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# Student News

Preparing for Oxford



## March 2017

Dear FIRSTNAME,

The March newsletter contains an overview of some of the welfare and support services that will be available to you while you are studying at Oxford. Welfare advice is available from your college, department, central University services, fellow students and the Student Union.

As you prepare for student life please take a few minutes to familiarise yourself with the range of services available to you, which will help to address any personal or emotional concerns you may have. There are a wide range of people at the University who will be working hard to support you to realise your full potential and make the most of your Oxford experience.

With best wishes,

Gillian Hamnett

Director of Student Welfare and Support Services (incoming April 2017)

## 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**

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You can 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 undergraduate freshers, international and mature students.

## **College and peer support**

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Your college (or department for students without a college) is at the core of welfare provision and you will be able to find a list of contacts and information on your college website. Each college also has a link to a group of National Health Service (NHS) General Practitioners (GP), often referred to as the 'college doctor'. You are strongly encouraged to register with the practice and will receive information on how to do so, along with details of the immunisations which are recommended for new students starting in 2017, from your college.

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.

## **Student Advice Service**

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The [Student Advice Service](#) is a free and confidential advice, information and signposting service, 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.

## Adjustments for disability/learning needs

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Students who 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. The University also provides guidance on the central support available when [preparing for examinations](#) (such as mock examinations, examination preparation seminars and orientation sessions to find out about examination procedures).

## Student Finance applications open for UK and EU undergraduate students

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Applications for UK government tuition fee and maintenance support have now opened for English, Welsh and EU undergraduate offer-holders.

- Students from England and EU students should apply online via the [Gov.uk student finance website](#);
- Students from Wales should apply online via the [Student Finance Wales website](#).

Applications for offer-holders from Northern Ireland and Scotland have not yet opened. It is anticipated that Student Finance NI applications will open via the [Student Finance NI website](#) in the coming days. Applications for offer-holders from Scotland are expected to open around mid-April via the [Student Awards Agency Scotland website](#).

If you are unsure about your eligibility to access UK government funding, please visit the [eligibility webpages](#) of the Gov.uk student finance website.

## Mobile Oxford – find your way around the city

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For a unique insight into the learning resources, library facilities, what's on and places of interest in Oxford, download [Mobile Oxford](#). The app can help with day-to-day tasks, from finding a building or library book, getting an update on today's news and events, checking the next bus or even finding what time post is collected.

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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