The Institute offers a variety of resources for advising and personal support. By intention, they are not centralized in one place. Students are free to choose the resource that appears to be most helpful, and support is available in many forms, including walk-in conversations as well as scheduled appointments, and with goals ranging from information dissemination to skilled psychotherapy.

All students have an academic advisor. The Office of Undergraduate Advising and Academic Programming (http://mit.edu/uaap) assigns advisors to freshmen. Academic departments assign faculty advisors to students who have declared a major. In addition, there are faculty undergraduate and graduate officers in each academic department, as well as academic administrators who consult with students about their academic programs.

Student Support Services (http://web.mit.edu/uaap/s3) (S3) in the Office of Undergraduate Advising and Academic Programming, offers support and advice to all students, whether the situation is academic, personal, or both. In addition to providing support, S3 deans assist students who cannot meet academic obligations for personal or medical reasons, facilitate the processing of OX grades, process withdrawals and readmissions to the Institute, and advocate on behalf of students. S3 also works closely with other offices in supporting the diverse student population.

At MIT Medical (https://medical.mit.edu), the Mental Health and Counseling Service (https://medical.mit.edu/services/mental-health-counseling) provides individual and group counseling for a broad array of problems and concerns. The staff are most helpful with such issues as test anxiety, lonesomeness, problems with making and keeping friends and relationships, drinking and using substances, and worry. In addition, Community Wellness (https://medical.mit.edu/services/community-wellness) at MIT Medical runs seminars ranging from stress management and smoking cessation to weight control and nutrition education. For more information, call 617-253-2916.

Several campus offices specialize in particular areas, such as Student Financial Services (http://mit.edu/sfs) (including student employment), Religious Life (http://studentlife.mit.edu/rl/mit-chaplains), MIT Global Education and Career Development (http://gecd.mit.edu) (which also offers prehealth advising), and the Office of Undergraduate Advising and Academic Programming (http://mit.edu/uaap). The MIT Police (https://police.mit.edu) can also be helpful to students in many ways.