





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

Harvard President-Elect



Home at Harvard



1,650 first-year students from
50 states and
93 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



"Everyone at Harvard was incredibly open to learning about me and my differences. Coming in with niche interests and backgrounds, I found myself surrounded by people who enjoyed learning about me, hearing my stories, and understanding my perspectives. The sense of voice and appreciation I felt grounded me during my first year at Harvard."

RAYMOND ZHENG '25
 UNIONTOWN, PENNSYLVANIA

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

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, three 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 three 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/student-life/student-stories/
multicultural-life-harvard](https://college.harvard.edu/student-life/student-stories/multicultural-life-harvard)



Nikhil Dharmaraj '23

Hometown

Saratoga, California

Concentration

History & Literature and
Computer Science, Secondary in
South Asian Studies

Extracurriculars

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

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



Jania Tumey '23

Hometown

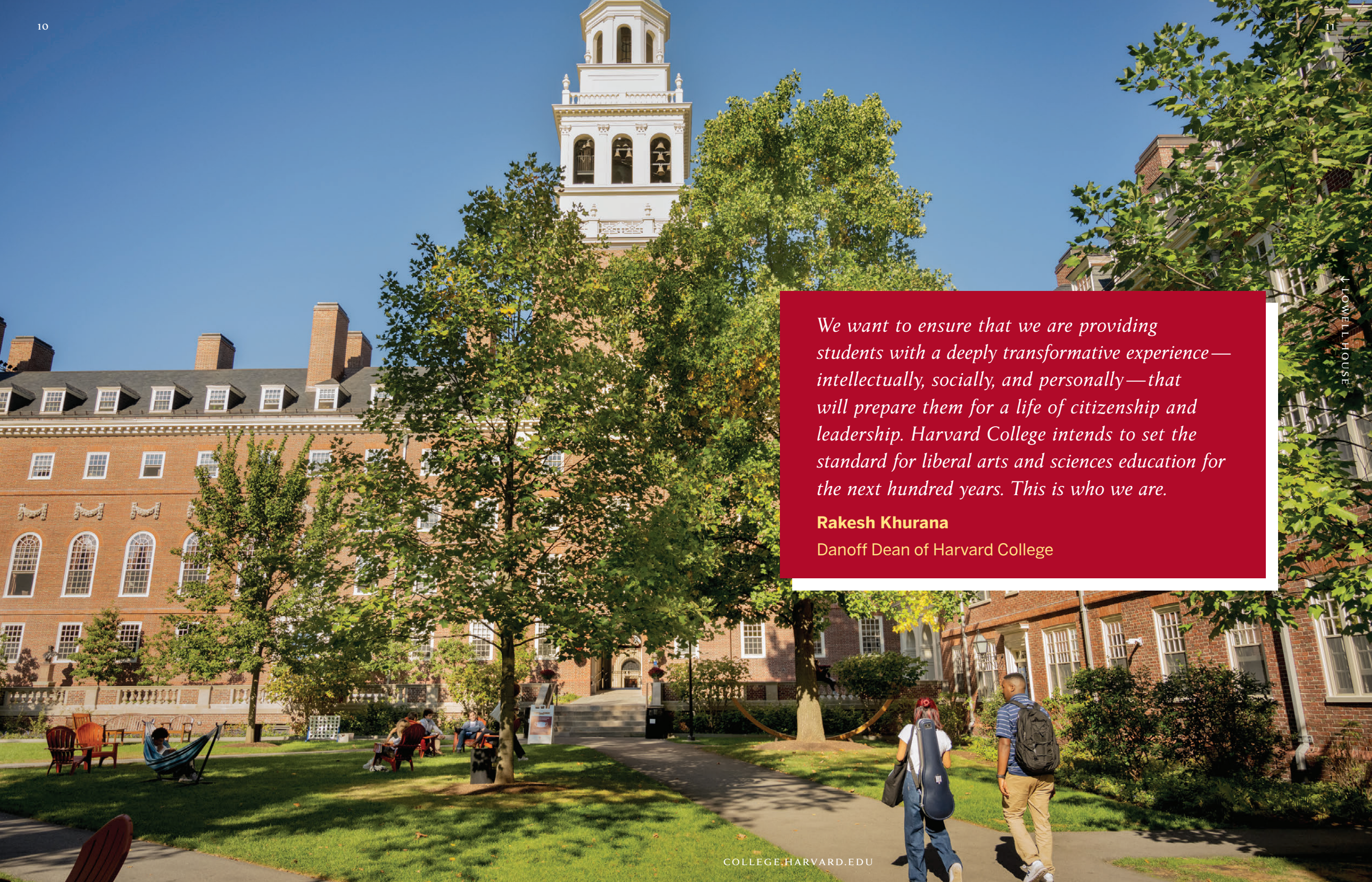
Anchorage, Alaska

Concentration

Psychology, Secondary
in Economics

Extracurriculars

Rowing, Harvard Outing Club,
Journalism



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

Academics

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

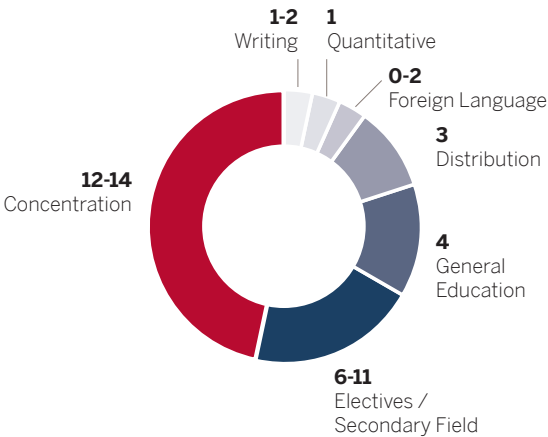
JADYN MATTHEWS '24
CHATTANOOGA, TENNESSEE



50 FIELDS OF STUDY
A SAMPLE OF CONCENTRATIONS:

Applied Math
Computer Science
East Asian Studies
Economics
English
Environmental Science & Public Policy
Government
History of Art & Architecture
Integrative Biology
Mechanical Engineering
Theater, Dance, and Media

FOUR-YEAR ACADEMIC PROGRAM
32 COURSES

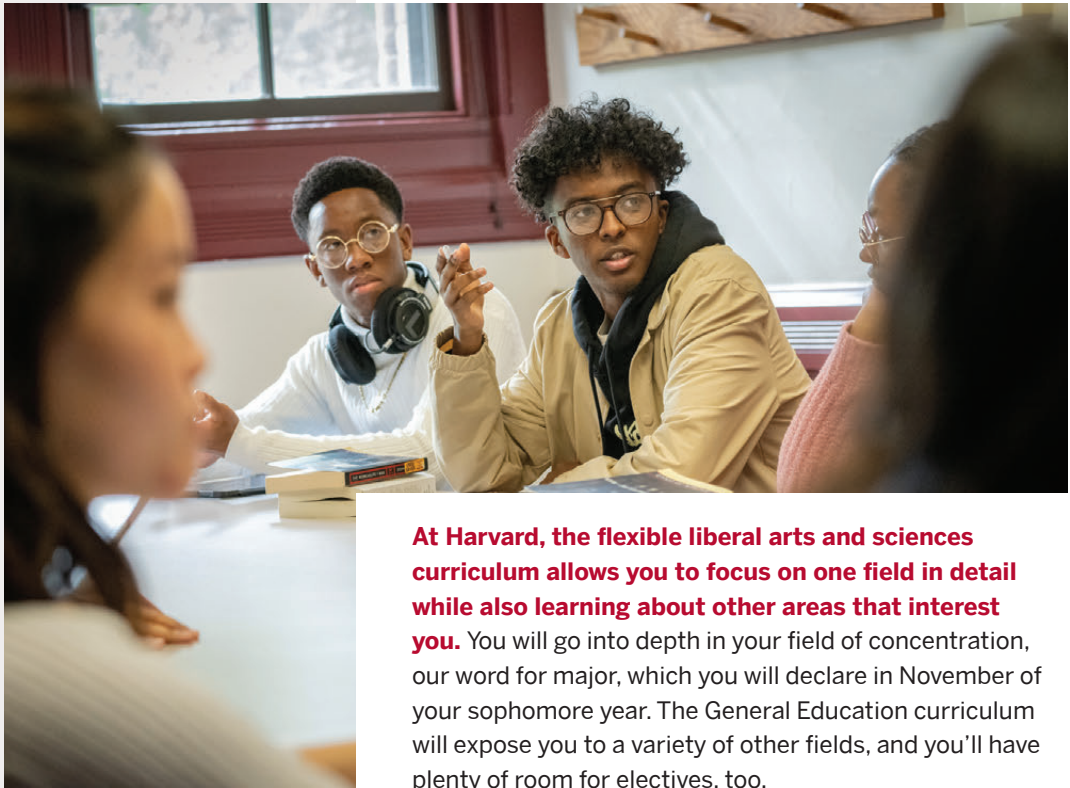


SAMPLE STUDENT SCHEDULE
Joel Crawford '26

- 9:15 AM BREAKFAST IN ANNENBERG
- 9:45 AM CLASS: MERITOCRACY AND ITS CRITICS
- 12:00 PM CLASS: BEGINNING FRENCH: CROSS-CULTURAL ENCOUNTERS
- 1:00 PM LUNCH WITH FRIENDS IN ANNENBERG
- 1:30 PM CLASS: LITERATURE TODAY
- 3:00 PM STUDY IN LAMONT LIBRARY
- 5:30 PM DINNER IN HARVARD SQUARE WITH FRIENDS
- 6:30 PM CLUB MEETING: POLITICS OF RACE AND ETHNICITY MEETING AT THE INSTITUTE OF POLITICS
- 8:00 PM ENTRYWAY GAME NIGHT
- 9:30 PM FINISH RESEARCH FOR BUSINESS AND ENVIRONMENT CONSULTING GROUP
- 10:30 PM RELAX WITH ROOMMATES IN COMMON ROOM
- 11 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



At Harvard, the flexible liberal arts and sciences 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.



COLLEGE.HARVARD.EDU



"My favorite resource is the Harvard Academic Resource Center (ARC) which offers free tutoring for students for a variety of classes! As someone who did not have access to tutors in high school, I am definitely appreciative of this completely cost-free resource for students."

RAFID QUAYUM '25
 MONTCLAIR, NEW JERSEY

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 study abroad

12 museums on and around campus

80+ languages available for students to study

2,343 meals and coffee gatherings shared between students and faculty through the "Classroom to Table" program



Arctic Research Cruise in Alaska

Last semester I went on a class field trip that would change my life.

On a visit for one of my classes, we went to Woods Hole Oceanographic Institute (WHOI) to learn about how they conduct research on oceanography. The most impactful moment was hearing that one of their lead scientists was looking for volunteers to help on a research cruise in Alaska. Long story short, our tickets were booked that very night. From there, it was just a long, few months until August and I would be shipping off to Nome!

Most of my free time was spent, if not powering through a book and a half a day, above deck looking out at the sea. It was weird, looking out at open ocean, feeling the cool late summer Arctic breeze against my skin, and trying to picture where I was on a map. It had been my dream since I was a child to go to Alaska and the Arctic, but I figured it was something that I couldn't do until I had a career and time to fund it myself. It was hard to comprehend that I was there, in the Arctic Circle, above Alaska. This was the farthest north I had ever gone, and probably the farthest north I would ever go.

It now only feels like a fever dream, but solidified my love for field research and gave me so much insight as to what I want to do for the rest of my life. It showed me that I am capable of adapting to any scenario—even living on a small crabbing boat for three weeks in the Arctic.



Read more online at

college.harvard.edu/life-harvard/student-stories/arctic-research-cruise-alaska



Emily Launderville '24

Hometown

Grasston, Minnesota

Concentration

Earth and Planetary Sciences, Secondary in Philosophy

Extracurriculars

Sailing, Fixing Classic Cars & Motorcycles, Running

An Open Love Letter to Harvard's Residential System

In my experience, the Harvard Residential System can create amazing matches that lead to incredible friendships and even better memories.

Starting my first year in the middle of a pandemic, I had not visited campus and did not know anyone. To say the least, I was scared to move across the country into a new world where I had no one. Harvard first years are sorted into one of five residential neighborhoods called Yards and each Yard is in a central part of campus life! Every Yard then has several dormitories that students will be split into where they will live in different entryways of 40-50 students. Entryways are small, close-knit communities on campus where you share a floor or other designated area in the dormitory. I personally lived in Crimson Yard in Wigglesworth, and I loved every second of it! Luckily, I got a lot more than just someone to live with, I met one of my best friends!

The next thing I knew we were on to sophomore year which meant we had to pick blocking groups. Blocking is a group of 2-8 people that commit to living in the same upper-level student House as each other. My first-year roommate and I had met another roommate pair and we clicked and, once again I could not have gotten luckier. My block was placed in Eliot House (the best House!) and the four of us would be sharing a room. I feel incredibly blessed and grateful that things worked out as beautifully as they did. I know that my positive experience with the system is not a unique experience—many of my friends also love their roommates and where they live just as much as I do!

My roommates are my support system and family, and I would like to thank the Harvard housing system for helping me meet and live with my best friends.



Read more online at

college.harvard.edu/life-harvard/student-stories/open-love-letter-harvards-residential-system



Angelica Carrillo '24

Hometown

Odessa, Texas

Concentration

Neurobiology

Extracurriculars

Harvard Premedical Society
Shared Interest Group, Biomedical Interdisciplinary Occupations and Medical Exposure (BIOME), Latinas Unidas, Latina Empowerment & Development Conference, Latinos in Healthcare, and Catholic Student Association

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*

*retiring in summer 2023



SOME OF THE RESOURCES
AT HARVARD

Disability Access 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.



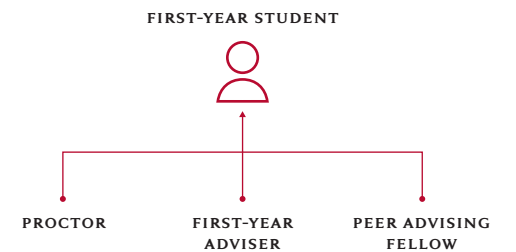
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"I've loved interacting with the QuOffice, the main hub of resources for BGLTQ+ identifying students. They host lots of fun group activities, and helped me feel like there's a place for people like me on campus."

LOUIS ZEKOWSKI '23
BURBANK, CALIFORNIA



FIRST-YEAR ADVISING STRUCTURE



"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

Extracurriculars and Athletics



“Extracurriculars have definitely shaped my time at Harvard, especially my first year. Being on a dance team at Harvard has provided me with upperclassmen who act more like siblings and are there for me no matter what! Being involved in a group that supports the community—like dancing at football and basketball games—has also allowed me to be really involved in Harvard school spirit and community in a way I would not without the Crimson Dance Team.”

SOPHIE CLIVIO '23
KINGSTON, JAMAICA



“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



500+ STUDENT ORGANIZATIONS AND CLUBS TO CHOOSE FROM

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.



↑ CHARLES RIVER



HARVARD HAS...

Won **151** national or NCAA championships
Won a combined **443** Ivy League championships
Been represented at **every** modern Olympic Games

42 DIVISION I INTERCOLLEGIATE VARSITY TEAMS INCLUDING...

- | | | |
|---------------|---------|------------|
| Basketball | Hockey | Squash |
| Cross Country | Sailing | Water Polo |
| Field Hockey | Skiing | Volleyball |



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.



"I think the best Harvard residential tradition is Lowell House Tea. A source of tasty treats and a place to unwind, Tea brings students, faculty, and staff of all Houses together."

SOPHIE KIM '24
LOS ANGELES, CALIFORNIA



"As a resident of Kirkland House, I greatly appreciate the marvelous sense of community that we have to offer. Every day, I see friends from other Houses visiting and eating in Kirkland, which contributes to Kirkland's warm and inviting spirit. Harvard puts forth a great effort into ensuring that students have the ability to nurture a wonderful living community, regardless of their dorm or House."

RICARDO RAZON '25
MORRISVILLE, NORTH CAROLINA



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/student-life/student-stories/harvard-hard-theres-support-help



Raymond Zheng '25

Hometown
Uniontown, Pennsylvania

Concentration
Molecular and Cellular Biology

Extracurriculars
Harvard Collegium Musicum, Harvard Badminton Club

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/student-life/student-stories/one-note-time-finding-my-way-through-singing

Admissions and Financial Aid

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

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

college.harvard.edu/npc


college.harvard.edu/npc-espanol

“I had previously not known that some colleges’ approach to awarding financial aid was based on the financial need of each family. I realized that, thanks to Harvard’s approach to financial aid, the attendance cost would not prevent me from actually going.”
ANA BARBA '25
MISSION, TEXAS

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
- More than 22% of students pay nothing to attend Harvard
- \$61,900 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.

A photograph of two students walking away from the camera on a paved path. The student on the left is wearing a dark blue t-shirt, red shorts, a black cap, and a black backpack. The student on the right is wearing a blue and white striped polo shirt, khaki pants, and a black backpack. They are walking towards a large, ornate metal gate with brick pillars. The path is lined with trees that have yellowing leaves, suggesting autumn. The scene is brightly lit with long shadows on the path.

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

ADMISSIONS OFFICE AND
GRIFFIN FINANCIAL AID OFFICE

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