

Office of Graduate Student Life
Fall 2024 Graduate Student Resource Guide

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Academic Support Resources and Programs

Graduate Writing Program

Website: gwp.rutgers.edu

Contact: Mark DiGiacomo mark.digiacomo@rutgers.edu

Click [HERE](#) to learn more about the Graduate Writing Program.

Click [HERE](#) to learn more about the courses offered by the Graduate Writing Program.

Click [HERE](#) to sign up for a writing accountability group.

The Graduate Writing Program supports graduate students in achieving their scholarly writing goals by offering writing workshops, writing accountability groups, guest lectures, and free, zero-credit courses that carry no additional work other than writing students are already completing for their academic programs. Student-led writing accountability group sessions are held on Zoom at various times and days each week and students may choose the weekly slot that best suits their availability to meet and write alongside other Rutgers graduate students to make progress toward their writing goals.

Learning Centers

Website: learningcenters.rutgers.edu

Click [HERE](#) to learn more about the resources for graduate students at the Learning Centers.

Click [HERE](#) to learn how to use Penji online or download the Penji app (Use Penji to schedule academic coaching and tutoring).

Click [HERE](#) to register for graduate academic success workshops.

The Learning Centers support students through many free services for those seeking to enhance their academic careers. The Rutgers Learning Centers offers academic coaching, academic success workshops, along with statistics and writing tutoring services for graduate students. Academic coaches can be helpful for tackling motivation challenges, breaking down large tasks into more approachable segments, and seeking accountability for productivity. Learning Centers stats tutors can assist with quantitative study methods, analysis, interpretation, data clean-up, statistical software, and more. Graduate-level writing tutors can provide helpful feedback and suggestions on all aspects of your writing, from brainstorming and organizing topics, to creating and strengthening a thesis, to revisions and citations.

New Brunswick Libraries

Website: www.libraries.rutgers.edu/new-brunswick

Chat with a Librarian 24/7/365 [HERE](#)

Email: ask@libraries.rutgers.edu or use [THIS](#) contact form.

Text the Libraries at 732-943-1643.

Click [HERE](#) to find a Librarian Specialist in your area of study.

Click [HERE](#) to view more information about research consulting hours.

Click [HERE](#) to view the schedule of workshops offered by the Libraries.

The Rutgers-New Brunswick Libraries serve the full spectrum of teaching, research, and public service activities at Rutgers-New Brunswick. The Libraries offers: expert curated subject-specific research guides; services provided by subject specialist librarians and graduate specialists; citation management with Refworks 3 and EndNote; access to low cost copying, printing, and scanning; data and research methods workshops for graduate students; and access to over 4.7 million books and e-books, hundreds of databases, scholarly journals, DVDs and streaming media.

Student Health and Wellness

Scarlet Arts Rx

Contact: Peichi Waite pw337@mgsa.rutgers.edu

Sign Up for Scarlet Arts Rx [HERE](#).

Check out Scarlet Arts Rx on GetINVOLVED [HERE](#).

Discover the transformative power of the arts through Scarlet Arts Rx– a new FREE arts and well-being program for all Rutgers–New Brunswick students! Arts engagement is related to improvements in: mood, Sleep quality, Social connections, Self-confidence, Creative thinking skills, and more! You don't need to be an artist to participate in Scarlet Arts Rx and get: free reserved Mason Gross School of the Arts (MGSA) box office tickets for theater, dance, and music performances (and you can bring RU-NB friends for free), opportunities to connect socially and meet new people, and higher self-awareness about how the arts affect your well-being. Each time you fill out a 1-minute feedback survey after each RU-NB arts activity or event you attend, you can be entered into a monthly drawing for a chance to win a \$50 gift card.

Student Health: CAPS (Counseling, Alcohol and Other Drug Assistance Program & Psychiatric Services)

Website: health.rutgers.edu/medical-counseling-services/counseling/

24/4 Crisis Phone Line: Call or Text 988 (English and Spanish)

24/7 Crisis Text Line: 741-741

Call 848-932-7884, menu option 2 to schedule a Let's Talk session.

Email: health@rutgers.edu

Click [HERE](#) for FAQs about insurance and billing.

Click [HERE](#) to learn more and view the schedule for drop-in sessions.

CAPS is the Rutgers University mental health support resource that provides a variety of services including drop-in counseling sessions, individual therapy, group therapy, crisis intervention, workshops, alcohol and substance-use assistance programs, psychiatric care & medication management, and community referrals. CAPS offers free, private and confidential drop-in Conversations with licensed mental health professionals called Let's Talk sessions. Let's Talk sessions are offered by CAPS community-based counselors who are located on all five campuses with a variety of availability options.

Student Health: HOPE (Health Outreach Promotion & Education)

Website: health.rutgers.edu/health-education-and-promotion/health-promotion-peer-education

Click [HERE](#) to learn about Mental Health Trainings hosted by Student Health: HOPE

Click [HERE](#) to learn about wellness coaching.

Click [HERE](#) to learn more about purchasing discounted safer sex supplies.

Health Outreach, Promotion & Education (HOPE) works to advance health and wellness at Rutgers University through community engagement and innovation. Using evidence-based curricula, HOPE provides students with tools to advocate for personal and community wellness and serves as an expert resource to faculty and staff. HOPE hosts mental health training workshops each semester and provides steeply discounted safer sex supplies (such as condoms, dental dams, and lubricant) to Rutgers students.

Rutgers Recreation

Website: rec.rutgers.edu

Check out the daily class schedule [HERE](#) or in the [RUREC2GO](#) app.

Click [HERE](#) for more information about on-demand fitness and wellness classes in the RUREC2GO app.

Click [HERE](#) to learn more about adventure and outdoor recreation.

Click [HERE](#) to learn about purchasing spouse memberships.

Click [HERE](#) to learn about intramural sports and [HERE](#) to learn about club sports.

Rutgers Recreation provides students with access to full-service recreation centers on each campus. Recreation also offers a wide range of FREE fitness and wellness classes including pilates, yoga, BodyCombat, spin, strength, grit, and more! All necessary equipment and mats are provided and classes are designed to accommodate all fitness levels. Enjoy student prices on massage therapy, participate in adventure recreation programs including rockwall climbing, hiking, kayaking, and canoeing, or join an intramural or club sports team! Students may also purchase memberships for spouses (sponsored member) or sign their children up for Child and youth swim programs!

Campus Cultural Centers

Asian American Cultural Center

Website: aacc.rutgers.edu

Call: 848-445-8043

Email: aacc@rutgers.edu

The Asian American Cultural Center works to foster a safe, inclusive, and supportive environment for all students at Rutgers University and community partners by providing programs and initiatives focused on issues relevant to the Asian Pacific Islander Desi American (APIDA) community.

Center for Latino Arts and Culture

Website: clac.rutgers.edu

Call: 848-932-1263

Book an appointment with a CLAC staff member: [HERE](#)

The Center for Latino Arts and Culture (CLAC) is a student-centered, inclusive community dedicated to building a creative space where the Rutgers community can discover and critically discover what it means to be Latino/a in the United States.

Center for Social Justice and LGBT Communities

Website: socialjustice.rutgers.edu

Call: 848-445-4141

Email: sje@echo.rutgers.edu

The Center for Social Justice Education and LGBT Communities (SJE) provides educational and social programs, leadership development, and policy consultation for LGBTQIA and allied students, faculty, staff, and community members. SJE also hosts graduate student socials and events throughout the semester.

Community Building & Involvement

Graduate Affinity Groups

Website: graduatestudentlife.rutgers.edu/programs-community/affinity-programs

Email: gradstudentlife@echo.rutgers.edu

The Office of Graduate Student Life in the Division of Student Affairs invites graduate students across disciplines to join a discussion-based affinity group designed and facilitated by a graduate student peer during the Spring 2024 and Fall 2024 semesters. Graduate Affinity Groups for the following grad student communities will run from February-December 2024: African students, BIPOC LGBTQIA2S+ students, Bisexual+ students, Chinese students, International students, and Neurodivergent students.

Graduate Student Association

Website: gsa.rutgers.edu

Contact: Eric Chiles president@gsa.rutgers.edu

Check out the GSA on GetINVOLVED: <https://rutgers.campuslabs.com/engage/organization/gsa>

The Rutgers Graduate Student Association (GSA) is the official graduate student government of Rutgers-New Brunswick. The mission of the GSA is to further graduate student interests, graduate student-University relations, and the social, cultural, and academic enrichment of graduate students at Rutgers. The GSA advocates graduate student concerns to the greater Rutgers University community and provides financial support to the many Graduate Student Organizations (GSOs) at Rutgers. The GSA also hosts events for graduate students throughout the semester.

International Women's Group (IWG)

Website: global.rutgers.edu/international-womens-group

Email: iwgmembers@gmail.com

The International Women's Group of Rutgers University (IWG) is a volunteer organization supported by Rutgers Global, with membership open to all international women who study or work at Rutgers or are spouses of Rutgers students. The members of IWG help each other to build a new life and community while adjusting to New Jersey and Rutgers. Join IWG to learn more about the New Brunswick area including festivals, restaurants, shops and entertainment places and share cultures by cooking together and having potluck parties!

Rutgers Global - Peace Corps

Website: global.rutgers.edu/peace-corps

Contact: Pablo Arenas Gallo, peacecorps@global.rutgers.edu

The Peace Corps is a 27-month long service opportunity that allows motivated U.S. citizens to immerse themselves in a community abroad and work alongside local leaders to tackle pressing challenges. The RU Global - Peace Corps Office (RU Global) can provide students with information about Peace Corps service and career trajectories and assist in completing the application process.

Rutgers Global - Programming & Events

Website: global.rutgers.edu/global-programming-events

Click [HERE](#) to view the Rutgers Global calendar of events.

Rutgers Global - Programming & Events (RU Global) works to increase the global competency of the Rutgers community by providing opportunities for individuals to connect, share knowledge, and promote global understanding. Join RU Global for their monthly Friendship Fridays event series and other exciting events!

Rutgers Global - Study Abroad

Website: global.rutgers.edu/study-abroad

Click [HERE](#) to view the full list of study abroad programs (individual programs will specify if they are available for graduate students)

Rutgers Global – Study Abroad (RU Global) provides opportunities for global learning that are academically rigorous, degree-relevant, and culturally transformative. RU Global offers a number of graduate-exclusive and mixed-enrollment study abroad opportunities that allow graduate students to enrich their studies with a transformative global learning or research experience.

Student Volunteer Engagement

Website: volunteer.rutgers.edu

Click [HERE](#) to schedule a 1:1 coaching session.

Click [HERE](#) to sign up for the Volunteer Engagement newsletter.

Student Volunteer Engagement offers many ways to volunteer in the local community, offering many near or on campus with a variety of time commitments. Student Volunteer engagement also offers 1:1 coaching sessions to help graduate students kick-start their volunteer journey.

Student Support Services & Resources

Basic Needs

Website: basicneeds.rutgers.edu

Instagram: [@rubasicneeds](https://www.instagram.com/rubasicneeds)

Click [HERE](#) to view the operating hours and locations of the Rutgers Student Food Pantry and Mobile Food Pantry.

Click [HERE](#) for more information and to find the application for Emergency Aid.

Rutgers Student Basic Needs provides support for basic needs including but not limited to food, housing, clothing, childcare, mental health, financial resources, and transportation. Rutgers Student Basic Needs operates a Food Pantry, Mobile Food Pantry, and Emergency Aid Fund. Students can visit the Student Food Pantry located in the College Avenue Student Center or visit one of the many Mobile Food Pantry locations and receive about one week's worth of groceries, no questions asked. The Rutgers Emergency Aid Fund provides RU-New Brunswick students with one-time need-based financial support for unforeseen, unavoidable, and unplanned costs associated with emergencies like accidents, illnesses, fire and water damage, or the need for emergency housing or food. International and undocumented students are eligible to apply for the Emergency Aid Fund.

Compliance & Title IX

Website: nbttitleix.rutgers.edu

Email: nbttitleix@rutgers.edu

Phone: 848-932-8200

Click [HERE](#) to learn more about resources, accommodations, and support available to pregnant and parenting students.

The Office of Compliance and Title IX strives to provide a safe campus environment free from all forms of sex-based discrimination and sexual violence by addressing misconduct and providing education. The Office of Compliance and Title IX addresses misconduct regarding: sex-based discrimination, sexual harassment, sexual violence, relationship violence, stalking and related forms of misconduct. The Office of Compliance and Title IX also provides reasonable accommodations to students experiencing pregnancy or pregnancy-related conditions.

Office of Disability Services

Website: ods.rutgers.edu

Phone: 848-202-3111

Email: dsoffice@echo.rutgers.edu

If you'd qualify for accommodations, submit an inquiry using [THIS](#) form, a member of the ODS staff is more than happy to speak with you!

Click [HERE](#) for more information about specific services available for graduate students.

Click [HERE](#) for more information about disabilities.

The Office of Disability Services (ODS) works to provide reasonable accommodations to graduate students with disabilities. ODS accommodates a wide range of conditions including, but not limited to: hearing/vision/mobility conditions, chronic illnesses, learning disabilities, psychological diagnoses (including anxiety and depression), traumatic brain injuries, ADHD, and Autism Spectrum Disorder. During the Fall 2024 semester, ODS Coordinator Nychey Michel will be hosting open drop-in hours for graduate students in the Graduate Student Lounge (126 College Ave, behind Panera Bread) from 2-4pm the first two Wednesdays of every month.

Faith and Spirituality Initiatives

Website: ruoffcampus.rutgers.edu/rutgers-university-multi-faith-council/

Contact: Rev. Katrina Jenkins katrina.e.jenkins@rutgers.edu

Click [HERE](#) for a list of on-campus chaplains, affiliated congregations, and interfaith prayer/meditation spaces.

Click [HERE](#) for a current list of faith-based student organizations at Rutgers-New Brunswick.

Rutgers Faith & Spirituality Initiatives handles programming and support for all those who want to explore or continue with their faith/spiritual lives. Students can seek support from on-campus chaplains, off-campus affiliated congregations, and faith-based student organizations. Rutgers also maintains interfaith prayer and meditation rooms on all New Brunswick campuses to provide students of any or no particular religious tradition with physical space to gather and reflect.

Graduate Student Life

Website: graduatestudentlife.rutgers.edu

Email: gradstudentlife@echo.rutgers.edu

Instagram: [@rugradstudentlife](https://www.instagram.com/rugradstudentlife)

Subscribe to the Graduate Student Life Weekly Digest [HERE](#)

The mission of the Office of Graduate Student Life (OGSL) is to enhance the educational experience and quality of life for RU-NB graduate and professional students by serving diverse needs, fostering community, and helping students navigate Rutgers resources.

The OGSL works to advocate for graduate students, connect them to services and resources, and offer graduate-exclusive programs and events to help students connect and build a community. Subscribing to the Graduate Student Weekly Digest and following the Graduate Student Life Instagram page are the best ways to keep up-to-date with programs, events, and opportunities for graduate students.

Restorative Justice Program

Website: restorativejustice.rutgers.edu

The Restorative Justice Program (RJ) offers opportunities for students to engage in proactive RJ and community building activities, restorative processes to respond to harm, and opportunities to be trained in restorative justice practices.

One Stop Student Services Department

Website: <https://scarlethub.rutgers.edu/financial-services/>

Contact: <https://rutgers.my.site.com/OneStopPortal/s/New-Brunswick>

The One Stop Student Services Center (One Stop) at Rutgers University–New Brunswick is an integrated and coordinated cross-functional service in the areas of financial aid, student accounts, and registration. Acting as a “single point of service” across these areas to promote a progressive, simplified, and consistent student experience and a culture that supports student satisfaction and success. The One Stop embraces a model that:

Prioritizes strong customer service and effective use of technology, Serves all student populations, Reflects best practices in higher education, Includes improving self-service options.

Student Legal Services

Website: rusls.rutgers.edu

Phone: 848-932-4529

Rutgers University Student Legal Services offers professional legal advice and assistance to eligible Rutgers– New Brunswick students at no cost by attorneys licensed to practice in New Jersey! Student Legal Services offers legal consultations on various matters including: tenant/landlord disputes, domestic violence, traffic violations, intellectual property, immigration/INS/DACA, civil suits, and more. They also provide notary services, attorney referrals, community outreach & education, and pre-law advising services.

Office for Violence Prevention & Victim Assistance (VPVA)

Website: vpva.rutgers.edu

Email: vpva@echo.rutgers.edu

The Office for Violence Prevention and Victim Assistance (VPVA) provides comprehensive services to any member of the Rutgers community that has experienced interpersonal violence or has been a victim of a crime. All services are free, confidential and do not involve insurance. VPVA provides trauma-informed counseling, advocacy, a 24-hour hotline, and prevention education. VPVA acknowledges the unique factors that impact graduate students and want to support any and all survivors of trauma in the Rutgers community.

Professional Development Resources

Rutgers AAUP-AFT Union

Website: rutgersaaup.org

Click [HERE](#) to view 2022-2026 Rutgers AAUP-AFT contracts and highlights.

Rutgers AAUP-AFT is the union for graduate fellows, teaching assistants, and graduate assistants.

Office of Career Exploration and Success

Website: careers.rutgers.edu

Click [HERE](#) to access or set up your Rutgers Handshake account.

The Office of Career Exploration and Success (CES) is committed to assisting students make connections between their academic experience and career paths. CES provides career-related resources for graduate students to help them discover themselves, explore careers and academic pathways, develop skills, and pursue their post-graduate goals. CES offers workshops, events, career and internship fairs, high-impact programs, advising, job and internship search strategies, Rutgers Handshake and much more. Find on and off campus employment opportunities on Rutgers Handshake.

GradFund

Website: gradfund.rutgers.edu

Click [HERE](#) to schedule a Gradfund appointment.

Click [HERE](#) to enroll in GradFund's self-paced Canvas course.

GradFund provides graduate students with information on how to apply for external scholarship, fellowship, and funding opportunities. GradFund also provides guidance and assistance with application processes. GradFund offers workshops that inform students on applying for external funding and maintains a free, self-paced Canvas course that teaches the art of competitive proposal writing through developing familiarity with both funders in your field of study and the proposal writing genre.

iJOBS Program (Biomedical Students)

Website: grad.rutgers.edu/professional-development/biomedical-career-development

Contact: Janet Alder, PhD janet.alder@rutgers.edu

The Rutgers University iJOBS Program exposes life science PhD students and postdocs to a range of non-academic and academic career options and empowers them to pursue their career goals.

SGS Professional Development Resources

Website: grad.rutgers.edu/professional-development

Contact: Ramazon Güngör, PhD rg835@grad.rutgers.edu

The School of Graduate Studies offers a wide range of professional development resources for graduate students including talks, workshops, panels, and online materials.

Psi Chi**Website:** www.psichi.org

The Rutgers chapter of Psi Chi has opened its application and membership to graduate students studying Psychology. The benefits that membership in Psi Chi offers to graduate students include international recognition for academic excellence; over \$400,000 offered to members annually through awards, grants, and scholarships; networking opportunities and events; one-on-one mentoring.

TA Project**Website:** grad.rutgers.edu/professional-development/teaching-skills/ta-project

The TA Project assists Teaching Assistants in their professional development. Designed to aid budding graduate student instructors, the TA Project provides workshops, certificate programs, 3 semester-long courses, orientations, and more to help graduate students develop a rich teaching portfolio.

Graduate Student Organizations***Council of Black Graduates*****Website:** rutgers.campuslabs.com/engage/organization/councilofblackgraduates**Email:** rutgerscbg@gmail.com

The Council of Black Graduates (CBG) is a graduate student organization dedicated to improving the quality of graduate and professional student life at Rutgers, the State University of New Jersey. Our purpose is to develop a sense of community among the graduate and professional students of African, Caribbean, and African-American descent at Rutgers by addressing the needs and concerns that confront both the group and its members. CBG serves as a medium to reduce the feeling of isolation by keeping students aware of the activities of other black groups and by structuring social and cultural events through which the members can interact.

Rutgers GRADient**Website:** rutgers.campuslabs.com/engage/organization/gradient**Email:** rutgers.gradient@gmail.com

Rutgers GRADient is designed to create space for graduate and professional students who identify as LGBT+ (and allies) and are looking for a safe venue where they meet with others who share their values. The goal of the organization is to unite this group of LGBT+ students in community at Rutgers University-New Brunswick.

Scarlet Tabletop Gaming League

Contact: Alex Nesenjuk an525@scarletmail.rutgers.edu

The Scarlet Tabletop Gaming League is dedicated to bringing together graduate students who share a passion for tabletop gaming. By providing a space where members can unwind and immerse themselves in the intellectual challenges of strategic and thematic board games, we aim to foster a supportive and engaging community. This organization not only offers a chance to relax from the demands of academic life but also serves as a valuable networking opportunity. Members can connect with fellow enthusiasts, build lasting friendships, and share their love for board games. Join us in creating a vibrant community where fun and fellowship go hand in hand.

Science Policy and Advocacy at Rutgers (SPAR)

Website: sites.rutgers.edu/scipolru/about-us/

Email: rutgersnspg@gmail.com

SPAR is a non-partisan graduate student organization at Rutgers University. Our goal is to provide a structure for STEM-focused graduate students at Rutgers to connect with our colleagues, politicians, and the local community for the purposes of increasing scientific literacy, advocating for policies supported by scientific research, increasing the effectiveness of scientific communications, and continuing government support for scientific research. Our past activities include op-ed writing workshops; policy memo writing workshops; publishing policy memos in journals; how to contact your congressperson workshops; trips to the State House in Trenton and Washington, DC; careers and opportunities in science policy workshops; and outreach at Rutgers Day.

Supporting Parents and Caregivers at Rutgers (SPCR)

Website: rutgersgradparents.wixsite.com/spcr

getINVOLVED: rutgers.campuslabs.com/engage/organization/spcr

Email: rutgersgradparents@gmail.com

Supporting Parents and Caregivers at Rutgers (SPCR) provides support, a sense of community, and access to resources for graduate student parents and caregivers at Rutgers. We host social events that allow fellow parents and caregivers to get to know each other. We also advocate for parents and caregivers through policy change and additional resources.

Women's Leadership Coalition (WLC)

Contact: Larissa Garcia lmg319@scarletmail.rutgers.edu

The Women's Leadership Coalition brings Rutgers graduate students together to promote professional, personal and academic development.