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Academic Resource Center

The [Academic Resource Center](#) (ARC) has a variety of professional or peer-led resources. You can request a [one-on-one academic coaching](#), a FREE [peer tutor](#), join their [workshops](#) related to time management, motivation and productivity, or attend one of their [accountability groups](#). They also have [academic coaches](#) who can give you personalized suggestions on how to improve your productivity skills.

Center for Wellness

The Center for Wellness offers a range of workshops, services, and classes available to all Harvard community members. You can schedule a massage or acupuncture appointment or try one of their free exercise, meditation, or yoga classes. For more information, [visit their home page](#)

Counseling and Mental Health Services

Learn about counseling, workshops, groups, and more provided by the Counseling and Mental Health Services Team by visiting [their home page](#)

Harvard First Generation Program (HFGP)

The [Harvard First Generation Program](#) is a program that is run by student coordinators, who support prospective and current first-gen students by answering emails, hosting panels, contributing to the Admissions and Financial Aid Office's social media platforms, and sharing information via newsletters like this one. You'll receive newsletters a few times each semester filled with resources, job opportunities, study and wellness tips, and updates on our first-gen team. If you want to learn more, please send an email to firstgen@fas.harvard.edu.

Harvard Law School's Language Access Program

The [Harvard Immigration and Refugee Clinical Program \(HIRC\)](#) is currently seeking members of the Harvard community to join their Language Access Program (LAP), which connects volunteer interpreters with clinics at Harvard Law School, including HIRC. The Program has an immediate need for people with advanced proficiency in Haitian Creole, Pashto, Portuguese, and Russian. If you speak a language other than English and would like to get involved with LAP, [sign up here](#).

Library Research Tools and Tips

Please [check out Hollis](#) and [this short article](#), which has great tools and tips including how to borrow books via [Course Reserves](#) and [book an appointment with a librarian](#)

Office of Career Services

The [Office of Career Services](#) (OCS) has a lot of resources, from [resume workshops and reviews](#), to job and internship resources and [workshops](#), [funding for internships](#), J-term opportunities, and even advising for graduate school.

Student Events Fund

The Student Events Fund (SEF) has just opened for the academic year! Funded by scholarship dollars, SEF allows eligible students to participate in events that might pose a financial barrier, for no cost at all. SEF-eligible students are able to order tickets for events [here](#)

Student Employment Office (SEO) Jobs Database

Don't forget to regularly check the [Student Employment Office's jobs database](#) for any jobs that might interest you! (A quick tip: if you go to "My Account" --> "Emails and Notifications" --> "Top Job Picks," you can sign up for a weekly email with an updated list of new jobs uploaded to the database).