

Welcome all new members of St John's!

Congratulations on your place at Oxford! We are looking forward to meeting you in Welcome Week when you come up for your first term. As Head of Student Wellbeing, I am here to help with any part of your College or University life and support you to live comfortably and thrive at St John's College. I have worked in student wellbeing and support at Oxford for many years, but like you, this will be my first Michaelmas term at St John's College.

Starting University is a big moment for you and all your friends, families and people in your support networks. Freshers often tell us that they have many mixed feelings ranging from excitement to nerves about starting University. We understand that and we are here to help. The Wellbeing team will meet you at Welcome Week and we will offer you all a one to one meeting during your first term.

Life anywhere always has ups and downs. The Wellbeing team will be available for you throughout your whole time in College to offer help, advice and support in both the good and the harder times of life.

In Michaelmas Term, there are many wellbeing events in College which we would be delighted to see you at. There is a dedicated wellbeing space (The Graves Room) for everyone where you can relax, take part in all sorts of different activities and you can also make an appointment to speak to the Wellbeing Team about anything which is worrying you or you would like some support with. Appointments are in confidence and we will work with you to find the solution that works for you. Please don't be shy or afraid of coming forward, we are here to listen and support everyone. Please reach out to us anytime. We are here to help. You will be given full details of how to contact us when you arrive. We are really looking forward to welcoming you and we wish you courage, happiness and joy for your time at St John's.

"It takes courage to grow up and become who you really are." e.e. cummings

Hanne Clark

Head of Student Wellbeing