

STRESS-REDUCING POLICIES AT HARVARD

OUR RECOMMENDATIONS

These three recommendations aim to lower stress and mitigate its harmful effects across the levels of the student body, the faculty, and the administration. All of these recommendations directly impact student life on campus in the hope of improving student stress levels through interventions, social support, and social integration.



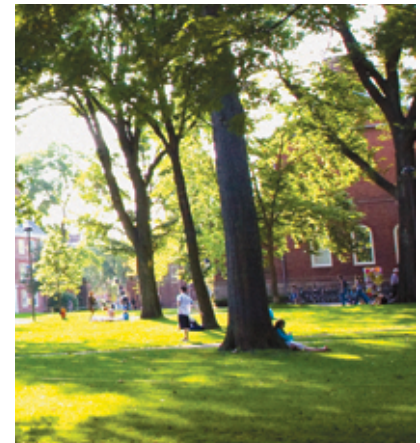
ADMINISTRATION

- House Tutors and First-year Proctors **monitor** their students' presence in **social spaces on campus** (Annenberg, dining halls)
- Introduce stress interventions such as **mindfulness** to students who seem to be struggling and continue to **monitor their socialization** within the House



FACULTY

- After declaring their concentrations, sophomores will be paired with a **faculty mentor** in their department
- Faculty mentors serve as **social support** for students entering their respective fields
- Faculty mentors provide academic support **tailored to the interests of their mentees**



STUDENTS

- Students complete **workplace preference survey**
- Given **personalized recommendations** based on survey results
- Students can cross-reference with alumni experience (**Q-Guide for internships & careers**)