

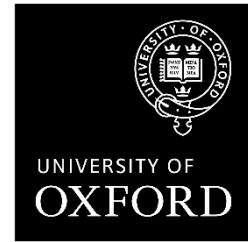
University Counselling Service

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Students of colour programme

Hilary 2024

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style.

Maya Angelou

Studying at Oxford can present us with various challenges, particularly as a student of colour, sometimes these difficulties are not understood or even recognised by others.

The following spaces have been developed with the experiences of students of colour in mind. The workshops and groups will be facilitated by experienced members of the University counselling service who also identify as people of colour.

Workshop 1- Transitioning to Oxford- a check-in

Wednesday 31st January, Week, 5.00pm -6.30pm

Settling into life at Oxford might not have been as easy as you expected, or maybe it went *exactly* as you thought. Regardless of where you are in your studies entering and re- entering life at Oxford can be uncomfortable and even distressing.

In this group space we invite you to bring your whole selves to take a look at your experiences of the things you have had to overcome during your transitions and difficulties you may still find yourself facing. We appreciate your difficulties may not be confined to your identity as a student, we welcome all of you.

Workshop 2- My identity at Oxford

Wednesday 6th February, 5.00-pm- 6.30pm

For many, University is a time to explore and develop our sense of self, unchallenged. Unfortunately, not all of us are afforded this simple privilege and can often feel that parts of us are not welcome.

Overtime this can lead us to act and believe as though parts of us are not good enough and create changes we wouldn't necessarily choose for ourselves. In this confidential space we look to give a voice to our experiences and remind ourselves of the great parts of us that make us- us.

Students of Colour Group- 4- Week closed group

Wednesday evenings, weeks 5-8 inclusive, 5.00pm-6.30pm

This 4-week group provides a unique place of refuge and safety for students to reflect on issues that may impact their academic and social experience at Oxford. Any issue may be explored in this confidential and supportive group setting, which may include academic pressure, imposter syndrome, racism, relationship problems, and so on. Attending this group will provide opportunities to learn from and develop with your peers. A commitment to attend all sessions is important for the integrity of the group.

All of our groups are intentionally kept small and we welcome all students, both Postgraduates and Undergraduates. For this term all workshops and groups will be held online.

To attend any of the above please express your interest to counselling@admin.ox.ac.uk along with any questions you may have prior to attending.