

# Eight Ways to Avoid and Prevent Academic Misconduct

Students who have engaged in academic misconduct have done so for a variety of reasons: misunderstandings, time constraints, stress, not understanding material, and ultimately feeling like they had no choice.

Whatever the reason, remember that violating policy **is** a choice - and that **there is always an alternative**, even if it comes with challenges. Below are some alternatives to violating policy and some practical tips to help you avoid difficult situations in the future.

## Avoiding Academic Misconduct

1

### Use a "Drop the Lowest P-Set" or "Free Extension Policy".

Some classes allow you to drop your lowest grade or to use a one-time free extension. Ask your professor for details.

2

### Ask your instructor for an extension.

MIT instructors understand that academic life at the Institute is difficult and students may need grace from time to time; be honest, polite, and thoughtful when you ask for help.

3

### Reach out to Student Support Services (S3).

The S3 Deans work closely with faculty to support struggling students for many reasons. They may be able to help you work with your instructor to find a solution.

4

### In the worst case, accept a lower grade...

One low grade may create difficulties that can be managed. Managing the unintended consequences of violating policy will be much harder in the long run.

5

### Take a reasonable course load each semester.

Your academic advisor or an S3 Dean may be able to help with knowing if your current course load is too demanding.

6

### Reach out for personal help or academic help when you need it.

There are many resources available to you as students at the Institute - you just need to ask for help.

7

### Be clear on your instructors' expectations.

This not only means what is shared on the first day of class and in syllabi but also for each individual assignment. **If you don't know, ask!**

8

### Give yourself regular breaks.

Get something to eat, take a nap, go for a walk, attend a study break in your hall, talk to a friend - whatever works best for you!

