

# Student Support @ MIT

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## Numbers of Interest:

### Overall numbers

- In 2013, 2048 MIT students responded to a survey from the American College Health Association. 47% of respondents stated that they had feelings of hopelessness in the past 12 months.
- According to the MIT 2013 Student Quality of Life Survey, 54% of students (N=4665) felt overwhelmed by what they had to do often/very often.

### MIT Mental Health & Counseling

- Has over 11,000 visits per year
- Approximately 15% of enrolled students will visit MIT Mental Health & Counseling in an academic year

### Office of the Dean for Graduate Education (ODGE)

- Has approximately 1000 visits per year
- Processes over 800 petitions in a calendar year. From Summer 2013-Spring 2014, the following petitions were processed:
  - 59 Medical Leaves>Returns
  - 129 Non-resident status
  - 694 Graduate Student Petitions
  - 9 Childbirth Accommodations

### Student Support Services (S<sup>3</sup>)

- Has approximately 5500-6000 visits per year
- 50-60% of undergraduate students visit S<sup>3</sup> before they graduate

## When to consult with someone and/or refer the student:

### The student is exhibiting:

- Frequent absences from class or work, especially when this is a change.
- Marked decline in academic work or work performance.
- Repeated need for accommodations (extensions, OXs, etc.)
- Marked changes in concentration, motivation, and investment in academic work.
- Papers or essays with themes of depression, hopelessness, helplessness, anger, social isolation, and/or despair.
- Marked changes in personal hygiene, noticeable weight gain or loss, and/or reported changes in sleeping or eating habits.
- Depressed demeanor, isolation, or withdrawal.
- Apathy, lack of energy, noticeable changes in social behavior, and/or work habits.
- Noticeable anxiety or panic.
- Marked changes in personality traits and/or interpersonal style.
- Anger, irritability, and increased interpersonal difficulties.

OR your intuition tells you that you should.

## People to Know:

- **MIT Mental Health & Counseling**  
617.253.2916  
617.253.4481 (After Hours)  
Walk-in M-F 2pm-4pm  
E23 – 3<sup>rd</sup> floor
- **Office of the Dean for Graduate Education (ODGE) (Grad Students)**
  - Blanche Staton  
617.253.4869  
3-138
  - Jason McKnight  
617.253.5427  
9-367
- **Student Support Services (Undergrad Students)**  
617.253.4861  
Walk-in M-F 9am-10am  
5-104
- **Violence Prevention & Response (VPR)**  
E23-205
  - Consultation -  
617.253.4420
  - 24-Hour Hotline -  
617.253.2300

### After Hours Emergency Support

- **MIT Police/Dean On-Call**  
617.253.1212