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Student News

Preparing for Oxford



September 2017

Dear student,

As you'll soon begin your course at Oxford, you may have some questions on how to get organised and prepare for your arrival.

In this newsletter you will find a checklist to ensure everything goes smoothly, as well as information about getting orientated in Oxford, finding your way around, and settling in over the first few weeks. I do hope that you will find this useful, and enable you to take advantage of all that Oxford will offer you as a new student.

As Academic Registrar, I am responsible for providing leadership across Oxford in student-related services and operations. I hope that the information provided in these regular updates over the last few months has been useful in preparing you for your time here, and I wish you every success during your studies.

With best wishes,

Emma Potts
Academic Registrar

Are you ready for university?

A [checklist](#) is available with useful advice to help you prepare for life at Oxford; from returning your contract and accessing your University email to organising your finances and getting the necessary vaccinations. University registration is open until

Friday 13 October. You can start your registration using [Student Self Service](#) once you have activated your Single Sign-On account; registration is a mandatory requirement for all students.

The University has an [interactive map](#) which you may wish to use to help you navigate Oxford. The map includes an image of each building, a link to the relevant website and an access guide page where applicable.

Freshers' Fair

The Oxford SU (students' union) Freshers' Fair is an opportunity to find out more about student life. This free event is a great chance to sign up to the many clubs and societies available at Oxford. Your college (if you have one) will provide you with a ticket and a timeslot to attend the fair.

- 10am – 6pm (last entry 5pm), Wednesday 4 October, Examination Schools, High Street
- 9am – 5pm (last entry 4pm), Thursday 5 October, Examination Schools, High Street

As well as becoming a member of your college's student community you will automatically become a member of the SU. The SU is an independent charity that exists to make your university experience a positive one by offering a range of help, advice, support, events, activities and campaigns that you can get involved with. To find out more, visit the [SU website](#).

Membership of the SU is automatic and free. Entry to Freshers' Fair is free.

You have the right to opt out of membership of your college student union and of the SU.

Anxiety about starting university

Whether it's down to managing your workload, making friends or living away from home, it's normal to feel stress, nerves or anxiety relating to the new opportunities and challenges you may experience. Rather than letting these feelings get in the way of enjoying yourself, there are a range of ways to combat them.

The Counselling Service is here to listen, help you develop emotional resilience and fulfil your academic and personal potential. Both individual and group counselling sessions are on offer should you need them, plus supportive workshops, the Peer Support Programme and a range of resources including podcasts and web pages.

You can also listen to the [Guide for Freshers podcast](#) for a better idea of what to expect when you arrive. To learn more, visit the [Counselling Services web pages](#) or to make a counselling appointment, email counselling@admin.ox.ac.uk.

Safety advice

Oxford is a safe place to live. However, it is still important to look after yourself and your property, both at home and whilst travelling around the city.

Your property

Always remember to lock doors and windows when you're out, back up work saved on your laptop and consider a tracking device for phones and computers. For more information on personal safety and protecting your belongings, visit the [Oxford Students website](#). To insure your valuable items, visit [Endsleigh](#).

Cycling

Cycling is a great way to get around Oxford. However when travelling, please remember that it's a legal requirement to have a working set of lights displayed on your bicycle (a bright white light on the front and a red light on the back). It is also important to wear a cycle helmet, and light coloured or fluorescent clothing. For more information and how to register your bike with the free Bike Register scheme, visit the [Security Services website](#).

Get involved with clubs and societies in Oxford

With more than 150 officially recognised [clubs and societies](#) to choose from, there is something for everybody at Oxford. In addition to sports, you'll find appreciation clubs representing everything from tea to tango and Doctor Who to drama. For a full list, visit the [Oxford Students website](#).

Support for disabled students

If you have a long-term medical or mental health condition, physical or sensory impairment, or specific learning difficulty, be sure to contact the Disability Advisory Service (DAS) as soon as possible to find out what study support it might be possible to arrange. With your permission, the DAS can liaise with your college and department to help organise support in a range of areas, including lectures, tutorials, examinations and college accommodation. For more information, visit the [Oxford Students website](#).

Coming to the University as a mature student

Life as a mature student can bring unique challenges. Oxford provides a wealth of support to help you extend your qualifications, improve your employment prospects or indulge in an interest for its own sake. From adjusting to university life and managing your time and work, to childcare provision or courses to develop your skills, you will find more information on the mature students page of the [Oxford Students website](#).

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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