The pre-session course English for Academic Purposes is designed to prepare international graduate offer-holders to make a strong start on study and life at Oxford, and runs for six weeks from Monday 7 August 2017. To find out more visit the [Language Centre website](#).

Improve your IT skills with Lynda.com

All students have free access to a vast online library of video-based courses at Lynda.com. There are over 5,000 courses, which are perfect for developing IT skills to support your studies or future careers. The video courses are supported by transcripts and practical exercises. Lynda.com can be accessed anytime and anywhere. You can find out more about Lynda and how to get access once you are here on the [IT Services website](#).

Central welfare and support services

The [Disability Advisory Service \(DAS\)](#) coordinates support for students with disabilities including sensory or mobility impairments, health conditions, specific learning difficulties, autistic spectrum conditions or mental health difficulties. Contact the DAS as soon as possible as it can take some time to put support in place for you.

The [University Counselling Service](#) is a confidential, free service for students designed to help you address personal or emotional problems that may get in the way of having a good experience and realising your full potential. The service provides

individual counselling and also runs a variety of workshops and group sessions to help you respond to the demands of life at university.

Supporting your studies

You will be able to access a range of [self-help resources](#) that will help you address concerns and get the most out of life as a student at Oxford. There are recommended websites, videos, books and a series of podcasts covering: improving self-esteem; stress management and relaxation; enhancing your revision skills; and preparing for examinations. There are also dedicated podcasts for international and mature students.

College and peer support

Your college (or department for students without a college) will be at the core of welfare provision once you are at Oxford, and you will be able to find a list of contacts and information on your college website. If you are still waiting for a college allocation, be reassured that all graduate offer-holders are guaranteed a college place, and you will hear as soon as a place has been secured.

If you have a long-term health condition, you should bring a summary of your medical notes with you so that your college doctor can ensure continuity of care while your notes are formally transferred to the practice. If you are a resident of a country in the European Economic Area (EEA) you may be eligible to get a European Health Insurance Card that will entitle you to NHS medical treatment during your studies in the UK.

Most colleges also have a panel of peer supporters who are trained by the University Counselling Service to listen effectively, communicate sensitively, maintain confidentiality, respect boundaries and recognise when and how to encourage you to contact professional support services when necessary.

Examination adjustments for disability/learning needs

Students who will require adjustments to their examination arrangements, for reasons including disability, health or religious observance, are able to apply through their college for alternative examination arrangements. More information is available from the [Oxford Students website](#), including examples of permitted adjustments.

Student Advice Service

The [Student Advice Service](#) is a free and confidential advice, information and signposting service for current or former students, independent of colleges, departments and the central University. Staffed by a team of qualified, friendly and experienced advisors, the service aims to support and enhance your Oxford experience by helping you find answers to questions, and solutions to problems, including on accommodation, finances, relationships, disability, mental health, academic disputes and appeals. The Advice Team can be contacted via email or telephone to make an appointment. There are also daily Drop-In sessions and a Live Advice web-chat facility when you can speak with an advisor without an appointment.

European Health Insurance Card

If you are a national of the European Economic Area (EEA) or Switzerland remember to try to get a European Health Insurance Card (EHIC) before coming to the UK to facilitate access to UK National Health Service (NHS) treatment.

Additionally, please note to qualify for residence in the UK, EEA/Swiss students are required to hold Comprehensive Sickness Insurance (CSI). If you have a valid EHIC issued by an EEA member state other than the UK this satisfies this requirement if you are residing in the UK on a temporary basis as a student. If you are not able to obtain an EHIC from your country of nationality, for example because you are not a resident there, you will need to obtain private Comprehensive Sickness Insurance. The [UKCISA website](#) has further information on the need for CSI, please read this so that you are fully aware of the significance of this issue.

Student News is produced by [Academic Administration Division Communications](#), Examination Schools, 75-81 High Street, Oxford OX1 4BG.

Note: this email has been sent to conditional and unconditional University of Oxford offer holders. This email does not mean your place is confirmed.

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