Graduate school can be stressful, whether because of the infamous ME Qualifying Exams, a strained relationship with your advisor, courses, roommates, or other personal issues. The ME REFS program is designed to provide peer support, and to be a sounding board for you to express your concerns. We are a group of your fellow ME graduate students who have completed a 32 hour training course provided by ConflictManagement@MIT. We also have additional information on different resources that you can utilize on campus. Everything remains confidential when you contact us.

**Contact us!**

If you're feeling stressed and you need someone to talk to, contact us! Email all of us (me-refs AT mit) or email one of us (addresses in our bios on our full website). Visit the [GAME REFS site](#) for more information about our services and to read about the individual REFS mentors.

**About the REFS Program**

The Mechanical Engineering "Resources for Easing Friction and Stress" (REFS) program is an initiative for the graduate program in the Department of Mechanical Engineering. Students who are formally trained to be mediators will be responsible to discuss issues (both academic and personal) and to provide information on appropriate resources when a peer graduate student comes for informal advice and possible informal conflict resolution.