

HOW CAN I SUPPORT MY UNDERGRADUATE STUDENTS?

In your role as a teaching fellow, undergraduates may look to you for academic and personal support beyond what you can provide in the classroom. While you may want to help the students directly, it's important to know how and when to refer students to one of the many campus resources that can provide students with more, or more specialized, support than you can be expected to offer.

► Where can I refer students for additional academic support?



For general academic support, such as tutoring or workshops on time management and study skills, the [Academic Resource Center](#) (ARC) is almost always the place to start. The ARC services include academic coaching, workshops, accountability and study groups, and peer tutoring.

For more targeted support, the [Writing Center](#) offers one-on-one consultations to undergraduates working on any writing assignment for any course. Several departments also have dedicated graduate [Writing Fellows](#).

Additional course- or discipline-specific resources are available through the [Language Resource Center](#) (LRC), the [Math Question Center](#) (MQC), and the [Economics Question Center](#) (EQC).

If any of your students are struggling at the midterm, be sure to let your course head know. They will be in touch with students' residential Deans, who work with undergraduates in their Yard or House to provide academic assistance and personal support.

► Where should I direct students who want to pursue research or internships in my field?

If you know of any opportunities in your department, that's great! The [Office of Undergraduate Research and Fellowships](#) (URAF) serves as the primary source of information about undergraduate research and prestigious scholarships at Harvard and beyond. Also, the [Student Employment Office](#) (SEO) lists research assistantships as well as term- and vacation-time jobs.

For students interested in pursuing study or research opportunities abroad, you can direct them to the [Office of International Education](#) (OIE). OIE works with students to research and plan for their time abroad, provide support during their international experience, and ensure that their re-entry process goes smoothly.

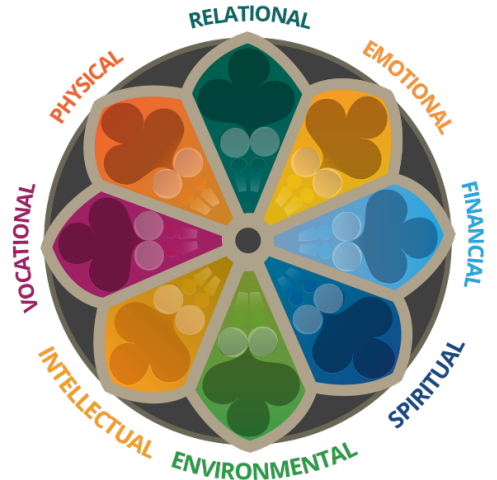
Additional career and internship information can be found through the [Office of Career Services](#) (OCS), which offers résumé and interviewing workshops and holds networking events throughout the year.



► What residential life resources are available for students?

Residential life for undergraduates is based around the [Housing System](#), which is a nuanced and complicated network. It can be helpful to ask your students which House they live in, so you can more easily connect with their [Resident Dean of Freshmen](#) or [Allston-Burr Resident Dean](#), if necessary. Residential Deans handle things like taking a class pass/fail, student-professor communication, and [Administrative Board](#) (Ad-Board) issues.

The [Harvard Chaplains](#) are a professional community of more than thirty chaplains, representing many of the world's religious, spiritual, and ethical traditions, who share a collective commitment to serving the spiritual needs of the students, faculty, and staff of Harvard University.



► Where can students go if they need help beyond their coursework?

Students need assistance beyond getting their coursework on track. [The Center for Wellness](#) offers a wide range of workshops, services, and classes on nutrition, sleep, stress relief, mindfulness, among many other topics. These services are available to all Harvard community members, which means you can also take advantage of them.

[Counseling and Mental Health Services](#) (CAMHS) offers support through workshops, one-on-one sessions, peer counseling, and group discussions for all students at Harvard who are experiencing some measure of distress.

If you have more pressing concerns about a student's health or safety, you may elect to escort them to [Urgent Care](#) at [Harvard University Health Services](#) (HUHS). If you feel a student may do harm to themselves or others, call 911 or the [Harvard University Police Department](#) (HUPD) at [617-495-1212](tel:617-495-1212). For your own general safety on campus, it's a good idea to program the HUPD number into your phone.

Additional Resources

- The [Women's Center](#), [Office of BGLTQ Student Life](#), and [Harvard College Office of Diversity Education & Support](#) seek to foster a safe, welcoming, and inclusive environment for all by offering resources to educate and engage the Harvard community about women's and gender issues, the multiplicity of sexual and gender identities, social justice, and diversity.
- For a more complete list of the types of support for undergraduates, check out the [Harvard College Advising Network](#).
- To learn what services are available to students with documented physical, psychological, and learning disabilities and other health issues, visit the [Accessible Education Office](#).
- Depending on your field and the interests of your students, you may want to encourage students to seek opportunities for community service and engaged scholarship at the [Phillips Brooks House Association](#).

