



JUMPSTART

@ the BSC

Re-engage with your Harvard experience

Bureau of Study Counsel • Harvard University
5 Linden Street, Cambridge, MA 02138
617-495-2581 • bsc.harvard.edu

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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.

1 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.

2 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)

3 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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