

Checklist for Returning Students

Health

- Are you registered with a local doctor?
- Do you need a post-fieldwork check-up?
- Are you registered with a local dentist?
- If it's more than 9 months since your last check-up, have you booked one?
- If you need health insurance for the UK, is it up to date and is the cover sufficient?
- Have you made contact with the counselling service if you feel you have fieldwork experiences to process or are concerned about reintegrating into Oxford life?
- Have you looked at the Division's online Vicarious Trauma resources (coming HT 19)?

Logistics around the University

- Do you have a university card?
- Do you have any keys or fobs you need for access?
- If you've changed your university card, have you registered the new number with each place you need access to or borrowing rights?
- Do you have any logins that you need?

Academic and Pastoral Support

- Have you told your supervisor(s) you are back from the field?
- Have you arranged your next supervision meeting?
- Are you clear about the next step with your work (content and time line)?
- Have you shared with your supervisor(s) how you are feeling about being back from the field and the work you are facing?
- Have you told your college advisor you are back?
- Have you arranged to meet your college advisor?
- Have you shared with your college advisor how you are feeling about being back from the field and any specific challenges you are facing?
- Have you checked the dates for the next Social Sciences Division [Return from Fieldwork Retreat](#) and decided whether to attend?
- Have you checked the Division's [Vicarious Trauma workshops](#) and decided whether to register?

Social, and peer support

- Have you (re)established patterns and means of being in touch with family?
- Have you made contact with your Oxford based friends and contacts?
- If you play any sports, music or have other extra-curricular interests, have you checked when the relevant societies and groups meet, and made a plan for easing into this side of Oxford life?
- Do you know that you can meet fellow researchers over free tea/coffee and biscuits, Wednesdays from 3-4:30 at the Manor Road Common Room (term-time only) or Wednesdays from 3-4:30 at Kellogg College's The Hub (runs through vacations too)?

Project Managing your DPhil

- Do you know the deadlines you are working to: confirmation, final submission, any funding deadlines?
- Do you know the exceptional grounds on which you can ask for an extension and deferral?
- Have you drafted yourself a weekly work schedule (be kind to yourselves and realistic about what's achievable at this stage), which allocates time for non-academic activities?