Struggling in grad school? Find ways forward.

Grad school is hard. Conflicts happen in lab, school, and life. Here are ways to get support no matter what's going on. If you have a more specific problem or question, check out **resources.mit.edu** for more options.

What do you want to **do**?

Just talk

Have you talked to your **friends or family**? Everyone struggles in grad school, and just having someone who cares listen can help immensely.

No, that didn't do the trick..

Students and postdocs in your lab or cohort may have useful advice or solidarity for your situation.

The **Ombuds Office** is a confidential, independent, impartial and informal resource. They can help you constructively address concerns or conflicts, identify MIT resources, and explore options for resolution, including relevant reporting. Meeting with an Ombudsperson does not result in notice to MIT or any formal reporting outcome.

Solve my problem

want to talk to a peer?

Yes

No

Your departmental REFS are a confidential peer resource to help you work through your issue, identify what matters to you the most, and brainstorm ways to move forward.

If your department doesn't have a REFS group or that feels too close to home, you can reach out to the **Institute REFS** (iREFS). iREFS provide the same services as departmental REFS but are not necessarily students in your department.

Many MIT resources are available for you to talk to. Mental Health & Counseling, VPR, Ombuds, Chaplains, and your dorm's Heads of House are some options.

Report a situation

what's going on, these MIT resources can help you figure out how to move forward.

Depending on

don't think that's going to work...

Your Department Head and Graduate Program Chair can be strong allies in a difficult situation. Also, your thesis committee chair may be an advocate and serve as a backup to your advisor.

Do you feel comfortable going to your advisor?

No No Yes

REFs the Ombuds Office, and the OGE can help prepare you for a difficult conversation with your advisor. Just because you're a student doesn't mean you don't have power. The Office of Graduate Education (OGE) is a centralized resource that provides support and referrals for a variety of graduate student issues, especially those related to academics.

The **Title IX Bias and Response Office** is a central location to report incidents of bias, discrimination, or harassment that involves students. You can anonymously report incidents on their website.

Violence Prevention & Response (VPR) provides confidential support for sexual harassment, assault, stalking, and other interpersonal issues. They are available 24/7 at 617-253-2300.

MIT Mental Health & Counseling offers both group and individual sessions, and takes walk-ins and appointments. A fifth of grad students use their services!

If you live on campus, your dorm's **Heads** of **House** faculty can provide support and quidance.

The MIT Chaplains and Office of Religious Life can provide confidential counseling and crisis support. You can explore issues of identity, meaning and wellness and find opportunities for worship, meditation, prayer, and study.

If none of those seem right, **REFS** or the **Ombuds Office** are good places to start.