

Harvard is committed to expanding opportunity, nurturing excellence, and pursuing truth. For nearly 400 years, it has represented the forefront of learning, bringing together talented individuals from around the world to push the boundaries of knowledge and to advance human potential. Here, students are challenged not only to achieve their own goals, but also to imagine how they might work to improve our imperfect world.

Larry Bacow

President of Harvard University





Home at Harvard



1,665 first-year students from
50 states and
100 countries living in
17 first-year dorms with
120 residential advisers, and enriched by
50 cultural, ethnic, and international
organizations



"I have met incredible people at Harvard. Even when I'm far from Texas, my friends make Harvard feel like home."

EMILY RAMIREZ '24
HOUSTON, TEXAS



"The common room in our suite is one of my favorite spaces on campus. We enjoy meals together in the dining hall, work on papers and problem sets in various work spaces around the house, and hang out for much needed study breaks!"

MADI FABBER '22
MURFREESBORO, TENNESSEE

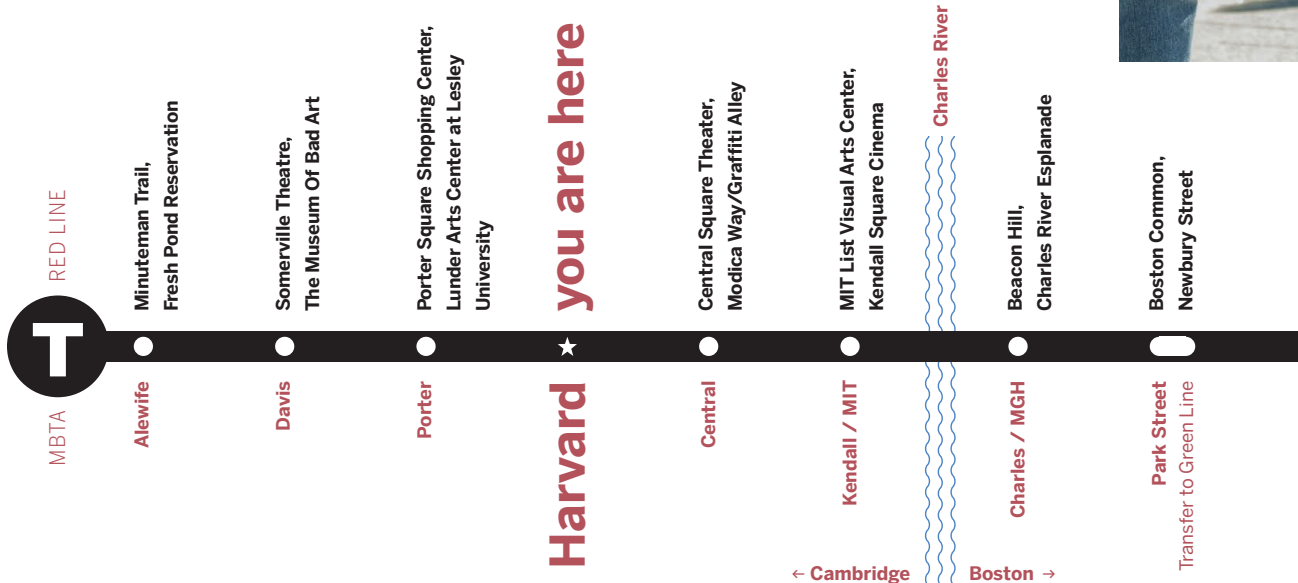
During your first year, historic Harvard Yard will be your home. Surrounded by other first-year students, living together in the heart of campus, you'll be steps away from the world's leading university library, state-of-the-art laboratories and classrooms, and a renowned faculty dedicated equally to teaching and research.

As a sophomore, you'll move into a House, and that's where you'll stay for the rest of your undergraduate years. These Houses are residential colleges where students live, dine, study, plan events, and play intramural sports. They also offer a tight-knit, supportive community that includes faculty and advisers. For many Harvard students, the Houses provide some of the most rewarding elements of both social and academic life.

Harvard College is located in Cambridge, one of many vibrant cities that you can explore during your time on campus. A ten-minute subway ride from Harvard Square can take you into the heart of downtown Boston, from which you can visit great museums such as the Museum of Fine Arts and the Museum of Science; see exciting performances from groups like the Boston Symphony Orchestra; catch a local sports game with the Red Sox or the Celtics; or venture out to cozy seaside villages from Cape Cod to Maine, ski slopes, forests, and historic sites.



A College Town— & A College City





CAMBRIDGE AND BOSTON FACTS

4.9 million *metro population*

200,000 *undergraduate and
graduate student population*

50+ *colleges and universities*

75+ *historical landmarks*

6 *major league sports franchises*

24 *theaters*

Chinatown,
Theater District

Rose Kennedy Greenway,
Financial District

Fort Point,
South Boston

Crane Beach,
Castle Island

John F. Kennedy
Presidential Library
and Museum

Ashmont

Downtown Crossing
Transfer to Orange Line

South Station
Transfer to Commuter Rail
& Amtrak

Broadway

Andrew

JFK / UMass

Braintree

Neponset River Reservation,
Dorchester Historical Society

Pond Meadow Park,
John Adams Birthplace



Nikhil Dharmaraj '23

Hometown

Saratoga, California

Concentration

History & Literature and Computer Science with a Secondary in South Asian Studies

Extracurriculars

South Asian Association, Ghungroo, Task Force for Asian Progressive Advocacy and Studies, Politics, Phillips Brooks House Association

Multicultural Life at Harvard

My experience recreating & reimagining culture via student affinity groups at Harvard

On the weekend of VISITAS before my first year, I have a distinct memory of stopping by tables upon tables of student organizations, amidst a flurry of excited incoming first-year students, and eventually finding that of the Harvard South Asian Association. I met current students from diverse South Asian backgrounds and excitedly decided that day that I would 100% join on campus. Now, two years later, I serve as a co-cultural chair on the board of the Harvard South Asian Association, with one of my best friends, Siona Prasad.

The organization puts on tons of events—ranging from our annual fashion show, Andaaz, to our senior dinner farewell to political Chai & Cha(a)t discussions—and, of course, our annual cultural production of Ghungroo (the largest student-run production on campus, and a senior-year bucket list item for every Harvard student). Ranging from colorful cultural events to on-campus parties to pressing political discussions, the South Asian community at Harvard has provided me with belonging, lifelong friendships, and crystal memories. I have also participated in Harvard College Bhangra, a South Asian dance group practicing the style of Bhangra, in my two years. Also noteworthy are the tons of other South Asian affinity groups that capture the infinitely rich diversity of South Asia, ranging from Bengali Association of Students at Harvard to the South Asian Women's Collective. Moreso, many friends of mine have reported feeling similar senses of belonging and community with their respective cultural organizations, and the affiliation groups are often fantastic sanctuary spaces for students of color.



Read more online at

college.harvard.edu/life-at-harvard/student-stories/multicultural-life-harvard

Becoming Bostonian

When I began my college search, I only had a couple criteria: I wanted to go to school far away from home, and I wanted to live on a rural campus. I found one of those.

I grew up in Alaska, and though I was certain I needed a change in scenery, I thought going to a distant college in a big city would be too overwhelming. I was hesitant to leave behind the incredible outdoor opportunities I had in my home state.

Yet, here I am two years later, living and learning at an undeniably urban school—and I wouldn't have it any other way.

Since moving to Harvard's campus in Cambridge, Massachusetts, the Greater Boston Area has become my second home. Though Cambridge and Boston are technically two different cities, they are part of the same metropolitan area. Harvard Yard is only 10 minutes from downtown Boston via the subway system, which we refer to as the T.

I've tried to take advantage of Harvard's proximity to Boston by venturing off campus as much as possible.

First, Boston is buzzing with other students. There are over 50 colleges in the Greater Boston Area, and college students make up 20% of the city's population during the academic year. It's nearly impossible to walk the streets without seeing droves of young people decked out in college apparel. There are so many other students to meet and befriend on Harvard's campus and beyond.



Read more online at

[college.harvard.edu/life-at-harvard/student-stories/
becoming-bostonian](https://college.harvard.edu/life-at-harvard/student-stories/becoming-bostonian)



Jania Tumey '23

Hometown

Anchorage, Alaska

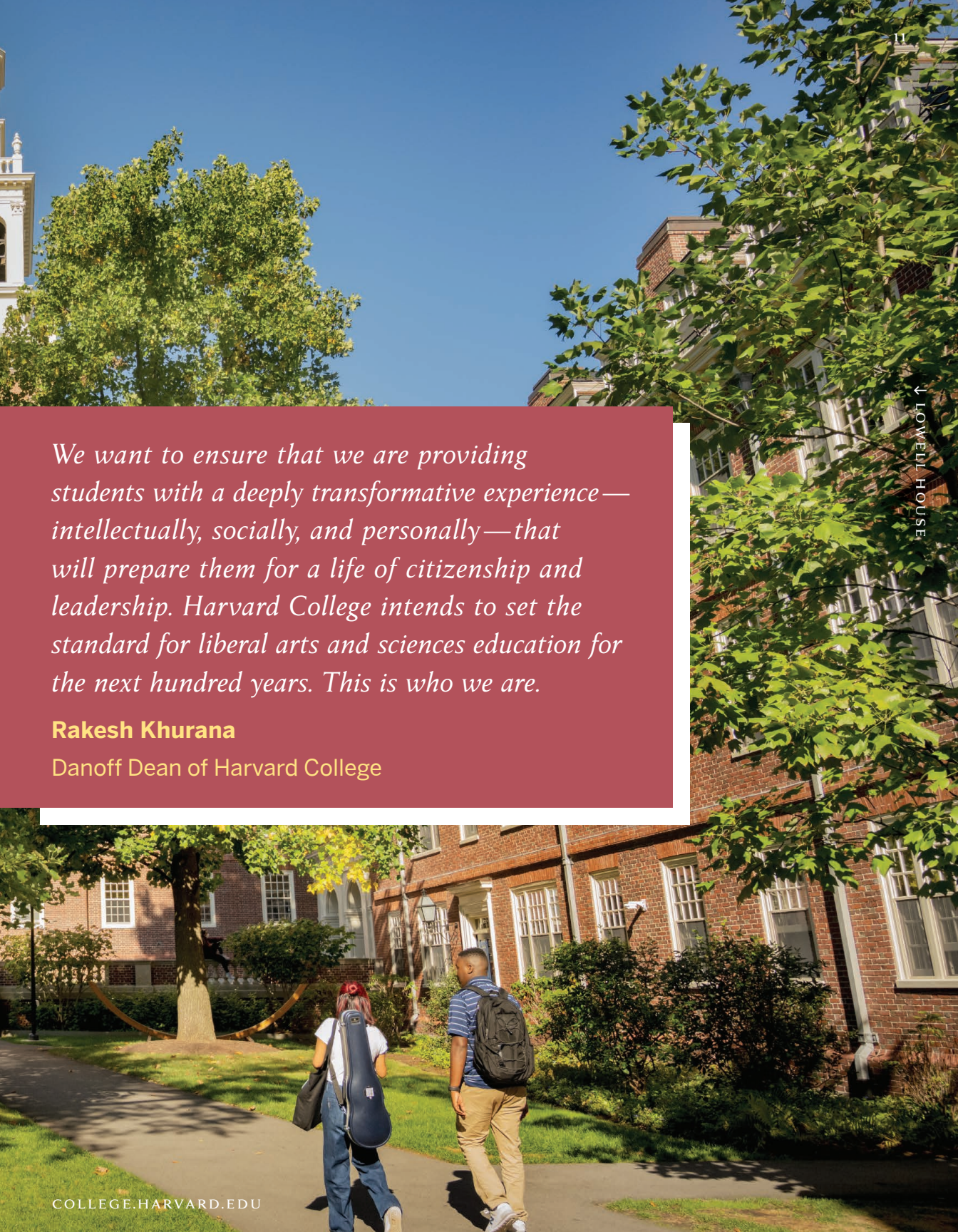
Concentration

Psychology, Secondary
in Economics

Extracurriculars

Rowing, Harvard Outing Club,
Journalism



A photograph of a Harvard College campus scene. In the background, a large, multi-story brick building with white window frames is visible, partially obscured by lush green trees. In the foreground, two students are walking away from the camera on a paved path. The student on the left is wearing a white t-shirt and blue jeans, carrying a black guitar case. The student on the right is wearing a blue and white striped shirt and khaki pants, carrying a black backpack. The sky is clear and blue.

We want to ensure that we are providing students with a deeply transformative experience—intellectually, socially, and personally—that will prepare them for a life of citizenship and leadership. Harvard College intends to set the standard for liberal arts and sciences education for the next hundred years. This is who we are.

Rakesh Khurana

Danoff Dean of Harvard College

↑ LOWELL HOUSE

Academics



SAMPLE STUDENT SCHEDULE

Julia Ward '25, Maple Yard

9:00 AM BREAKFAST IN ANNENBERG

10:00 AM STUDY OUTSIDE ON WIDENER STEPS

12:00 PM CLASS: THE ANCIENT GREEK HERO

1:30 PM SECTION: THE ANCIENT GREEK HERO

3:00 PM LATE LUNCH AT THE FOOD TRUCKS

4:00 PM VOLUNTEERING AT LOCAL
ELEMENTARY SCHOOL

5:00 PM CLASS READINGS

6:00 PM DINNER WITH FRIENDS IN ANNENBERG

7:00 PM REHEARSAL FOR SHOW

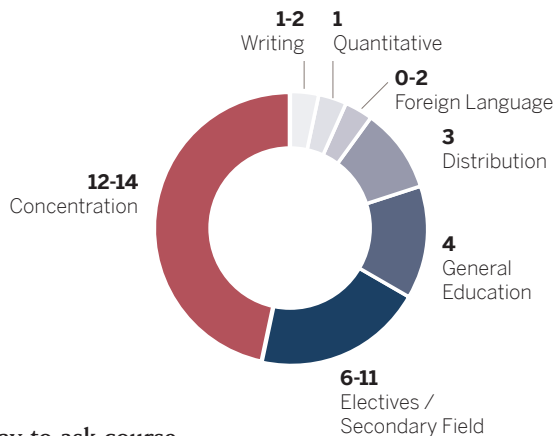
11:00 PM SLEEP

"As a joint concentrator in History & Literature and Computer Science, I spend as much time coding in Python as I do reading about decolonial movements in the Global South, and I would not have it any other way."

NIKHIL DHARMARAJ '23
SARATOGA, CALIFORNIA

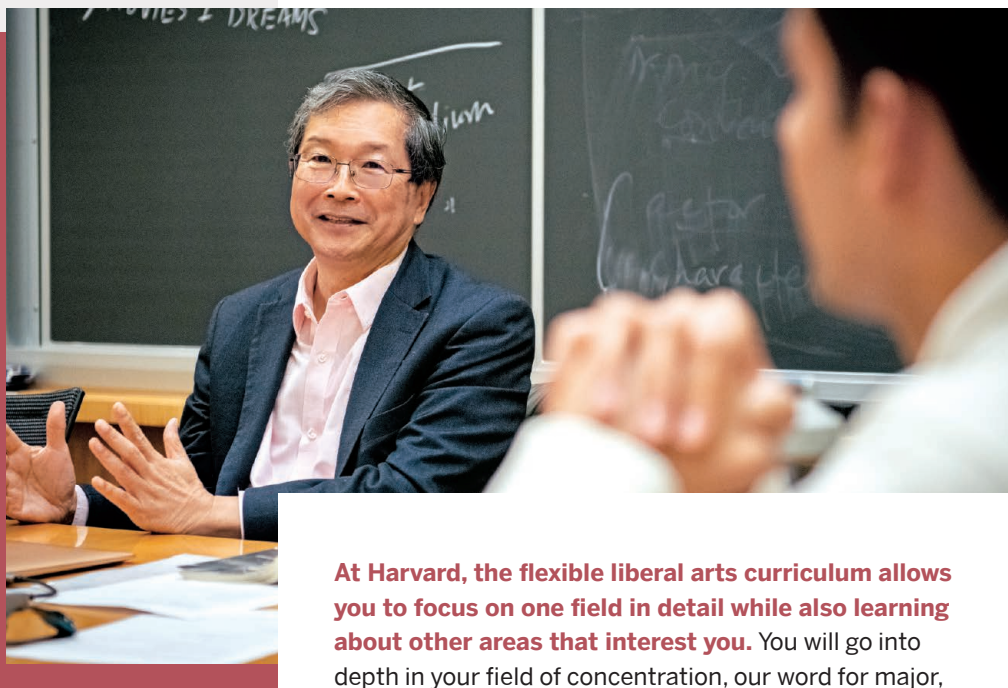
FOUR-YEAR ACADEMIC PROGRAM

32 COURSES



“Office hours are not only a way to ask course and content questions, though; they are also a great chance to get to know a professor and their research interests, receive career advice, and discuss research opportunities.”

JADYN MATTHEWS '24
CHATTANOOGA, TENNESSEE



At Harvard, the flexible liberal arts curriculum allows you to focus on one field in detail while also learning about other areas that interest you. You will go into depth in your field of concentration, our word for major, which you will declare in November of your sophomore year. The General Education curriculum will expose you to a variety of other fields, and you'll have plenty of room for electives, too.

Academic Resources



70+ libraries

17,000,000 volumes in
our libraries

1 Tony Award-winning theater

24 buildings devoted to science
and research

WHAT CAN YOU DO WITH OUR RESOURCES?

- Learn about a variety of career paths and gain experience through internships with the Office of Career Services.
- Conduct cancer research with a renowned physician at Massachusetts General Hospital.
- Study ecology and enjoy nature at Harvard's own forest.
- Page through an original edition of Shakespeare's sonnets in Houghton, the rare books library.
- Learn about autonomous robots at the School of Engineering and Applied Sciences.
- Check out the Harvard Film Archive for a weekend study break.

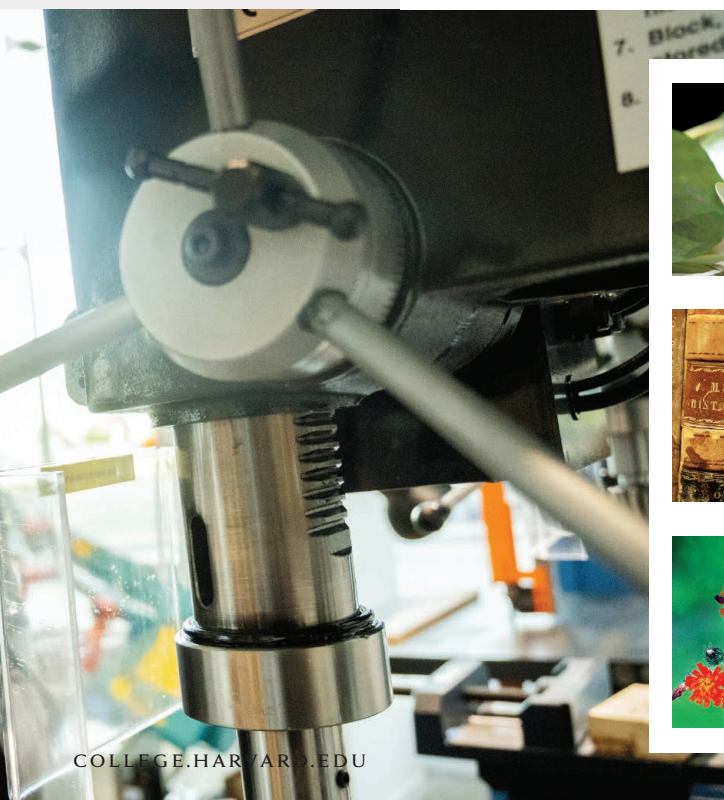




"There's almost always something new to do or explore! On weekends, it's fun to head into the city, try new restaurants, go to the movies, check out museums, attend professional sports games, or simply just look around."

HARPREET SINGH '22
BRANDON, MISSISSIPPI

Our resources allow students to expand upon what they are learning in the classroom and gain new skills through extracurricular opportunities. At Harvard, you will have access to professors at the forefront of their fields, state-of-the-art research facilities, and a broad array of other resources.



GLASS FLOWER AT THE
HARVARD MUSEUM OF
NATURAL HISTORY



RARE BOOKS AT
HOUGHTON LIBRARY



PLANTS AT THE
HARVARD FOREST



\$7 million awarded annually to students for research project funding

60% of students express an interest to study abroad

12 museums on and around campus

80+ languages available for students to study

1,565 meals and coffee gatherings shared between students and faculty through the "Classroom to Table" program





↑ WIDENER LIBRARY STEPS

Touring Puerto Rico with the Radcliffe Choral Society

There are immense opportunities for finding travel during your time as a Harvard Student.



Madi Fabber '22

Hometown

Murfreesboro, Tennessee

Concentration

Joint Concentration in Theater, Dance, & Media and English

Secondary in Folklore & Mythology

Extracurriculars

Radcliffe Choral Society, Harvard Ballroom Dance Team, Harvard-Radcliffe Dramatic Club

Out of the trips I've been fortunate to take during my time here, my favorite has been my journey to Puerto Rico with the Radcliffe Choral Society on our January 2020 tour. In normal times, the Radcliffe Choral Society, Harvard's soprano-alto chorus, tours every year. As the Radcliffe Choral Society is one of my favorite extracurriculars, the experience of spending ten days straight making music with my choir is one of my favorite parts of the year, regardless of our destination. This particular tour came together a little more last minute than previous tours. After we had had to cancel our original plans for this tour, two of our seniors graciously volunteered to plan a tour from scratch in one semester. Though originally we thought we would find ourselves in chilly Scandinavia for J-Term (what we call the month of January that we have off for winter break), our tour managing team announced that we would spend a little over a week in beautiful Puerto Rico.

Because I didn't live close to Boston, I had the option of flying separately and meeting the rest of my choir in sunny San Juan. I boarded what would be my longest flight sequence of recent memory to join up with my friends by nightfall. Because I was flying separately, I was the last one there, so I was greeted with cheers and hugs as I climbed onto our rented bus to go to our hotel for the night. I still remember our first night there, driving through the city, feeling the warmth and humidity as we made our way to our hotel, bouncing up and down at the prospect of spending my next week and a half singing, performing, and exploring this wonderful city with some of my closest friends.



Read more online at

[college.harvard.edu/life-harvard/student-stories/
touring-puerto-rico-radcliffe-choral-society](https://college.harvard.edu/life-harvard/student-stories/touring-puerto-rico-radcliffe-choral-society)

Transitioning to House Life

My blockmates (a group of up to eight people who are guaranteed to be placed into the same House) and I had been waiting for over thirty minutes on Housing Day.

Housing Day is an annual celebration when first-year students find out which of the twelve upper-level student Houses they will be a part of for their next three years on campus. We then heard a mob of footsteps heading in our direction, chanting words that we could not completely make out. Moments later, the mob burst through our door chanting, “LOWELL! LOWELL! LOWELL! LOWELL! LOWELL!”

Lowell House was the most hoped for by the Class of 2022 because it was the latest House to be renovated, meaning all the facilities and amenities of Lowell House are brand new.

Fast forward five months to a week before sophomore year starts. I’m walking through the front gate of newly renovated Lowell. I was met with the breathtaking courtyard and the wonderful scenery within it.

Throughout the week, I took time to explore all that Lowell had to offer. I started with the amenities that I had heard so much about: there’s a movie screening room, a lounge area, a game area with pool and ping pong tables, a gym, a squash court, a maker space with equipment such as 3D printers, a dance studio, and an art studio. I even had the opportunity to go up to Lowell House’s bell tower and saw the beautiful view from the top.

↓

Read more online at

[college.harvard.edu/life-at-harvard/student-stories/
transitioning-house-life](https://college.harvard.edu/life-at-harvard/student-stories/transitioning-house-life)



Harpreet Singh '22

Hometown


Brandon, Mississippi

Concentration

Government and Computer Science

Extracurriculars

Harvard Primus, Institute of Politics, Effective Altruism, Peer Advising Fellow



There is a richness and vitality to the Harvard community that inspires and nourishes all of its members. Together, we aspire to excellence in teaching, research, and creative expression; to an environment in which every member of our community can do their best work and achieve their full potential; and to preparing our students for lives of leadership and service to the world.

Claudine Gay

Dean of the Faculty of Arts and Sciences



↑ LOWELL HOUSE LAWN



**SOME OF THE RESOURCES
AT HARVARD**

*Accessible Education
Office*

*Office of BGLTQ
Student Life*

Office of Career Services

Office of Gender Equity

The Harvard Chaplains

*The Harvard Foundation
for Intercultural and
Race Relations*



Resources for Support

Harvard provides students with support for the academic, social, and spiritual aspects of their lives, as well as plenty of resources for their mental and physical well-being.

As you move through your four years at Harvard, you'll have plenty of people to go to for advice. Your peers will be the social fabric of your experience, but can also serve as tutors through the Academic Resource Center. Advisers in your House and department can provide guidance on your course of study and career plans. Harvard University Dining Services will keep you well nourished, and religious leaders of all faiths can provide spiritual guidance, should you desire it. On top of all this, Counseling and Mental Health Services, in addition to several peer advising groups and the Center for Wellness and Health Promotion, is always available to help you manage your mental and emotional health.



“Remember that your support system is wide and abundant! Whether you turn to fellow students, faculty, or administrators, it is important to know that you are not alone and seek out the support resources that are available to you.”

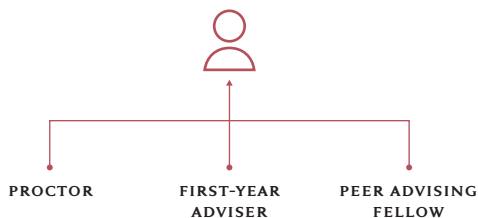
AMY CHALÁN '23

TARRYTOWN, NEW YORK & SARAGURO, ECUADOR



FIRST-YEAR ADVISING STRUCTURE

FIRST-YEAR STUDENT



“There are so many new things to learn and experience throughout your time at Harvard, but you will not have to do it alone. The first-year advising network is so strong and extremely helpful!”

NADINE BAHOUR '22

RAMALLAH, PALESTINE

Extracurriculars and Athletics



“Whether it’s a class, an extracurricular, a social outing, or an academic panel, take time to step outside your comfort zone to get the most out of your Harvard experience.”

EMILY RAMIREZ '24
HOUSTON, TEXAS



“Through my courses, my involvement at the Institute of Politics, and serving on the Executive Board of the Association of Black Harvard Women, I have truly made Harvard my home.”

ARTHA JONASSAINT '23
OKEECHOBEE, FLORIDA





WHAT TO LOOK FOR AT
THE STUDENT ACTIVITIES FAIR

- *Asian American Association*
- *Ballet Company*
- *Bioethics Society*
- *Black Students Association*
- *Contact Peer Counseling*
- *Fuerza Latina*
- *Model United Nations*
- *Women in Business*
- *Woodbridge International Society*



At Harvard, you will be able to find virtually any activity you might want to explore, and you can participate at a range of levels. Extracurriculars are an important part of the Harvard experience because for most students, they form the basis of their social life. Outside the classroom, you can explore new interests or pursue a lifelong passion. Student groups focusing on service, arts, cultural heritage, athletics, research, politics, and much more will all be available to you, and will connect you with like-minded peers. Curious about a particular career path? Extracurricular groups can also provide you with experience in fields ranging from management to medicine.



HARVARD HAS...

Won **149** national or NCAA championships

Won a combined **432** Ivy League championships

Been represented at **every** modern Olympic Games







The Harvard Tradition

When you go to Harvard, you get to take part in traditions that have existed for centuries. You also become part of an alumni network that lasts for the rest of your life. Over the course of your four years on campus, you will participate in many great Harvard traditions: from the first-year musical to the faculty deans' study breaks and all the way to the stately commencement ceremony at the end of your senior year. And once you graduate, you'll become part of an alumni community that offers lifelong friendship, intellectual engagement, and networks of support.





“Eliot House has so many activities throughout the week, ranging from career advice to dance workshops.”

EVELYN MANYATTA '22
DAR ES SALAAM, TANZANIA



“Strangely, the coldest season of the year seems to bring about the warmest energy. After that first snowfall, Harvard looked a little brighter and felt a little more like home.”

JANIA TUMEY '23
ANCHORAGE, ALASKA





Jady Matthews '24

Hometown

Chattanooga, Tennessee

Concentration

Cognitive Neuroscience and Evolutionary Psychology on the Pre-Med Track

Extracurriculars

Harvard College Faith and Action, Harvard Radcliffe Modern Dance Company, Association of Black Harvard Women

Harvard Is Hard, but There's Support to Help

During my first few weeks as a Harvard student, I came upon a realization – my preconceptions were true. Harvard is hard.

This phrase became my new saying—with challenging multivariable calculus concepts, research papers and midterms coming up, my parents were asking how I was doing. *Well, Harvard is hard*, I would say with a smile. The reason I could say this with a smile was largely because I knew I was not alone—not only were there many relatable first-year students in my classes, but Harvard has countless resources to support its students.

The academic transition from high school to college causes many incoming first-years to feel nervous, and I was no exception. As the summer came to a close and the beginning of college approached, I began thinking more and more about Harvard and how best to manage the workload associated with my new courses. Should I change the way I take notes? How do I navigate my academic schedule with an increased amount of free time in college? Where do I turn if I don't understand a concept? Am I cut out for Harvard?

While Harvard is indeed challenging, when the time came to actually start classes, I was pleasantly surprised at the faculty's, teaching staff's and advisers' collaborative, supportive and down-to-earth nature. Looking back on my first semester, I owe a lot of my success to the vast amount of academic resources Harvard offers—even remotely. In fact, the sheer number of these can feel a little overwhelming if you try to take advantage of all of them. Because of this, I hope to share a few of the academic resources I have found most helpful during my first semester at Harvard: The Academic Resource Center, Peer Tutoring, Office Hours, and P-set Groups.



Read more online at

college.harvard.edu/life-harvard/student-stories/

[harvard-hard-theres-support-help](#)

One Note at a Time: Finding My Way through Singing

I've enjoyed singing for as long as I've known.

Whether through the choruses of Shady Side Academy or the SSA Intonations, my high school's premier male a cappella group, singing defined my secondary school experience in ways nothing else could. It was my way of exploring ideas, making sense of my emotions and feelings, and sharing with the world the gift of music. It was my community, my support system, and my second family. After the start of the pandemic, I realized how much singing mattered to me. Over Zoom and in the classroom, we were taunted by the prospect of singing. Never before did the sound we all loved—the echo off the walls of the theater, the harmonies we would create, the unison of our voices—seem to be so near, yet so far away.

Before I knew it, my senior year arrived, and college application season came around the corner. I found myself swamped in uncertainties. Lost, I noted that music mattered to me, and that I wanted to attend a college where I could sing and engage with music. So, when I began thinking about colleges, “singing / vocal music opportunities” became a criterion I could not let go.

And as time went on, it grew with my other criteria. Sometimes, it shifted one college off the list, and other times, it shifted one on. I found Harvard on my list after discovering a plethora of choral and a cappella opportunities through the Hub—Harvard's directory for organizations, events, and activities.



Read more online at

[college.harvard.edu/life-harvard/student-stories/
one-note-time-finding-my-way-through-singing](https://college.harvard.edu/life-harvard/student-stories/one-note-time-finding-my-way-through-singing)



Raymond Zheng '25

Hometown

Uniontown, Pennsylvania

Concentration

Molecular and Cellular Biology

Extracurriculars

Harvard Collegium Musicum,
Harvard Badminton Club

Admissions and Financial Aid

Deadlines	Early Action	Regular Decision
Common Application, or Coalition Application	<i>November 1</i>	<i>January 1</i>
Secondary School Report and two letters of recommendation	<i>November 1</i>	<i>January 1</i>
Financial aid application materials	<i>November 1</i>	<i>February 1</i>
Notification date for applicants	<i>Mid-December</i>	<i>Late March</i>

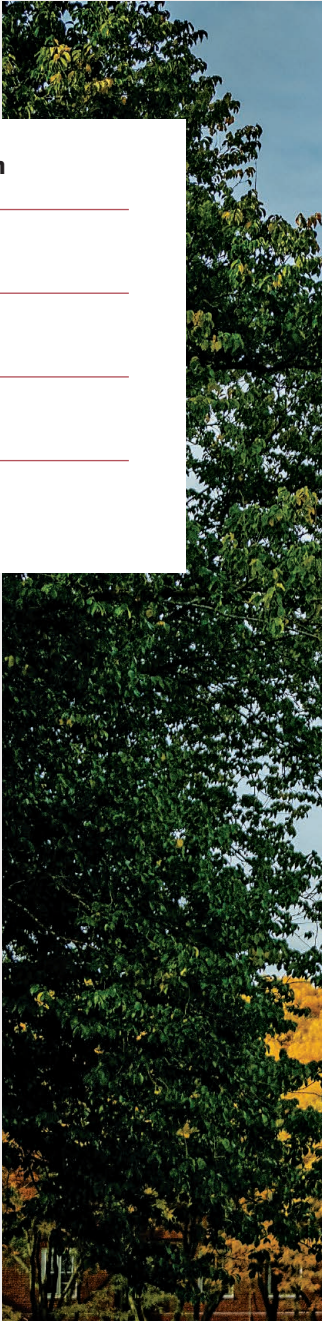
Get an estimate of your financial aid on our Net Price Calculator (también en español).

college.harvard.edu/npc

college.harvard.edu/npc-espanol

“Financial access was my biggest concern. I never thought Harvard was a feasible option for me until I learned about Harvard’s robust financial aid program and the Harvard Financial Aid Initiative. What I didn’t know until I committed, however, was that there are supports put in place throughout your college career to make this space more accessible.”

NADYA NFAOUI '22
AURORA, COLORADO



At Harvard, we seek to enroll students of all backgrounds who will educate each other within a variety of campus settings—academic, extracurricular, and social. Our need-based financial aid program is among the most generous in the world, and ensures that all admitted students can afford their Harvard education.



55% *receive need-based scholarships*

1 in 5 *students pays nothing to attend Harvard*


\$63,900 *average scholarship students receive to attend Harvard*

100% *of students can graduate debt-free*

No summer work expectation

Our financial aid policy is the same regardless of nationality or citizenship status.





I'm profoundly grateful that Harvard has afforded me lifelong friendships and support, meaningful intellectual engagement, and ongoing professional development since I graduated. As a high school senior, I never could have guessed that the next four years would so deeply impact the rest of my life!

Nina Srivastava, Class of '18

HARVARD COLLEGE

OFFICE OF ADMISSIONS AND
FINANCIAL AID
GRIFFIN FINANCIAL AID OFFICE

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facebook.com/harvardadmissions



discoverharvard

