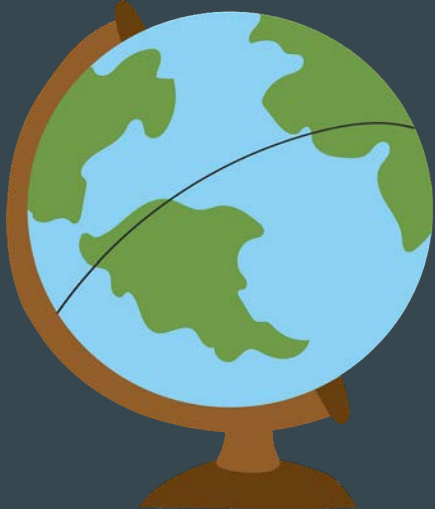


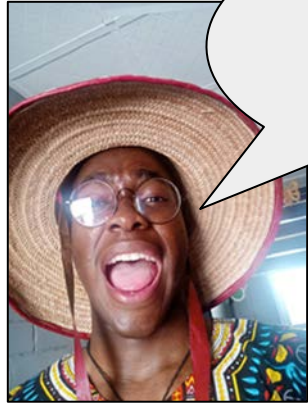


International Orientation 2020

...

MIT 101





ARGH!
I ACTUALLY HAVE TO
TAKE CLASSES?!



ACADEMIC LIFE AT MIT

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

1-2 Major(s)

1-2 Minor(s)



Pirate's license

Towards graduation

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



MIT program
in art, culture and
technology

School of Architecture + Planning



MIT Architecture



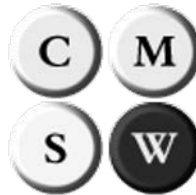
MIT
Global Languages

MIT
POLITICAL SCIENCE

DEPARTMENT OF URBAN STUDIES
AND PLANNING

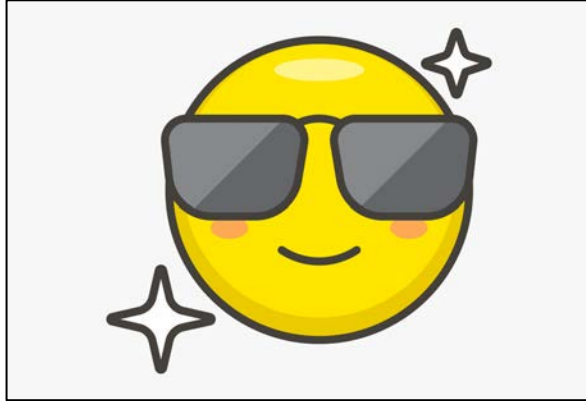


MIT ANTHROPOLOGY



Comparative Media Studies | Writing

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



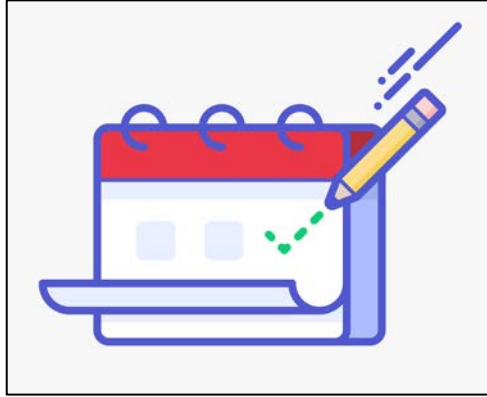
MAKING VIRTUAL SCHOOL WORK!

A FEW HELPFUL TIPS: PERSONAL



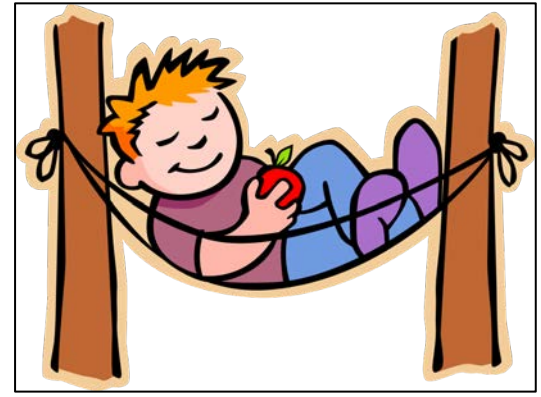
1

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

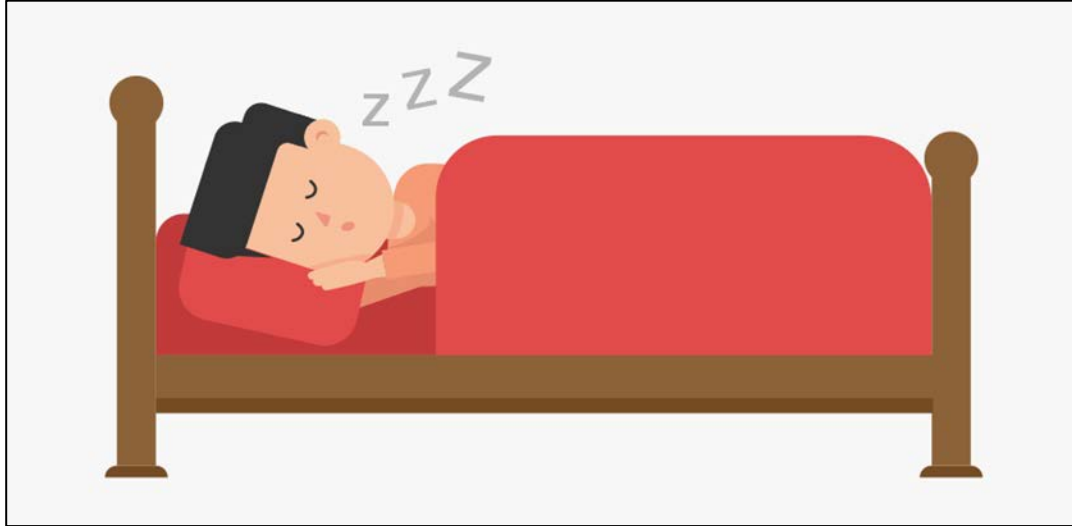
Find a **PSET group** :)
+
Group Chats!



6

Communicate: with
professors, TAs, SAs

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...



RESEARCH AS AN UNDERGRAD

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?



UNDERGRADUATE
RESEARCH
OPPORTUNITIES PROGRAM

- **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

firehose

Fall 2020


<https://firehose.guide>



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!

urop.guide ☾



Fall

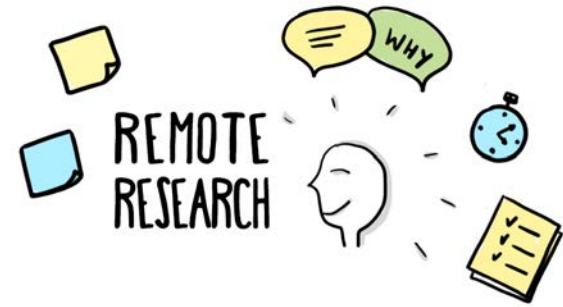
IAP

Spring

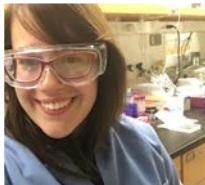
Summer

GOOD PRACTICES MAKE GOOD RESEARCH

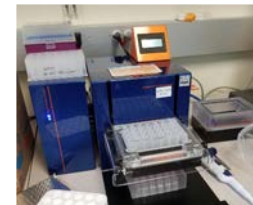
- Stay in touch and keep your mentor in the loop.
- Set realistic expectations! The quality of the UROP is measured in the skills you learn, not the number of publications.
- Learn to fail and troubleshoot (a lot).
- Stay curious. Don't be afraid to ask questions and explore new directions for your project.
- 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)



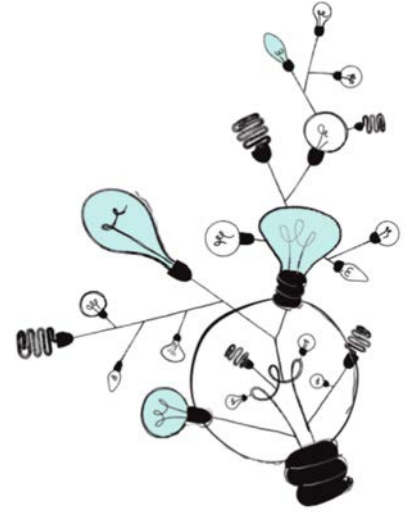
ANY QUESTIONS/THOUGHTS?



SO MANY
OPPORTUNITIES AND SO
LITTLE TIME...

Hello, **ELO!**

(Experiential Learning Opportunities)



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



Build It, Learn It, Share It

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

START-UPS



HACKATONS





IS MIT JUST
ACADEMICS & UOPS?



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



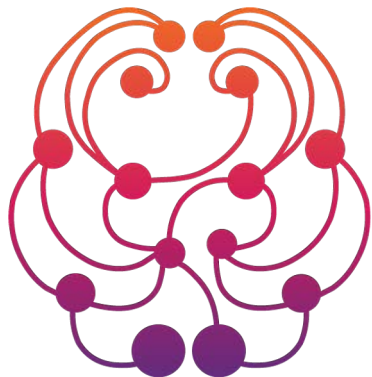
RELIGIOUS GROUPS

- 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



 Effective Altruism



International Orientation 2020





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



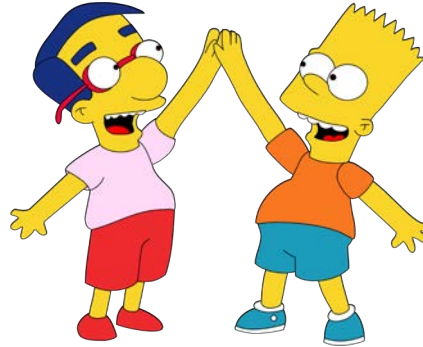
DEALING WITH STRESS

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



changing the conversation about mental health



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!

