



### **Access and diversity forum with the Vice-Chancellor**

Vice-Chancellor Professor Louise Richardson will take part in a special access and diversity forum with students on Tuesday 6 November at the Oxford Martin School, from 1-2pm. The session for current Oxford students is entirely student-led. It provides an opportunity to find out about the steps the University is taking to increase access to Oxford from underrepresented groups, and to share your views with the Vice-Chancellor. See the [Facebook page](#) for further information.

[Read more](#)

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### **Academic Life**

**Now you're all settled into the new term, here are a few ways to take the stress out of studying:**



### **Create a study plan**

A study plan is a great way to help motivate you to study. How you choose to create one is up to you. You might want to add calendar reminders to your phone or even use a wall planner. More information on [how to create a study plan](#) can be found on the Oxford Students website. There is also a short video on the website about [how to manage your time](#).



### **Develop a more strategic approach to note-taking**

It's helpful to develop a more strategic approach to note-taking. Remember to include full citation details for your sources and ensure that you note down the page number of each argument or quote you select. Confine yourself to the main points, and summarise arguments in your own words as this helps you to understand them. [For more information and a video on note-taking, visit the Oxford Students website.](#)



### **Relax**

Did you know that stress has a negative impact on our ability to store information? If your mood is low or you're feeling under pressure, [a range of wellbeing workshops](#) are available to help you build skills to respond to the demands of life at university. Topics during Michaelmas term include anxiety management,



### **Avoid 'essay mills'**

There has been recent media attention on professional agencies that offer essay writing services, or 'essay mills'. Use of these services is strictly prohibited and directly contravenes the University's disciplinary policy. If you're found to be using professional writing services - or passing off other people's work as yours -

perfectionism, sleep difficulties and insomnia, relaxation, overcoming panic, finding your voice and mindfulness. If you can't make a workshop, there are also [a range of helpful podcasts](#) on the Oxford Students website, to help you cope better with university life.

you will face serious disciplinary action. Using these services will also hinder your academic development. If you are struggling with your workload or writing, speak with your tutor in the first instance. You can also find a range of [resources about study skills and avoiding plagiarism on the Oxford Students' website](#).



## Get active

It's no secret that exercise is good for long term health, but did you know that it can actually have short term benefits and improve our ability to concentrate? You can find out more about the benefits of physical activity when it comes to learning by [watching the #ActiveatOxford video](#) and reading [our latest #ActiveatOxford blog](#).

## Get to know Lynda

Lynda.com is a library of high-quality online courses covering most IT tools, topics and more. You have free access to the library using your Single Sign On (SSO) credentials at <http://courses.it.ox.ac.uk/lynda>. Lynda is available 24/7 and accessible from any browser. You can also download a free mobile app, that lets you follow courses when you're offline.

## Oxford Life



## #WelcometoOxford competition winners

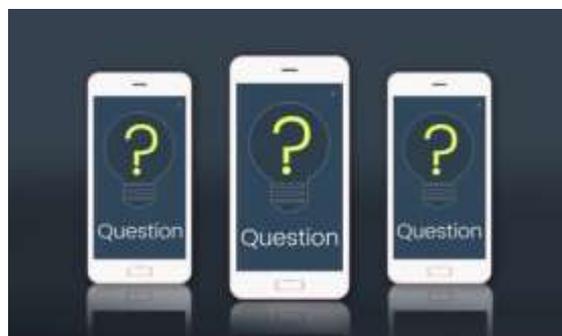
Thank you to everyone who shared photos and posts using the #WelcometoOxford hashtag. We received lots of great entries on Twitter and Facebook, and have created a [Twitter Moment](#) of some of our favourite contributions. The winners of the hoodies are: @itsokk, @aasthatyagii, @mihn\_d, @charliekniebe and @saud\_aldees. To arrange the collection of your prize, direct message us on [Facebook](#) or [Twitter](#). Congratulations!



## Jenner Institute Vaccine Trials

Interested in taking part in a clinical trial? If you are healthy, aged 18 to 55 and based in the Oxford area, you may be eligible to take part in one of our vaccine trials. Participants are reimbursed a minimum of £25 per visit for their time and travel. To find out more: visit our [website](#), send us an [email](#) or call us on 01865 611424.

[Read more](#)



## Oxplora Big Question Challenge

Propose your ideas for a new 'Big Question' for Oxplora. The ideal [Big Question](#) will fascinate young people whilst being broad enough to accommodate different arguments and disciplines. The best idea will win £75 to spend at Westgate and the opportunity to see it produced and included on the Oxplora site. Five runners-up will also win a £25 voucher.

[Read more](#)

## Oxford SU launches new Interview Helper booklet

Student helpers can make a big difference to the experience candidates have during their admissions interviews. It can be great fun, but it's also a big responsibility. [Oxford SU has put together a booklet](#) containing general tips following questions from students that come up every year. If you're a student helper, make sure you're familiar with the arrangements in your own college.

[Read more](#)



## Map the System competition

[Map the System](#) is a global competition open to all Oxford students. It challenges you to think differently about social and environmental change. Research an issue that matters to you and gain the skills in systems thinking to understand ways to address it. There will be an information session on Wednesday 14 November at 12.15pm at the Said Business School, where you can hear from previous winners and meet others that are thinking of applying.

[Read more](#)

## Make a digital edition of an unpublished Bodleian manuscript

Do you want to work with students from other faculties and degree levels, while exploring the history of your discipline in new ways? We are seeking students to attend textual editing workshops taking place on Tuesday 6 November and Wednesday 28 November. The workshops provide a hands-on introduction to Special Collections handling, palaeography and transcription, metadata creation, curation, analysis, research and publication ethics, and digital research methods. Previous participants have gone on to carry out further transcription work with Bodleian collections or work as research assistants on projects around the country. [Find out more about how you can get involved.](#)

[Read more](#)

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## Careers & Entrepreneurship



### Calling all Oxford entrepreneurs

Enterprising Oxford is a University of Oxford initiative to help encourage, support and promote entrepreneurship to our students, by communicating, collaborating, and connecting with startups and entrepreneurs with links to Oxford and Oxfordshire. If you want to know how Enterprising Oxford can help you, [visit the website](#).

[Read more](#)

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## 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 Wednesday 31 October, 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.

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## Research & Innovation



### Research highlight: Parasites from medieval latrines unlock secrets of human history

Researchers at the University of Oxford's [Department of Zoology](#) and [School of Archaeology](#) have applied genetic analysis to 700-year-old parasites found in archaeological stool samples to understand a variety of characteristics of a human population. It is the first time this combined

parasitological and ancient DNA (aDNA) approach has been applied to understand the epidemiology of historical parasites. The findings have just been published in [Proceedings of The Royal Society B](#).

[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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