



If you're worried about your exams, we're here to help

It's very normal to experience anxiety while revising for exams and sitting papers. But help is at hand. There are many resources, events and people available to help you with your revision and manage any exam anxiety you may have. Find links to the range of University support on offer via the [Stress Less exam support webpage](#).

[Read more](#)

Keep up-to-date on Brexit

With ongoing uncertainty about the implications of the UK leaving the EU, the University is working hard to understand and manage the impact on our staff and students. A [dedicated web](#)

[page](#) about Brexit has been set up for students, which will be updated regularly, so please keep checking this page for updates. An event about Brexit is also being planned for the near future, and further information will follow. Whatever the future, the University's position remains unchanged from the statement issued shortly after the Brexit referendum: "Oxford has always welcomed international staff and students, and will continue to do so now and in the future. It will sustain and develop its links with universities within the EU and around the globe and will forge new links. Oxford has been an international university for centuries. It is our intention that it should remain an international university for centuries to come."

[Read more](#)

Oxford Life



#WorldReligionDay - Oxford University Hindu Society

To celebrate #WorldReligionDay, we sat down with Mahesh Daryanani, President of Oxford University Hindu Society, to find out more about Hinduism and how students can get involved.

[Read more](#)



Oxford SU
Annual Elections

**Your Uni
Your Voice
Your Vote**

Oxford SU want you to be their next Student Leader

Oxford SU want you to nominate yourself to become one of their new Officers. It's an incredibly rewarding experience and a great opportunity to develop your leadership and communication skills. The SU offer a full range of support along the way including Candidate briefings and a full break down of what is expected and how to run.

[Read more](#)



How do you use digital communications at Oxford?

We want to improve digital provision for students at Oxford, but to do that we need your help. Inform how we use digital communications by attending one of two focus groups on Wednesday 6 February. Free pizza will be provided as a thank you. To get involved, email academicadmin.comms@admin.ox.ac.uk and simply choose either the 10:30-11:30am session or the 2-3pm one. Help us develop digital communications at Oxford.



Seven amazing collections to discover for free

Delve into a *Bacterial World* at the Museum of Natural History, discover the work of Tibetan photographer Nyema Droma at Pitt Rivers, and view a major exhibition of the work of Jeff Koons at the Ashmolean from Thursday 7 February, including 14 works never previously exhibited in the UK. Just show your University Card to enjoy free admission. Visit Mindgrowing.org to learn more about the

seven collections and find out what events are taking place this month.

Major construction is underway in the Science Area

Please take care in the Science Area at all times, and observe warning signs. Allow extra time for your journey as construction work will add to traffic. If cycling, we recommend using the bike parking around the edge of the Science Area and walking from there. Extra cycle racks have been added along South Parks Road and Parks Road.

[Read more](#)

Innovation & Entrepreneurship



Find out what's going on at the Oxford Foundry this term

The Foundry is one of Oxford's entrepreneurial hubs and their [Hilary term card](#) is packed with opportunities for current students. Events include public speaking workshops with industry experts and thought leaders, the Foundry's AI Impact Weekend, and tech workshops on coding, machine learning, and more.

[Read more](#)



Oxford Saïd Entrepreneurship Forum 2019

Join a world class community of entrepreneurs, investors, and start-ups in an inspirational day of keynote speeches, panel discussions and engaging conversation. Rich Pierson of Headspace and Dhiraj Mukherjee of Shazam are confirmed speakers for #OSEF19, with more names to be released soon.

[Read more](#)



Intellectual Property (IP) Rights & Responsibilities at Oxford University

It's important to understand your rights and responsibilities when it comes to intellectual property (IP). This session will help you to understand what IP is, who "owns" it, and the things to think about when you think you have created IP. Case studies will also be presented to help explain the University's policy. Ask any IP related questions in the second half of the session, where expert presenters will give you the official University answers to any of your queries. A sandwich lunch and networking will be provided from 12 noon.

[Read more](#)

Welfare & Wellbeing



Feeling blue this Monday?

Monday 21 January, is sometimes known as 'Blue Monday', or the 'most depressing day of the year'. There are questions about the science used to choose this particular day. Nevertheless, January can often be a difficult for many of us, and if you find yourself feeling blue today or at any other time, Student Welfare and Support Services offers a range of support; including counselling sessions and workshops.

[Read more](#)

New times for HIIT Classes – join us and get fit quick

Iffley Road Sport is offering new 30 minute High Intensity Interval Training (HIIT) classes, with three in the morning and one at lunchtime every week. [See the class times online](#). If you have their [new fitness classes membership](#), all classes are free.

[Read more](#)

International Students



Staying in the UK to work - which visa?

There will be a session for international students, providing information on visa routes to remain in the UK to work after completing studies, on Thursday 14 February, 12.30 – 2pm at the Careers Service, 56 Banbury Road. Presentation topics will include the provision for students under Tier 2 of the Points-based System. For more information visit the [Oxford Students website](#). Registration is not required.



US and Canadian tax and loan forms

Don't forget to contact the US loans team at us.loans@admin.ox.ac.uk if you require a Canadian tax form (TL11A) or any other Canadian loan, enrolment, tax or deferment form to be completed. The email requesting a form must include your full name, college and student number. It is the US loans team who must complete these forms, rather than your department or college.

Research & Innovation



Research highlight: Gently stroking babies before medical procedures may reduce pain

Researchers from the University of Oxford and Liverpool John Moores University have found that gently stroking a baby seems to reduce activity in the infant brain associated with painful experiences. The results, published in the journal *Current Biology*, suggest that lightly brushing an infant at a speed of approximately 3cm per second could provide effective pain relief before clinically necessary medical procedures.

[Read more](#)



Stay Informed

Stay informed with what's going on at Oxford by following our official [Twitter](#) and [Facebook](#) page. You can also find out about news and events on the [Oxford Students website](#).



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