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# Student News

Preparing for Oxford



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## Support and welfare information

Congratulations on getting an offer from the University of Oxford, whether unconditional or conditional at this stage. This newsletter provides important information to help you to prepare for Oxford. Look out for careers and IT support information in August's edition.

## Support at Oxford

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As you start your new course at Oxford, whether coming from the UK or overseas, or transitioning from one level of study to another, you will share the experience of moving into a new environment. With it will come the excitement of the new, and the challenges of coping with the unfamiliar, but you will carry with you aspects of yourself that are familiar – your sense of yourself as academically competent; the memories of when you've done well; the voices of those who've encouraged you.

We believe that physical, emotional and social well-being are key contributors to academic success. To help you to optimise the many opportunities that will come your way there are a number of [support and welfare services](#) available to help you to look after yourself. Even if you think that some of the services will never apply to you, read on to find out more. You might discover something new and useful.

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## College and Peer Support

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Colleges (and departments for non-matriculated students) are at the core of welfare service provision at Oxford. On each college website you will be able to find a list of contacts and specific help topics. Most colleges, the Said Business School and the Medical School also have a panel of [peer supporters](#) who are trained by the Student Counselling Service to listen effectively, communicate sensitively, maintain confidentiality, respect boundaries and recognise when and how to encourage referral to professional support services when necessary. Each college links with a group of National Health Service (NHS) General Practitioners (GP). If you are a full-time student you will be encouraged to register with that group or 'practice', often referred to as a 'College Doctor'. International full time students are entitled to use this NHS primary care service free of charge, as are spouses, partners and children who accompany you to Oxford.

## Welcoming spouses, partners and children

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We know that you will be able to better focus on your studies if your family members have settled in and made links with others in the University or city community. Your college and department will provide information on events at which your family members will be welcome. The [Newcomers' Club](#) provides a meeting point for partners of newly arrived students and staff, and the Oxford Students website details [childcare](#) resources available.

## Staying healthy

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Advice and guidance for staying healthy while studying, medical emergencies, college doctor and nurse contacts, and how to access the broad range of available health services, is available from the [Oxford Students website](#). If you have a long-term health condition, you should bring a summary of your medical notes with you so that your college doctor or GP can ensure continuity of care while your notes are formally transferred to the practice.

## Student Counselling Service

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The [Student Counselling Service](#) is a confidential, free central service for all students. Staffed by psychologists, psychotherapists and counsellors, it is designed to help you address personal or emotional problems that get in the way of having a good experience and realising your full academic and personal potential. The service also provides support such as topical workshops to help you respond to the demands of life at university, as well as offers a range of self-help resources including guidance on transitions and expectations, and planning work and effective time management.

## Meeting your Study Needs

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The [Disability Advisory Service](#) provides confidential advice while working alongside your college and department to meet your individual study needs and make reasonable adjustments to enable you to fully participate in academic life. Information you provide is regarded as sensitive personal data and kept in accordance with the Data Protection Act.

Students that the Service works with include those with specific learning difficulties, Asperger Syndrome/Autism Spectrum Condition, long-term mental health conditions, chronic health conditions, and sensory or mobility impairments. Whether you have a long standing condition or believe you would benefit from support, you are encouraged to [discuss your needs](#) as soon as possible so that disability-related study support can be arranged.

## Have you returned your University contract?

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If you have received your University student contract, please sign and return it as soon as possible if you wish to take up study at Oxford. Your enrolment and student entitlements will not be confirmed unless your contract is returned to: A/C Returns, Examination Schools, High Street, Oxford, OX1 4BG. Please contact your department or faculty if you have met both your academic and financial conditions but not yet received your contract.

## Visa and orientation information for international students

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Specific advice has been emailed to international students about how to apply for a student visa, registering for pre-departure Skype events, and details about orientation events. If you have not received this information, visit the international students page of the [Oxford students](#) website.

## Find out more about Oxford

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Do you want to find out more about teaching and research at Oxford, hear from students about their experience of studying here, or information about the city? The [Oxford University iTunesU](#) is a free podcast **site** featuring public lectures, teaching material, interviews with leading academics, and much more. The University [YouTube channel](#) can help you find out more about life at the University.

Our [Mobile Oxford](#) app is your central guide to help you do your day-to-day tasks. You don't need a fancy phone. A device with a web browser is all you need to be able to

use most of the features, whether it's finding a building or library book, transport information, news feeds, podcasts, live webcams, service status or contact details.

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

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