International Orientation 2020

MIT 101
ARGH!
I actually have to take classes?!
Overview of first-year requirements

**Fall**
- 48 units
- +9 units of discovery
- All P/NR
- A/B/C = P
- D/F = NR

**IAP**
- 12 units
- 4 weeks in January
- Activities, jobs, sleep, classes, ASEs etc.

**Spring**
- 60 units
- +9 units of discovery
- All A/B/C/NR
- D/F = NR
Overview of academic requirements

Towards graduation

- GIRs
- Two CI-H/CI-HWs
- 8 PE Credits + Swim Test
- 8 HASS Classes + HASS Concentration
- Major Requirements
- 2 REST classes

1-2 Major(s)
1-2 Minor(s)
Pirate’s license
Special Academic Opportunities

Additional P/NR
Up to 48 units of GIR/Departmental Reqs

Discovery Subjects
Explore academic, UROP and other interests
These are the things I WISH that I did

Making Virtual School Work!
A FEW HELPFUL TIPS: PERSONAL

1. Designate an area for school work

2. Create a schedule: synchronous vs asynchronous

3. Take frequent breaks (outside)
A FEW HELPFUL TIPS: CLASSES

4. Go! Go! GO! to **Office Hours** and **Recitations**

5. Find a **PSET group** :) + **Group Chats**!

6. **Communicate**: with professors, TAs, S^3
A Final tip: SLEEP!

7

Chase your dreams...so go to bed! 😴
Any Questions/Thoughts?
I know that the perfect UROP is somewhere out there...
WHY?

- Apply classroom learning to real-world, hands-on projects
- Sharpen your critical thinking, creativity, and problem solving skills
- Explore and get the chance to make a positive impact in a field you’re interested in
- Present your work and potentially publish a paper in the field
- Prepare for graduate school/medical school
**What are my options?**

- **Pay**
  - Faculty/Department Funding
  - UROP Direct Funding (funds from UROP Office)
    *Check the restrictions in place for remote work

- **Credit**
  - Counts towards your major unit requirements
  - Options vary according to your faculty supervisor's academic department and its credit policies

- **Volunteer**
  - Generally requires less time commitment
  - Can be a good option to explore a lab before joining as a full-time UROP student

You may not receive both pay and credit for the same UROP project.
WHEN?

- It’s your call! You can start as early as freshman fall.
- Freshman year is great for beginner-friendly projects and UROPs in a field totally unrelated to your major of interest.
- Waiting to take a few intermediate or advanced courses before pursuing a research project means a better understanding of the field and your own interests.
- Summer UROP can be up to 40 hours a week.
How to look for an urop?

- Check for new openings on the UROP website urop.mit.edu or urop.guide.

- Explore the department website, identify faculty and research groups that interest you.

- Network with fellow upperclassmen, associate advisors, TAs, tutors and learn about the research they are doing and their experience (bonus points: get a reference)

- Talk to instructors, some UROPs are never advertised!
**Good practices make good research**

- Stay in touch and keep your mentor in the loop.

- Set realistic expectations! The quality of the UROP is measured in the skills you learn, not the number of publications.

- Learn to fail and troubleshoot (a lot).

- Stay curious. Don’t be afraid to ask questions and explore new directions for your project.

- Try to understand the goals of your UROP project, and how it fits into the greater research field.
Our UROP Journeys

- Started summer after freshman year
- 3 different UROPs

- Central in my decision on a research career as a PhD in Chem Bio
- Prepared me for an internship in the pharma industry
- Networking with brilliant scientists
- Chemistry/Biology lab is so much fun!

- Started summer after freshman year
- Same lab for ~ 2 years

- Central in my decision to pursue research in Immunology
- Gave me the opportunity to become more familiar with the field and the work done by other lab members.
- Different sub-projects (from protein engineering to computational modeling)
Any Questions/Thoughts?
So many opportunities and so little time...

Experiential Learning Opportunities

Hello, ELO!

Experiential Learning
Public Service opportunities

- IDEAS social innovation challenge
- IAP and Spring Break programs
- Social impact internships
- Fellowships - receive support to work with community-focused organizations

- D-Lab classes - applying principles of engineering and design to address issues of global poverty
- Fieldwork and site visits
- D-Lab UROP
Even more Opportunities

- Clubs and Teams
  - Driverless Team
  - MIT Rocket Team
  - Engineers Without Borders (EWB)
- K-12 outreach programs

Start-ups

MIT delta v

Hackatons

MIT Hacking Medicine

MIT Hacking Arts

MakeMIT
IS MIT JUST ACADEMICS & UROPS?

NAH! WE ALSO HAVE A LOT OF FUN!

SOCIAL LIFE AT MIT
Various ways to engage WITH THE MIT COMMUNITY

500+

groups and associations

- Religious Groups
- Student Government
- Cultural Groups/ISA
- FSILGs
- Interest Groups
Good practices WHEN SOCIALIZING

- Don’t spread yourself too thin
- Know when to say “NO”
- Don’t take it too serious
- Explore
RELIGIOUS GROUPS

- MIT Hillel
- Tech Catholic Community
- MIT Cru
- MIT Muslim Students’ Association
- MIT Hindu Student Council
INTEREST GROUPS

- MIT Anime Club
- MIT Mocha Moves
- Science Fiction Society
- Machine Intelligence Community
- MIT effective altruism
Any Questions/Thoughts?
STUDENT GOVERNMENT

Guests: Danielle & Yu Jing

UA
Any Questions/Thoughts?
ISA/Cultural Groups

Guest: Carolina
ISA
Any Questions/Thoughts?
FSILGs

Guest: Aron
Greek Life representative
Any Questions/Thoughts?
These are the things I wish that I did.

Dealing with stress
RESOURCES

- S^3
- MIT Mental Health
- Lean on Me
- Active Minds
- MindHandHeart events
- Puppy lab (when you’re on campus)

In your dorm/living community:

- GRAs
- Area Directors
- Peer Mentors
Personal Perspective on (dealing with) stress

- Reach out to friends – especially upperclassmen, who have already gone through all this
- Go to Office Hours and ask for advice or study tips!
- Take some time off – an afternoon, a day or a weekend! It’s good to stop for a while and put things in perspective
- Take fun time as seriously as work time ;)
- S^3 has been an amazing, supportive resource much beyond helping with academics!