

# BIOGRAD RESOURCES

**A list of resources for grad students by grad students**

## Biopals

BioPals is a student-led group created to increase connectedness among biology graduate students and facilitate mentorship by matching incoming first-years with more senior graduate students ("Pals"). Pals are available to discuss their experiences in graduate school, the logistics of the program, living /working at MIT, and shared hobbies and interests.

## BioREFs

BioREFS are a group of trained graduate students seeking to provide an accessible and confidential resource to support fellow graduate students as well as coach, listen, and informally mediate in times of stress. BioREFS are also highly knowledgeable about the many resources on campus and can help you find other sources of support.

## Graduate Student Union (GSU)

We are a democratic organization of grad-workers across all MIT departments and graduate programs, using our collective power to fight for the interests of all grad-workers at MIT. We are affiliated with the United Electrical, Radio, & Machine Workers of America, who offer us support and solidarity in our drive to establish and earn legal recognition of a democratic union of grad-workers at MIT.



[mitgsu.org](http://mitgsu.org)

## MIT Medical

**Student Mental Health and Counseling services:** 24 hour hotline, evaluations and consultations, medications, help finding a therapist off campus for regular visits 617-253-2916. MIT now covers 52 free mental health visits a year!

MIT offers a regular health plan, extended health plan, and dental health plan. Appointments can be easily made through the online portal.



[medical.mit.edu](http://medical.mit.edu)

# DIVERSITY, EQUITY, AND INCLUSION AT MIT

## **Hallie Dowling-Huppert: Bio Dpt. DEI Officer**

Hallie Dowling-Huppert works with students, postdocs, staff, and faculty to identify and implement programs that support equity and inclusion.

## **Bio LGBTQ+**

Bio LGBTQ+ aims to create a space and community for LGBTQ+ identifying individuals and allies within the Biology department. We have hosted queer social and craft nights, and hope to serve as resources and advocates within the department for LGBTQ+ issues. We'd love to talk with you: reach out to the organizers for more info!



[lbgtq.mit.edu](http://lbgtq.mit.edu)

## **Black Graduate Student Association (BGSa)**

Bio LGBTQ+ aims to create a space and community for LGBTQ+ identifying individuals and allies within the Biology department. We have hosted queer social and craft nights, and hope to serve as resources and advocates within the department for LGBTQ+ issues. We'd love to have you come chat with us, or reach out to the organizers for more info!



[bgsa.mit.edu](http://bgsa.mit.edu)

## **The Graduate Student Council Diversity, Equity, and Inclusion Committee (GSC DEI)**

GSC DEI is an organization of graduate student leaders from across MIT who work to: 1) Collectively amplify the voices of, and advocate for, underrepresented groups in higher education so that every graduate student has the opportunity to thrive at MIT; 2) Promote awareness, engagement, and community building around diverse experiences; 3) Keep the GSC, MIT departments, and administration accountable to improving the recruitment, retention and degree completion of underrepresented groups via institutional level change. Please stop by to learn about the work we do to change MIT's policies, mobilize student collectives, and build a more connected and inclusive community of graduate students!



# DIVERSITY, EQUITY, AND INCLUSION AT MIT

## Graduate womxn in Biology (gwiBio)

An inclusive group for women-identifying, transgender, and non-binary individuals in the Biology department that focuses on intra-department mentorship, outreach, and professional development. We'd love to speak with you more!

## International Students Office/International Biograd (ISO)

The ISO provides programs and services for all international students. They assist students in maintaining their legal status in the United States, provide support for their dependents, and promote interaction with the MIT community at large. Megumi Wang is the ISO Advisor for MIT Biograd students.

## LatinX Graduate Student Association (LGSA)

LGSA is an organization that aims to foster community among the latinx graduate students of MIT. The LGSA aims to facilitate a community-centered body that will support latinx students in their degree attainment endeavors. The LGSA seeks to empower its members through the creation of a strong network of graduate students, faculty, administrators and alumni that will aid in the retention, graduation and professional support of the MIT latinx student.



[iso.mit.edu](http://iso.mit.edu)



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