The Institute offers a variety of resources for advising and personal support. 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 and Wellbeing (http://web.mit.edu/uaap/s3), in the Division of Student Life, offers support and advice to all students through the offices of Student Support Services, Student Disability Services, Violence Prevention and Response, Alcohol and Other Drug Services, and the CARE Team. In particular, Student Support Services assists undergraduates who cannot meet academic obligations for personal or medical reasons, facilitates the processing of OX grades, processes leaves and returns to the Institute, and advocates on behalf of students. Student Disability Services ensures that all students with disabilities have access to MIT’s programs, activities, and services. Student Support and Wellbeing also works closely with other offices at MIT 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.