JUMPSTART @ the BSC

Re-engage with your Harvard experience
JumpStart is for students who

- are on or at risk of probation,
- are returning to campus after a leave of absence or a requirement to withdraw, or
- feel they have not been engaged or performing up to their potential.

JumpStart provides you with a chance to re-engage with your academic life and learning; to reflect on what is meaningful to you; to develop your repertoire of study strategies; and to cultivate your connections within the Harvard community.

Initial conversation. You’ll start with a conversation with an academic counselor to explore your concerns and goals. During this conversation, you will begin to create your JumpStart plan.

JumpStart plan. Your JumpStart plan will include one or more of the following:

- Individual academic counseling conversations
- Course-specific peer tutoring
- Keeping Ourselves Accountable — weekly small-group study sessions with fellow students
- Study @ 5 Linden (study space at the BSC)
- Harvard Course in Reading and Study Strategies
- BSC workshops (e.g., Time Management, Reading Strategies, Returning from Time Away, Speaking Up in Class, Procrastination, Attending to Attention, Perfectionism, Commitment and Overcommitment)
- Referral to or consultation with other campus resources (e.g., Resident Dean, Accessible Education Office, Harvard Libraries, Harvard University Health Services)

Follow-up. You and your academic counselor can continue to meet as needed, and you can continue to make use of all the BSC resources!

GET STARTED. Stop by the BSC at 5 Linden Street, Cambridge, or call 617-495-2581 to make an initial appointment with any BSC academic counselor. You can check out the staff bios at bsc.harvard.edu/people2.

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