**St John’s study skills, wellbeing, and equality sessions for first year undergraduates**

**Michaelmas Term 2021**

Welcome to St John’s. We look forward to meeting all of you in Week 0.

The transition to learning at University is a big step up for all students. We have worked with the experts at the Oxford Study Skills Centre to put together a series of sessions for Michaelmas term to cover areas which students frequently ask about, or can find challenging. We are also running two workshops with our Welfare Dean which focus on self-care and well-being. In Week 7 our Fellow for Equality will offer a workshop on the important subject of equality, diversity, and inclusion.

Together these sessions should provide a friendly and helpful introduction to life in College and university learning, to get you off to a really good start. The intention is that all first-year students at St John’s attend all these events.

**These sessions will be held at 12.30 - 1.45pm on Thursdays as below.**

**We will offer you a free lunch at all of these sessions.**

You will also receive advice from tutors and departments, and can find central university resources about the transition to university here:

<https://www.ox.ac.uk/students/new/oxford-transition-support>

We hope that this programme will help you settle into life in St John’s, and address any concerns you might have. There will be an opportunity at all these sessions to ask questions and discuss any areas of interest.

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| **Week** | **Date and time** | **Time and Venue** | **Topic** |
| **1** - Thursday | 14th October | Garden Quad Reception Room, 12.30-1.45pm | How to flourish as a student – self-care for beginners |
| **2** - Thursday | 21st October | “ | Reading and note taking; answering the question. |
| **3** – Thursday | 28th October | “ | What kind of learner are you? |
| **4** – Thursday | 4th November | “ | Time management |
| **5** – Thursday | 11th November | “ | Dodging 5th week blues: self-care for the second half of term |
| **6** – Thursday | 18th November | “ | Writing skills and structuring |
| **7** – Thursday | 25th November | “ | Equality, Diversity and Inclusion Workshop: Challenging racism in practice |
| **8** – Thursday | 2nd December | “ | How to use the winter vac and preparing for collections |

Matthew Nicholls (Senior Tutor), Elizabeth Macfarlane (Welfare Dean), Kate Doornik (Fellow for Equality).