Essential Resources I

Graduate School 102
September 1\textsuperscript{st}, 2015
Office of Dean of Graduate Education (ODGE)
International Students Office (ISO)
MIT Health Plan
Graduate Dental Plan
MIT Graduate Student Dental Plan
MIT Delta Dental
PPO Value Plan
ENROLLMENT

Sep 1st (Tuesday) through 5pm EST on Sep 15th (Tuesday)

COVERAGE YEAR

## COST (Annual Premium)

<table>
<thead>
<tr>
<th></th>
<th>INDIVIDUAL</th>
<th>FAMILY</th>
</tr>
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<tbody>
<tr>
<td>Premium</td>
<td>$254.64</td>
<td>$643.92</td>
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**Your student account will be billed for full cost of annual premium.**
Some key points about the plan...

• **Enrollment** is administered by Crosby Benefits on behalf of ODGE.

• Annual premium will be **billed directly** to your student account.

• **Coverage** and all other insurance related questions, are handled by Delta Dental directly.
Enrollment Instructions 2015-16

• All registered Grad Students will receive an email from ODGE today (9/1/15) with enrollment information including:

  ✓ PDF Summary of Coverage Benefits

  ✓ Link to enrollment site (Crosby Benefits)

  ✓ Contact information for Crosby Benefits and Delta Dental
Once enrolled...

• **NEW SUBSCRIBERS** - A Delta Dental ID card will be mailed to the address entered on **application** by 9/30/15.

• **RENEWING SUBSCRIBERS** – Please continue to use the card you have, your ID # will remain the same.
Additional Information can be found on our website
http://odge.mit.edu/finances/dental/. 
Thank You!

Best of luck this academic year!
MIT Housing Office & Off Campus Resources
Essential Resources II

Graduate School 102
September 1\textsuperscript{st}, 2015
Graduate Administrators
MIT Commuter Options
MBTA Pass Program

• 50% Subsidy
• Available to Registered Students
• Payment by Student Account Deduction
• Apply on-line at Atlas.mit.edu
MIT Campus Shuttles

- MIT ID Required
- Tech Shuttle
- EZRide Shuttle to NW campus
- Boston Daytime Shuttle
- SafeRide Shuttles
  - Cambridge East
  - Cambridge West
  - Boston East
  - Boston West
- NextBus GPS tracking
  www.nextbus.com
- MIT Mobile Web
  m.mit.edu
More Shuttles

- Airport
- Charters
- Lincoln Labs
- Wellesley College Tickets
- M2/ Longwood Medical Area Tickets
NextBus GPS Tracking

- Displays vehicle locations on a real time, web based maps
- Predicts arrival times of next three shuttles
- Displays all routes using a specific stop
- Displays messages for routes and stops
- NextBus Alerts: set pop ups on your PC
MIT Mobile Web

• Accessible from PDAs, Smart phones, IPhones, Ipad

• Provides real time predictions of shuttle arrivals using Nextbus data feed.

• Shows shuttle location on campus map.
Bicycle Commuting

• Bike Registration Program

• Secure Bike Parking

• Repair Stations
Bicycle Registration

• On-Line Registration
• Sticker mailed to you
• Helps recover lost/stolen bikes
• Easily identifies owners
• Allows card access to secure bike cages in West Garage, Building 13, East Garage and Herman Garage.
Bicycle Racks and Repair Stations

• Adopted DERO swerve racks.

• 9 DERO fixit stations on campus at Building 9, W20, W35, W85 Stata, E15, E51, NW35 and coming to E62 soon.
Parking Programs

• Occasional/Evening Parking
• Carpool/Vanpool
• Full Time Commuter Parking
• Residential parking
• Motorcycle Parking
Occasional/Evening Parking

- Designed for commuters who walk, bike or take transit to work
- Unlimited re-entry, after hour and weekend parking.
- $8.50 per day
- Can be combined with a subsidized transit pass.
Motorcycle Parking

• Available throughout campus and in the LL of the West Garage
• Permit Required
  Full Year- $246
  Half Year - $123
• Scooters (<50CC) and mopeds are treated as bicycles and can use bike racks.
Additional Commuter Options

• Zipcar

• PlanetTran
Zipcar

- Car Sharing Program
- 11 Vehicles on campus/ additional vehicles throughout Kendall area
- Hourly and Daily rates
- Parking, Insurance and Fuel included in the rate
- MIT Sponsored Membership
  - no application fee
  - no security deposit
  - $25 annual fee
PlanetTran

• Environmentally friendly taxi service
• Web based reservations and billing
• Flat rate – no gratuities accepted
• 15% discount when reserved with an @mit.edu email.
MIT Commuter Options
MIT Computing (IS&T)
Computing@MIT

Joanne Larrabee
MIT Information Systems & Technology
Agenda

• Connecting to the MIT network (MITnet)
• Security & Safe Computing
• Computing resources offered by IS&T
• Where and how to get help
The MIT Network (MITnet)
Connecting to MITnet

**Wireless**
- Connect to **MIT SECURE** using your MIT username and password
- Limited access via **MIT GUEST** for short-term visitors and devices that don't support encrypted networks
- **EDUROAM** provides worldwide roaming Wi-Fi at partner schools and research sites

**Wired**
- Locate a network drop and connect computer using an Ethernet cable
- Open a web browser and follow registration instructions

**Dorm residents**
- Cables are available via http://rcc.mit.edu or the Help Desk Walk-in Center in E17-110 (40 Ames Street)
- At least one high capacity printer and Athena Quickstation in each dorm
• Choose a good password for your MIT email account.
• NOTE: these terms are used interchangeably – your email address, Kerberos name/principal, MIT username, Athena account name
• Don’t share your password. IT staff at MIT will *not* ask you for it.
• Don’t recycle the same password everywhere. Use a password manager. MIT offers a free LastPass account.
Security & Safe Computing

• Back up your data. MIT offers free accounts for CrashPlan, an easy-to-use, cloud-based backup service.

• Don’t click reflexively! Phishing attempts are becoming more sophisticated. Don’t provide personal information without verification.

• Run Sophos virus-protection software. It’s free. Run updates.

• Consider Duo 2-factor authentication (requires something you know and something you have).

• Run security updates for your operating system.

• Apply an anti-theft tag to your laptop.
Computing resources offered by IS&T

• Academic computing clusters, aka Athena clusters, running a vast collection of third-party software, including MATLAB, Maple and Mathematica.

• Networked printers (called Pharos printers) in key campus locations. Send job to the printer, swipe your MIT ID and pick up the output.

• Free software, discounted mobile phone plans, academic discounts from certain vendors.
Where and how to get help: On-line

• MIT Knowledge Base at http://kb.mit.edu

• For MIT-specific information – installing software, advice of relevance for the campus environment
Where and how to get help: In dorms

• Dorm-based help called RCCs – Residential Computing Consultants.

• RCCs provide support and advice for connecting to network, computers and other peripherals.

• Submit help requests to the Residential Computing Consultants web page http://rcc.mit.edu or call (617) 253-1101 (x3-1101). Mention your location.
Where & how to get help: Phone or mail

• Computing Help Desk, M-F, 8 am to 6 pm.

• Send mail to helpdesk@mit.edu.

• Call (617) 253-1101 (x3-1101).
Where & how to get help: Walk-in service

• E17-110 at 40 Ames Street. 9 am to 5 pm (best before 4 pm)

• Send mail to helpdesk@mit.edu or call Call (617) 253-1101 (x3-1101) in advance. Service will proceed more quickly if you present a ticket number.

• Network troubleshooting, mobile device support, email configuration, malware and virus removal.

• Authorized hardware repair for Apple, Dell, and Lenovo ThinkPad lines. The price is right – fees for parts only.
Agenda

• Connecting to the MIT network (MITnet)
• Security & Safe Computing
• Computing resources offered by IS&T
• Where and how to get help
Sustainability
Waste Streams

- Trash
- Recycling
- Food Waste
- Yard Waste
- E-Waste
- Universal Waste
- C&D, Wood, and Metal
- Styrofoam

- Books
- Clothing
- Mattresses
- Tires
- Grease
Follow the color

- New labels
- Event boxes
Reuse on campus

- Choose to Reuse
- Donation Boxes
- Trash2Treasure
- MIT Book Fair
Waste Watchers

- Volunteers at lunch time in dining locations
- Participate at events
Sustainable W20

- **Compostables**
  - Sets of three on first and second floors of W20

- **Strong student interest**
  - Want to eliminate styrofoam
Take back programs

- Styrofoam
- Toner cartridges
- Pallets
- Reusable totes from Staples

Some Styrofoam packaging can be sent back for reuse.
Living Green @ MIT

Grad School 102
MIT Furniture Exchange

350 Brookline Street (WW15)

Open:
- Tuesdays & Thursdays 10am - 4pm
- The first Saturday of each month 10am - 1pm (i.e. Saturday, September 5)

We are here
Get Second-Hand

• The Goodwill Store (520 Massachusetts Avenue)
• Boomerangs Thrift Store (563 Massachusetts Avenue)
• MIT Reuse List (mit.edu/reuse)
• Freecycle.org
• Craigslist.org
Bicycles

MIT Bike Fest
Sunday September 6, 2 - 5PM
MIT Student Center Plaza/Front Steps
(W20)

Hubway – Boston’s Bike Share
MIT subsidizes membership fee ($25 per year)
MIT composts – turn it into soil!

- Infinite Corridor
- Stata Center
- Koch Café
- Stratton Student Center
- Graduate Dorms
Single-Stream Recycling

• Bottles
• Cans
• Paper & cardboard
• Aluminum foil

• Batteries, plastic bags, electronics, and ink cartridges have their own, separate recycling bins!
Tap water is delicious

• Tap water is
  ✓ Safe to drink
  ✓ Delicious
  ✓ AND FREE!!
REDUCE garbage

• Bring your own mug to
  ✓ Reduce waste
  ✓ Get discounts
  ✓ Be loved by your barista!!
Get involved in sustainability!

• Email us
  • gsc-sustainability@mit.edu

• Visit us
  • gsc.mit.edu/sustainability

• Join us
  • at our first meeting (dinner provided)!
  • Tuesday September 15
    5-6PM, 50-220 (above Muddy Charles Pub)
Break!

Refreshments outside 34-101.
Session resumes at 2:55 pm.
Wellness & Support

Graduate School 102
September 1st, 2015
MIT Recreational Sports
MIT Recreation

Massachusetts Institute of Technology
The Zesiger Sports and Fitness Center
Alumni Pool and Wang Fitness Center

mitrecsports.com
MIT Recreational Sports Promo Video
Our Exceptional Facilities

- 3 Fitness Floors
- Sport Courts
- Multi-Activity Courts
- Indoor Track
- Ice Rink
- Indoor Golf Range
Our Exceptional Facilities

- 2 Spin Studios Studios
- Olympic Pool
  - + Two 25yd Lap Pools
- Youth Instruction
- Adult Instruction
- Sailing
- Rowing
- Outdoor/Indoor Tennis
- Outdoor Fields/Track
Our Exceptional Facilities

- Group Exercise Studios
- Parent/Child Programs
- Massage Therapy
- Personal Training
- Party Packages
- Day Camp
Zesiger and Alumni/Wang Sports & Fitness Centers

**Zesiger Hours of Operation**

**Academic Year Hours**
- Monday – Friday 6a-11p
- Saturday 7a-9p
- Sunday 9a-11p

**Summer Hours**
- Monday – Friday 6a-9p
- Saturday 9a-4p
- Sunday 11-6p

**Alumni Hours of Operation**
- Monday – Friday 6a-9p
- Saturday Closed
- Sunday Closed

Building W35’s main entrance is next to the student union and across from Kresge Lot.

mitrecsports.com
Locations
Come On By and Check Us Out!

• To schedule a tour of the facilities, contact Matt Malkin at mmalkin@mit.edu

• Individual or group tours

• To find a program or class that is right for you, visit our website at mitrecsports.com
MIT Mental Health
An Ombudsman provides confidential, independent, informal and impartial assistance for all members of the Institute community in addressing MIT related conflicts and concerns; in promoting fair and equitable treatment within the institute; and in fostering the general well being of the MIT community.

Building 10 – Room 213
Tel: 617.253.5921
http://ombud.mit.edu
Judi Segall, Ombudsperson
Toni Robinson, Ombudsperson
MIT Ombuds Office

Ombuds Office Mission
A source of information and advice on institutional policies, procedures, rules, regulations;
Provide informal and confidential assistance to MIT community members for resolution of Institute related concerns;
Provide coaching and assist in the development of options for individual inquirers to consider in seeking resolution;
Act as an agent of positive change to improve MIT practices and procedures.
When would I use the Ombuds Office?

• Need a sounding board to examine a difficult situation or conflict
• Want an independent and impartial perspective
• Need clarification on a policy or procedure
• Would like to explore all possible options
• Would like someone to listen impartially to your concerns
What kinds of issues can I discuss with the Ombuds?

- Policy and procedural issues
- Interpersonal conflict with peer, advisor or colleague
- Intellectual property or authorship concerns
- Supervisory concern
- Disciplinary Matters
- Discrimination
- Harassment
- Safety Concerns
- Evaluation Concerns
- Other workplace or academic related concerns
MIT Chaplains
MIT Violence, Prevention and Response (VPR)
Violence Prevention

Graduate outreach
  • graduate student advisory board
  • peer ambassadors
  • Programming and collaborations
What can VPR do for you?

- Education and Advocacy around sexual violence and health relationships
- Sexual health counseling
- Information and referrals
- Help you help a friend/colleague/community member
- Provide leadership opportunities in your community
Violence Response

Hotline
Options Counseling
Advocacy
What you can do when someone discloses to you

1. Listen
2. Acknowledge, Validate and Believe
3. Empathize (be a kind human)
4. Be sensitive
5. Refer
Resources on Campus

Confidential

• Violence Prevention & Response
• MIT Medical (urgent care)
• MIT Mental Health
• MIT Chaplains
• Ombuds*
• Peer Groups

Private

• Title IX office
• Student Support Services
• ODGE
• Police
• Human Resources
• Faculty
• And Many More!
24-HOUR HOTLINE

617-253-2300