Undergraduate News - Trinity, Week 4

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# What do you think of communications at Oxford? Tell us for a chance to win one of five Oxford hoodies

Do you follow any Oxford social media accounts? What do you think of this newsletter? Would you prefer to receive more information from the University, or less? Let us know by completing a <u>short</u> <u>survey</u> about communications at Oxford. Once you have completed the survey, you will be entered into a prize draw to win one of five University hoodies. The results of the survey will used to help us shape the way we communicate with students in the future.



## **Academic Life**



### Sitting exams in Trinity term?

If you will be sitting exams shortly, do check your personal exam timetable carefully to ensure you have been entered for the correct exam papers. There is lots of guidance and support available online, such as: Regulation advice on <u>sitting your examinations</u>, including what you will and won't need on the day of your exams; <u>OXAM</u> for access to past exam papers; A number of <u>supportive</u> resources providing access to a range of self-support, events, and podcasts; and <u>academic</u> <u>dress</u> information detailing your sub-fusc requirements. You can also find information about post exam celebrations on the '<u>What a Waste</u>' page of the Oxford Students website.

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## **Oxford Life**



# Climate Crisis and the Corporate Takeover of American Democracy

On Monday 3 June Tom Seyer will hold a lecture and Q&A at the Sheldonian Theatre from 5.30-6.30pm. Mr Tom Steyer is a philanthropist, environmentalist, liberal activist, and founder of the non-profit grassroots advocacy organisation, NextGen America. The organisation works to increase voter participation among young voters, and guarantee every family shares the benefits of economic opportunity, education, and a healthy climate. The lecture will describe the core messages, coalitions, strategies and tactics that can overcome deep-pocketed corporate interests and will put forward a theory of change for the 21st century, offering a roadmap for beating big money at the ballot box through big organising. <u>Register online for a free ticket</u>.

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The transgender community in Oxford



Pride Micro Talks 'Small victories, big changes'

Oxford Pride is a celebration of LGBTIQ+ life in Oxfordshire, and the annual parade through the city will be taking place on Saturday 1 June. In celebration of Oxford Pride, the University and Oxford SU have worked together to create a short video about the transgender community in Oxford featuring Oxford student Aaron Hughes and staff member Clara Barker. <u>Watch the video</u> <u>online</u> and for more information about Oxford Pride, visit the <u>Oxford Pride website</u>. In celebration of Oxford Pride, join the LGBT+ Staff Network for an evening of Micro-talks on Wednesday 29 May from 6pm - 7.30pm at Pitt Rivers Museum. The details of the speakers and their talk titles will be released via Eventbrite. Talks confirmed so far include: 'Material Girls - LGBTQ+ collecting practices and holding on to heritage. A talk by Mara Gold'. Visit the <u>Eventbrite page</u> for up-to-date information on the speakers.

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# The Triple Cripples...creators, educators, rule breakers, and the personification of empowerment

This year's University of Oxford Disability Lecturers are Jay Abdullahi and Kym Oliver, a team of two black disabled women determined to reclaim the word 'cripple' in their fight against three layers of discrimination. Jay is a 29 year old Nigerian Londoner with polio and scoliosis, and Kym is a 32 year old African and Caribbean Black woman who lives in London and has multiple sclerosis. Jay and Kym, The Triple Cripples, aim to increase the visibility and highlight the narratives of women, femmes and non-binary people of colour living with disabilities. Their lecture will take place from 6pm - 8pm at Magdalen College on Tuesday 4 June. <u>Register to attend.</u>

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# Destress with free 'Mindfulness in Movement' sessions

Mindfulness is an effective means of alleviating stress and promoting well-being. This exam period, Oxford University Sport and the Mindfulness Centre are introducing free mindfulness taster sessions for students. Enjoy an introduction on 'Mindfulness in Movement' at University Parks (by the Cricket Pavilion) on Thursday 30 May from 1-2pm or Tuesday 11 June from 5.30-6.30pm. The sessions will introduce mindfulness in theory, research and practice, and registration is not required.



### Pathways to Oxford - Felix Peterkin

Over the last few years, the University has been working steadily to make an Oxford education more attainable to students from all backgrounds. Students from state schools now represent 60% of our undergraduate student body, and there are now more black and BME students choosing Oxford than ever (18%). Felix Peterkin - a third year Engineering student from Balliol College, attended UNIQ 2016 and is a UNIQ Digital ambassador. In this short blog he tells us all about his experience.



What to do if you think your friend's drink has been spiked

## Welfare & Support

Drink spiking commonly occurs with alcohol, but it can also involve drugs. Symptoms may include aloss of consciousness, a loss of balance, visual problems, lowered inhibitions, confusion, nausea, or vomiting. Never leave your drink unattended and don't accept drinks from strangers. When holding a bottle, try to cover it with your thumb when you're not drinking. If you think your friend's drink has been spiked, it's important that you do not leave them alone. Attempt to get the attention of a member of staff at the venue and notify them of the issue. Ensure your friend gets home safely – which includes not leaving them in a taxi alone. If your friend's condition deteriorates, call 999. More information on drink spiking can be found on the <u>NHS</u> and <u>Drink</u> Aware website.

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### **Careers & Entrepreneurship**



# Oxford Foundry L.E.V8 women pre-accelerator programme

If you're an Oxford female student with an early-stage start-up, check out the Oxford Foundry's <u>L.E.V8 women pre-accelerator</u> <u>programme</u>, where you can skill up and develop your business ideas this summer. You'll also get direct guidance and advice from the incredible L.E.V8 Women Ambassadors, a strong and diverse network of business leaders from a range of backgrounds and industries. Interested in applying to the programme? Applications close Sunday 9 June.

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### Student Entrepreneurs' Programme (StEP)

This summer, Oxford Foundry, Oxford Sciences Innovation (OSI) and Oxford University Innovation (OUI) will run the StEP scheme to engage student entrepreneurs in creating new spinouts. StEP will provide 40 students with access to the OUI intellectual property vault, a month long intensive training programme, and a £1,500 stipend - with the goal of creating startups based on OUI ideas. The winning team will receive a £25,000 investment to get things going. Find out more online.

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### **OX and Startup Careers Fair**

The OX and Startup Careers Fair will be taking place on Wednesday 5 June from 4.30-6.30pm at the Mathematical Institute. Meet employers and local start-up companies from across Oxfordshire, all with vacancies for full-time jobs and internships. The fair is being run in partnership with the University Careers Service and Enterprising Oxford; and in collaboration with Oxford University Innovation, Oxford Foundry and the Oxford Artificial Intelligence Society. Visit the <u>Enterprising Oxford</u> website for further information.



# Sir James Dyson is looking for problem solvers

The James Dyson Award is an international design engineering competition which rewards students and recent graduates. The brief: design something that solves a problem. The best invention is selected by Sir James Dyson and awarded £30,000. Two runners up receive £5,000 each and £2,000 is given to the winning project from each participating country. Media exposure has also helped previous winners commercialise their concepts. Entries close Thursday 11 July.

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### **Research & Innovation**



# Research highlight - Social media has limited effects on teenage life satisfaction

A study of 12,000 British teenagers has shown that links between social media use and life satisfaction are bidirectional and small at best, but may differ depending on gender and how the data are analysed. Researchers from the Oxford Internet Institute (OII), part of the University of Oxford, used an eight-year survey of UK households (Understanding Society, part of the UK Household Longitudinal Study) to study how long teenagers spent using social media on a normal school day and their corresponding life satisfaction ratings.

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### **Stay Informed**

Stay informed with what's going on at Oxford by following our official <u>Instagram</u>, <u>Twitter</u> and <u>Facebook</u> page. You can also find out about news and events on the <u>Oxford Students website</u>.



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