



PREPARING FOR OXFORD

MARCH



Welfare and Support

We offer many services to support you during your studies. The full list of University health and welfare support can be found on the Oxford Students website; and your college may provide additional services.

[Read more](#)



The Counselling Service

The Counselling Service offers free and confidential support to Oxford students. It's available to help you gain insight into any difficulties you may experience and to help you develop emotional resilience, so you have the tools you need to fulfil your academic and personal potential.

[Read more](#)

Disability Advisory Service

If you have a specific learning difficulty (such as dyslexia, dyspraxia, or ADHD), an autism spectrum condition, a sensory or physical/mobility impairment, or a long term physical or mental health condition, please get in touch with us early, as our [Disability Advisory Service \(DAS\)](#) is here to help you. DAS offers a range of support including practical study assistance, and can recommend adjustments to teaching and assessment. [More information](#) can be found on the DAS pages of the Oxford Students website. UK students may also be eligible for the [Disabled Students' Allowance \(DSA\)](#) and the Disability Advisory Service can assist you with making an application. If you are eligible for the DSA, it is important that you make an application as soon as possible.

[Read more](#)



College support

Oxford's colleges are at the heart of the Oxford student experience. There are over 30 colleges, and all undergraduate students belong to one. If you come here, you are likely to spend much of your time in your college, particularly in your first year. College academic tutors support your academic development but you can also ask for their advice on other things. Lots of other college staff, including welfare officers, help students settle in and are available to offer guidance on practical or health matters.



Podcasts and other resources

If you're preparing for exams or you need some well-being advice, listen to one of our [University podcasts](#). Topics include how to get past perfectionism, exam preparation, revision, self-compassion, and more. The [supportive resources page](#) of the Oxford Students website also includes links to other resources that could help you now and during your time at Oxford.



Student Peer Supporters

We realise that students play a major role in supporting and encouraging one another on a day-to-day basis at university. This is why we offer Student Peer Supporters. Peer Supporters are available in colleges and departments to talk with students informally about anything that is bothering them. [Find out more about Peer Supporters.](#)

[Read more](#)

[Read more](#)

Student Advice

Student Advice is an independent advice and information service exclusively available to Oxford University Students, through the Student Union. The service is independent from the colleges and the University, and advisors are available to give information and support to students facing difficult situations. You can access helpful FAQs and further information on the [Oxford SU website](#).

[Read more](#)



Self-help study tip: Note taking

It's helpful to develop a more strategic approach to note-taking than simply writing down everything that looks important. Read chapters or articles once through quickly without taking any notes. Once you have a better understanding of what you're reading, your notes will be more concise. It's also helpful to confine yourself to the main points and summarise arguments in your own words as this will help you to better understand them.



This publication is sent using a mail client, which is approved for use at the University; in line with its data privacy and information security policies. For further information, see the [Oxford Students website](#).

