EECS REFS stands for: Resources for Easing Friction and Stress
Who We Are

• Grad students trained by Conflict Management @ MIT

• A resource to help students deal with stress and conflict
What We Do

- Listen to students concerns
- Mediate between groups
- Suggest resources at MIT
- Serve as a point of contact
Common Sources of Conflict

**Academic:**
- Problems with classes or TQE
- Research or thesis not going well

**Personal:**
- Feeling stressed or depressed
- Career choices after graduation

**Interpersonal:**
- Trouble with significant other or friends
- Problem with research advisor
Confidentiality

• Everything between a REFS member and a fellow student is CONFIDENTIAL
• except when we hear of felony-level offenses or believe there is imminent risk of harm to oneself or others
Publicity We’ve Done

• Present at EECS orientation and Visit Days
• Offer seminars (e.g. difficult conversations, mindfulness)
• Organize social events
• Host small socials with snacks
Join EECS REFS

• We are looking for new members
• Come talk to us or email us at:
  eecsrefs@mit.edu

Benefits:
• Training in conflict management
• Help support others around you
• Stipend for EEFS members ($15/h)
Questions?
How Students Reach Out

- Talk to us at REFS events
- Go to our website [www.eecsrefs.mit.edu](http://www.eecsrefs.mit.edu), and email us individually
- Contact the REFS email list [eeecs-refs@mit.edu](mailto:eeecs-refs@mit.edu)