Struggling in grad school? Find ways forward.

Grad school is hard. Conflicts happen in lab, school, and life. Here are ways to get support no matter what’s going on. If you have a more specific problem or question, check out resources.mit.edu for more options.

What do you want to do?

- Just talk
- Solve my problem

Report a situation

- Depending on what’s going on, these MIT resources can help you figure out how to move forward.
- I don’t think that’s going to work…

Do you feel comfortable going to your advisor?

- Yes
- No

Do you want to talk to a peer?

- Yes
- No

Your Department Head and Graduate Program Chair can be strong allies in a difficult situation. Also, your thesis committee chair may be an advocate and serve as a back-up to your advisor.

Have you talked to your friends or family? Everyone struggles in grad school, and just having someone who cares listen can help immensely.

No, that didn’t do the trick…

- Students and postdocs in your lab or cohort may have useful advice or solidarity for your situation.
- Many MIT resources are available for you to talk to. Mental Health & Counseling, VPR, Ombuds, Chaplains, and your dorm’s Heads of House are some options.

REFs the Ombuds Office, and the OGE can help prepare you for a difficult conversation with your advisor. Just because you’re a student doesn’t mean you don’t have power.