



Girton College
**Skills
Programme**

Undergraduate

Student Programme

Michaelmas Term 2026



GIRTON COLLEGE
UNIVERSITY OF CAMBRIDGE

Girton Skills

Undergraduate Programme Michaelmas Term 2026

In this mini-guide you will find details of all the Girton Skills Programme (GSP) events for this coming term. The academic and career strands include:

- Goal-setting breakfasts every Monday morning
- Special one-off AI workshop with Emma Latham-Jones, founder of Zenomics.org (a service supporting students through academic transitions)
- New Culture Shock and Working with Feedback sessions
- A variety of careers events including a LinkedIn session and an Introduction to the Careers Service

The welfare strand includes:

- Weekly sessions of yoga and swimming lessons, occasional gardening hours and carpentry workshops
- Monday evening workshops on sleep hygiene, goal setting and building motivation
- Life coaching (one-to-one sessions)

Personal Development Plan

You'll also find in this booklet information about the credits system and how you can access a grant that will support a project of your own. Previously students received £300 each towards a wide range of activities – some students travelled abroad or in the UK, some attended courses to improve skills, others bought specialist equipment for a hobby!

NOTE: There are 10 credits available for most academic and welfare events, but there are no credits for drop-in sessions, swimming lessons and some Careers Service events.

How to book

Booking opens for most events a week before they take place. Look out for links in the College Weekly Newsletter and reminder emails from skills@girton.cam.ac.uk.

Skills Team

Michaelmas Term 2026

Who are the Girton Skills Programme Team?

All general enquiries should be directed to skills@girton.cam.ac.uk

The key people in College who manage this programme are:



Dr Stuart Davis, Deputy Senior Tutor

DSTteaching@girton.cam.ac.uk



Mr Deji Olaniyi-Maxwell, Head of Welfare and Wellbeing

headofwelfare@girton.cam.ac.uk



Dr James Riley, Fellow for Postgraduate Affairs

postgraduateaffairs@girton.cam.ac.uk



Dr Matt Neal, College Lecturer and Tutor

mrjn2@cam.ac.uk



Mrs Victoria Argent, Head of Student Services

tutorial@cam.ac.uk



Mrs Anita Cullum, Student Programmes Administrator

skills@girton.cam.ac.uk

Academic

Skills for Freshers*

*Open to all students in essay-writing subjects

Essay Writing

hosted by Dr Matt Neal

Kickstart your university journey with confidence by joining our exclusive Academic Skills Programme, a six-week course designed especially for freshers* in subjects where essays are regularly written, whether Arts, Humanities, Social Sciences or STEM.

Led by Dr Matt Neal, these engaging sessions will help you master the essentials of essay writing; from shaping strong ideas and crafting introductions to building convincing arguments and wrapping up with powerful conclusions.

Each week offers practical tools, friendly support, and the chance to connect with your peers and student ambassadors (plus pizza in Week 1!). Make the most of this opportunity to sharpen your skills, ask questions, and set yourself up for success from day one.

Weekly on Mondays, 5.30-6.30pm, Old JCR

Week 1: Monday 12 October, Old JCR

Welcome! Pizza and meet and greet with your Student Ambassadors – and why do we write essays?

Week 2: Monday 19 October, Old JCR

Concept development: Reading the market and unpacking your question

Week 3: Monday 26 October, Old JCR

Setting up your stall: Writing a great introduction

Week 4: Monday 2 November, Old JCR

Growing your business: Sustaining an argument

Week 5: Monday 9 November, Old JCR

Handing over the goods: Wrapping up the sale with a deal-making conclusion

Week 6: Monday 16 November, Old JCR

Town Hall – Open-floor Q&A

Academic

Drop-in Michaelmas 2026

Goal-Setting Breakfast

with Dr Matt Neal and Dr Stuart Davis

Weekly, Mondays 12 October to 30 November, 8am-9.30am, Social Hub Meeting Room

Academic Skills Drop-in Hour

Dr Matt Neal

Weekly, Tuesdays 6 October to 1 December, 3-4pm, D29
(Except 13th October, rescheduled to Monday 12th October, 3-4pm, D29)

Academic Skills Drop-in Hour

Ms Jenny Blackhurst (College Librarian)

Tuesdays, 6, 13, 20 & 27 October, 17 & 24 November and 1 December,
3-4pm, D30

Fridays 6 and 13 November, 3-4pm, D30

Data and Programming Support Drop-in

Mr Sarim Gillani

Thursday 8 October to 3 December, 6-7pm, Social Hub Meeting Room

Dissertation Writing for Arts and Humanities

Dr Matt Neal

Thursday 29 October and 12 & 26 November, 3-4pm, Old JCR

*does not accrue credits

Library

Look out for library-related events, include regular “Roving librarian” and refresher sessions.

Academic

Undergraduate Academic Events

Thinking of Being a Postgraduate?

Dr Sophia Shellard

Tuesday 13 October, 6-7pm, Old JCR

Imposter Syndrome and How to Survive It

Dr James Riley

Thursday 15 October, 6-7pm, Old JCR

[Open to undergraduates & postgraduates]

Using LinkedIn and the Girton Careers Network

Dr Stuart Davis & Dr Emma Cornwall

Tuesday 20 October, 6-7pm, Old JCR

Your Mind on AI

Emma Latham-Jones

Tuesday 27 October, 6-7pm, Old JCR

[Open to undergraduates & postgraduates]

Consolidating Your Term's Work

Dr Matt Neal

Wednesday 18 November, 6-7pm, Old JCR

Critical Reading for STEM

Dr Fiona Cooke

Monday 30 November, 7-8pm, Chapel Box Room

Welfare

Events

Culture Shock with Dr Stuart Davis

Thursday 8 October, 6-7pm, Old JCR

Goal Setting & Habit Formation – Neuroscience with Bianca Armitage

Monday 12 October, 6-7pm, Old Kitchens

Sleep Hygiene (Mindfulness) with Elizabeth English

Monday 19 October, 6-7pm, Old Kitchens

Beat the Winter Blues – Neuroscience with Bianca Armitage

Monday 26 October, 6-7pm, Old Kitchens

Dealing With Loneliness (ACT) with Dr Wendy Lee

Monday 2 November, 6-7pm, Old Kitchens

Building Focus & Motivation Workshop (Mindfulness) with Elizabeth English

Monday 9 November, 6-7pm, Old Kitchens

Anxiety Management (ACT) with Dr Wendy Lee

Monday 16 November, 6-7pm, Old Kitchens

Work/Life Balance – Neuroscience with Bianca Armitage

Monday 23 November, 6-7pm, Old Kitchens

**Please keep up to date with events by
reading the College weekly newsletter and
GSP reminder emails as the Welfare
programme is subject to change**

Running throughout term

Yoga with Jesse Ng

Every Wednesday, 6-7pm,
14 October to 2 December, Old Kitchens

Swimming Lessons with CG Swim School

Wednesdays and Fridays,
7 October to 4 December,
10.30am-12.30pm

Gardening Hour

Tues 13 Oct, 2-4pm
(Dried flower wreaths)

Thurs 29 Oct, 2.30-3.30pm
(Botanical/nature drawing)

Tues 10 Nov, 2.30-3.30pm
(Nature activity)

Tues 24 Nov, 2-4pm
(Christmas wreath making)

Carpentry Wellbeing Sessions (1 hour) with Imogen Davies

Thurs 22 Oct (Bookends) & Wed 2 Dec
(Plant Stands),
5pm, 6pm & 7pm,
Girton Gate Summerhouse

Life Coaching with Jo Thompson (WiseBird Coaching)

TBA with Students [40 credits]

Career

Events

Careers Service: Careers... where do I start?

Ms Krista Cooper

Tuesday 6 October, 6-7pm, Old JCR

Using LinkedIn and the Girton Careers Network

Dr Stuart Davis & Dr Emma Cornwall

Tuesday 20 October, 6-7pm, Old JCR

Careers Service: CV Clinic – Bookable Appointments

Ms Krista Cooper

Monday 2 November, 5-7pm, Social Hub Meeting Room

Careers Service: Application Checks and General Questions

121 Bookable Appointments with Ms Krista Cooper

Thursday 19 November, 10am to 12, Social Hub Meeting Room

Careers Service Pop-Up

With the Faculty of Education (PGCE enquiries)

Tuesday 24 November, 11.30am-1.30pm,
(near Social Hub)



Girton College **Volunteer Scheme**

PROGRAMME

The Girton Student Volunteer Scheme supports students to find and pursue meaningful volunteering opportunities and celebrates the contribution they make to a wide range of causes. Those already engaged in volunteering, either within the College or externally, are also encouraged to register with the scheme.

Students on the scheme are invited to an annual reception hosted by the Mistress to celebrate their achievements. Those who volunteer for 10 hours or more over the course of the year receive a certificate recognising their dedication.

The scheme is co-ordinated by Fellows Dr Tom Hawker-Dawson and Dr Sophia Shellard, who are happy to discuss volunteering options and answer any questions you may have.



Scan the QR code to see further details on the scheme including the current opportunities on offer. If you have any questions, email: studentvolunteer@girton.cam.ac.uk

Personal Development

What is the Personal Development Credits Scheme?

Many of our events and talks carry a 'credit' that can be awarded if you do the following:

- Attend the event or talk
- Complete the short online feedback form within the 7-day window provided

Our Student Programmes Administrator will keep a record of how many credits you have been awarded, although you may want to keep your own record too. For this reason your feedback on the session will include your name, but no names will be attached to the feedback on the session which is provided to the Girton Skills Programme team.

Why collect credits?

If you earn enough credits to meet the advertised threshold, you will be eligible to apply for a Personal Development grant. The value of the grant is expected to be £300 per student. To access this grant you will need to submit a short statement about your intentions to use the financial support by a deadline in Easter Term. The grant can be used towards anything that you see as important to your personal development....

Suggestions include:

- travel (for academic or leisure purposes)
- supporting volunteer work or an internship
- purchasing equipment for a hobby such as photography, sport or music
- attending a course to learn a skill or a language...
- anything you see as helping you develop!

How many credits do I need to be able to apply for a grant?

During the academic year 2026-27 you will need to achieve 100 credits to be eligible for a Personal Development Grant.

How does the scheme work?

As noted above, we will keep a record of your credits earned through attendance and completion of the feedback forms. In Easter Term we will let you know if you have met the threshold to apply for a grant. Make sure you get your application statement to us by the deadline set! We will then let you know if your proposal has been accepted.

If you don't have enough credits to reach the threshold you can carry some forward to the next academic year.

Any questions? Email: skills@girton.cam.ac.uk