Hi Undergrads,

I hope you take some time this week to take care of yourself in the midst of all of the final projects and presentations as the semester is winding down. Below is a calendar of May de-stress events put on by MindHandHeart, a coalition of students, faculty, and staff promoting well-being in our community.

Have a wonderful last week of classes and good luck on finals!

- Kat
# Events to De-Stress and Take Care

**MAY 2018**

*Take part in activities to help care for your health and well-being: studying,ki2 sleeping, meditating, stretching, petting puppies, eating, and conversing*

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>7</strong></td>
<td>*** On Under the Dome, 12am-12:30pm, Bid 10-500</td>
<td>MIT Puppy Lab, 12am-2pm, Lobby 10</td>
<td>REMINDER: Call 627-213-CALM anytime, day or night, 24/7 for a guided relaxation recording.</td>
<td>DSL Open Office Hours (with Addie the therapy dog), 11am-12pm, Bid 4-110</td>
</tr>
<tr>
<td><strong>14</strong></td>
<td>*** On Under the Dome, 12am-12:30pm, Bid 10-500</td>
<td>Let’s Chat in the Physics Department, 1pm-3pm, Bid 8-316</td>
<td>Let’s Chat in the OME, 5:15pm-7pm, Bid 4-107</td>
<td>Let’s Chat in the OME, 5pm-7pm, Bid 4-107</td>
</tr>
<tr>
<td>Comedian and MIT Alumna Dhaya Lakshminarayanan, 4:30pm, Bid 4-149</td>
<td>SPA - Stress Prevention Activities, 10am-2pm, Bid 7-103</td>
<td>MIT Puppy Lab, 12am-2pm, Lobby 10</td>
<td>SPA - Stress Prevention Activities, 10am-2pm, Bid 7-103</td>
<td>MIT’S DAY OF PLAY, 12pm-2pm, Kresge Oval</td>
</tr>
<tr>
<td><strong>21</strong></td>
<td>Fuel For Thought (during finals week), 9am-7pm, 4-107</td>
<td>Let’s Chat in the Physics Department, 1pm-3pm, Bid 8-316</td>
<td>Let’s Chat in the OME, 5:15pm-7pm, Bid 4-107</td>
<td>DSL Open Office Hours (with Addie the therapy dog), 11am-12pm, Bid 4-110</td>
</tr>
<tr>
<td>*** On Under the Dome, 12am-12:30pm, Bid 10-500</td>
<td>Let’s Chat in the OME, 5:15pm-7pm, Bid 4-107</td>
<td>Study Breaks, 2pm-4pm, Bid 10-500</td>
<td>Study Breaks, 2pm-4pm, Bid 10-500</td>
<td>Study Breaks, 2pm-4pm, Bid E53-100</td>
</tr>
<tr>
<td><strong>22</strong></td>
<td>Fuel For Thought (during finals week), 9am-7pm, 4-107</td>
<td>Study Breaks, 2pm-4pm, Bid 10-500</td>
<td>Mindfulness Workshop (Register online), 12-1pm, Bid E53-401</td>
<td>Study Breaks, 2pm-4pm, Bid 10-500</td>
</tr>
<tr>
<td><strong>23</strong></td>
<td>Fuel For Thought (during finals week), 9am-7pm, 4-107</td>
<td>Mindfulness Workshop (Register online), 12-1pm, Bid E53-401</td>
<td>Let’s Chat in the OME, 5pm-7pm, Bid 4-107</td>
<td>MIT’S Largest BollyX Class, 5:30pm-6:30pm, Kresge Lawn</td>
</tr>
<tr>
<td><strong>24</strong></td>
<td>Fuel For Thought (during finals week), 9am-7pm, 4-107</td>
<td>Mindfulness Workshop (Register online), 12-1pm, Bid E53-401</td>
<td>Let’s Chat in the OME, 5pm-7pm, Bid 4-107</td>
<td>FINAL EXAMS 21st-25th</td>
</tr>
<tr>
<td><strong>25</strong></td>
<td>Fuel For Thought (during finals week), 9am-7pm, 4-107</td>
<td>Mindfulness Workshop (Register online), 12-1pm, Bid E53-401</td>
<td>Let’s Chat in the OME, 5pm-7pm, Bid 4-107</td>
<td>FINAL EXAMS 21st-25th</td>
</tr>
</tbody>
</table>

**FINAL EXAMS 21st-25th**  
**FINAL EXAMS 21st-25th**  
**FINAL EXAMS 21st-25th**  

For more details visit: mindhandheart.mit.edu/events

---

**Weekends@MIT**
SaveTFP Waffle Night!
When: Friday, 5/18 from 9pm - 11pm
Where: Coffeehouse Lounge, 3rd Floor, Student Center W20
Contact: Jinny Lee, jinnylee@mit.edu
URL: http://bit.do/savetfp

Finals are awful but come to SaveTFP for a waffle chock-full of so many wonderful treats it's unlawful! We'll have fruit, nutella, whipped cream, and all the fixings for you at waffle night: Friday, May 18 from 9-11 PM in the Coffeehouse Lounge!

Tea with Teachers
Click here to watch the next episode of Tea with Teachers!

Click here to follow along with Professor Egozy as he takes over our Instagram!

This week we sat down with Professor of the Practice in Music Technology Eran Egozy!

Listen to him share his favorite song to play in Guitar Hero, a game he helped create, how he discovered his calling, and his advice for MIT students pursuing unorthodox passions!

Join Addir Interfaith Dialogue Fellowship for 2018-2019!
When: Now - June 1, 2018
Contact: adam1@mit.edu
URL: https://studentlife.mit.edu/rl/interfaith-programs/mit-interfaith-dialogue-program-application
Are you interested in talking about the Big Questions (TM) with a small group of MIT students from different religious/spiritual backgrounds? Consider applying to be part of the Addir Interfaith Dialogue Fellowship for school year 2018-2019! It's as #lit as a menorah on the 8th day of Hanukkah and as colorful as a white shirt at the end of Holi :). If you have questions, please reach out to adam1@mit.edu. Applications are due by Friday, June 1st at 5pm.

Join WMBR, MIT’s Radio Station!  
*come to an orientation session to join for the summer*  
*all MIT students & staff welcome!*

**8-9pm on Tuesday 5/15 in 50-030**

*final chance to join!* • membership@wmbr.org • wmbr.org

Join WMBR, MIT’s Radio Station!  
**When:** 8-9pm on Tuesday 5/15  
**Where:** WMBR 50-030  
**Contact:** membership-director@wmbr.org  
**URL:** wmbr.org

Attend a new member orientation to become a member of WMBR and be able to host your own radio show this summer! We welcome all kinds of radio content, including music, politics, poetry, comedy and more. You can also get involved without hosting a radio show, such as working on the technical aspects of running a radio station or putting on collaborative live performances. This is the last chance to join for the summer!

**EVENTS**

Solve at MIT Opening Session, “The Heart of the Machine: Bringing Humanity Back into Technology”
When: Wednesday, May 16 -- 3:00-5:00 PM  
Where: Kresge Auditorium  
Contact: jchen31@mit.edu  
Registration Link: here

Solve MIT would like to you to join an exciting event on our campus: Solve at MIT's Opening Plenary session, “The Heart of the Machine: Bringing Humanity Back into Technology.” ([https://solve.mit.edu/events/solve-at-mit-2018/schedule#page-subnav](https://solve.mit.edu/events/solve-at-mit-2018/schedule#page-subnav))

Featured speakers include:

- L. Rafael Reif, President, Massachusetts Institute of Technology  
- Mitchell Baker, Chairwoman, Mozilla  
- Ursula M. Burns, Chairman of the Supervisory Board, VEON  
- Yo-Yo Ma, Cellist, Curator of the MIT Solve Arts and Culture Mentorship Prize  
- Luis Alberto Moreno, President, Inter-American Development Bank  
- The Venerable Tenzin Priyadarshi, Director, Ethics Initiative, MIT Media Lab  
- Mark Reading, Head of Foundation, Atlassian  
- Eric Schmidt, Technical Advisor and Board Member, Alphabet Inc.  
- Tom Taylor, Senior Vice President, Alexa, Amazon  
- Manoush Zomorodi, Host and Managing Director of “Note to Self” Podcast, WNYC Studios

If you can’t make it to the event, there are many other ways to engage with Solve:

- Volunteer at Solve at MIT — apply today. ([https://docs.google.com/forms/d/e/1FAIpQLScThRjuOO6zKvdVqewlHii48-3TwjafYLFuD1uobu7VK11qQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLScThRjuOO6zKvdVqewlHii48-3TwjafYLFuD1uobu7VK11qQ/viewform))
- Submit your own solution to the next set of Solve Global Challenges. ([https://solve.mit.edu/solution](https://solve.mit.edu/solution))
- Learn about hosting a Solveathon. ([https://solve.mit.edu/articles/help-find-the-next-big-solution-host-a-solveathon](https://solve.mit.edu/articles/help-find-the-next-big-solution-host-a-solveathon)) To learn more, please visit Solve’s website (solve.mit.edu) or email solve@mit.edu. Solve looks forward to seeing many MIT students at the opening plenary session. Don't forget to register!

**TCC End of Year Party**

When: Thursday, May 17th, 7pm-10pm  
Where: W11, Main Dining Room  
Contact: tcc-council@mit.edu  
URL: [https://www.facebook.com/events/155237711985668/](https://www.facebook.com/events/155237711985668/)

Summer's almost here! Celebrate the end of the year with the Tech Catholic Community, featuring smoothies, sandwiches, and ice cream sundaes!

**ProjXpo**
Need an excuse to procrastinate studying for finals? Come to ProjXpo on Friday, May 18th (the day after classes end) for free food, awesome projects, and raffle prizes! We have some amazing projects this semester like an Iron Man suit, a boba robot, smart garden, battlebots, drink mixers, and much more! We’ll also have Chick-fil-A, Chipotle. Insomnia Cookies, and Tea Do + music, lights, glow sticks, and the chance to vote for your favorite projects. All attendees will also be entered in a raffle to win a VR head set, drone, or Amazon gift cards.

MIT Day of Play!
When: Friday, May 18, 12-2pm
Where: Kresge Oval
Contact: Elizabeth Thompson, erthomps@mit.edu

Come unwind after a long semester and before finals and PLAY! Free BBQ, baby animals, inflatables, zumba, music and more. Open to all members of the MIT community with ID. Bring a friend!

Voter Registration Booth
When: Tue-Wed, May 15th & 16th, 11am-3pm
Where: Lobby 10
Contact: vote-2018@mit.edu

Primary elections are coming up (depending on the state, they may have already happened)! Double-check your voter registration at https://votemate.us/ - if you'd like to register in Massachusetts or ask any questions, swing by our booth! Check out our FAQ here!

MIT Solve Oceti Fellow Meet & Greet
When: Tuesday, May 15th
Where: Solve Office [600 Technology Sq. 3rd Floor]
Contact: Rachel Drew
URL: https://solve.mit.edu/articles/mit-solve-announces-inaugural-oceti-sakowin-fellows

Join MIT Solve for an informal Meet & Greet with the 2018 Oceti Sakowin Solve Fellows to find out more about their renewable energy and green infrastructure projects and how you can get involved- email Rachael Drew at rachael.drew@solve.mit.edu to RSVP and for more information.
**The TwiLog Zone: A Free Logs Concert**

**When:** Friday, May 18th @ 8PM (doors open 7:45PM)

**Where:** Kresge Auditorium

**Contact:** logs@mit.edu

**URL:** https://mitlogs.com/

Come experience the MIT Logarhythms' spring performance, The TwiLog Zone! Invite your friends to this FREE end-of-semester acapella concert, happening in Kresge Auditorium at 8PM (doors open at 7:45PM). This is one show you will not want to miss!

---

**WANT TO SEE YOUR EVENT IN THE BYTE?**

Submit an event here! Events must be submitted by noon Sunday for inclusion in that week's issue.

---

**ANY QUESTIONS?**

Email ua-secretary@mit.edu with any questions, comments, or suggestions for improvement for future editions of The Byte.