

Graduate Student Life Weekly Digest

Graduate Student Life Weekly Digest October 13, 2025

Welcome to the Graduate Student Life Weekly Digest!

This weekly digest serves as official communication from the Office of Graduate Student Life and keeps you up-to-date on events, opportunities, campus resources and support services for graduate students at Rutgers-New Brunswick! Share with your friends and tell them to subscribe [HERE](#)! You can contact the Office of Graduate Student Life by emailing gradstudentlife@echo.rutgers.edu or visiting our offices during the week in the Graduate Student Lounge (126 College Ave., behind Panera Bread).

The Graduate Student Lounge is open from 7:00am-12:00am Monday-Friday and 9:00am-12:00am Saturday-Sunday. Click [HERE](#) to view the current daily hours for the College Ave. Student Center (includes Graduate Student Lounge). Learn more about the Office of Graduate Student Life by visiting our website [HERE](#)!

ANNOUNCEMENTS

National Disability Awareness Month

In October, the Rutgers community engages in a campus-wide effort to raise awareness about disability, access, and inclusion. We encourage your office/department to host an event that would add to the number of diverse programs across campus, building upon the programs across campus. For more information, please click [HERE](#).

Domestic Violence Awareness Month

In honor of Domestic Violence Awareness Month in October, VPVA will be turning Rutgers campus purple! Join us in honoring the victims of domestic violence through wearing purple on every Wednesday of October. For more information, please click [HERE](#).

Join the Center for Latin American Studies

We welcome graduate students to affiliate with the Rutgers Center for Latin American Studies. The mission of the CLAS is to promote pedagogy, research, and service in

and about the broader region known as Las Américas. Through courses, programs of study, and extracurricular events, we help students and faculty better understand the diverse cultures and histories of the complex region, and the many ways in which the United States and Latin America are deeply conjoined. In fields spanning the humanities, social sciences, and natural sciences, Rutgers faculty and student research generate new insights into Latin American culture and society, politics and economics, and environment and ecology. For more information, click [HERE](#).

Thursdays in Motion (Yoga) Cancelled on October 16

There will be no yoga on Thursday, October 16! Thursdays in Motion will return October 23. Email gradstudentlife@echo.rutgers.edu with any questions. Graduate Student Yoga/Pilates sessions are hosted by Rutgers Recreation and Office of Graduate Student Life.

– STAY INFORMED –

Looking for more ways to stay informed? Check out the [newsletters page](#) on our website! The newsletters page is the new home for information about various newsletters and listservs that are relevant to the graduate student experience including: the Graduate Student Association, Student Volunteer Engagement, Career Exploration and Success: Doctoral Career Community, Student Basic Needs, and more!

Follow Graduate Student Life on Instagram!

Stay up to date with the Office of Graduate Student Life by following us on Instagram [@rugradstudentlife](#)! Never miss another graduate student life event!

EVENTS

– THIS WEEK! –

Flu Vaccination Clinics – Tuesday, October 14, 11:00am – 6:00pm

Location: Busch Student Center, Multipurpose Room (604 Bartholomew Rd., Piscataway, Busch Campus)

Get ready for flu season at the flu vaccination clinic! Students should bring their Rutgers student ID and insurance cards to the clinic. Click [HERE](#) to learn more about flu vaccinations. If you cannot attend the clinic, you may make an appointment with Health Services to receive a flu shot. Call 848-932-7402 or use the [Online Patient Portal](#).

Free Film + Story Workshop with VPVA + Scarlet Arts Rx – Tuesday, October 14, 6:30pm – 8:00pm

Location: VPVA Office (3 Bartlett St., New Brunswick, College Ave. Campus)

Register [HERE!](#)

Join VPVA and Scarlet Arts RX for a filmmaking workshop! Three workshops will be hosted, and you can sign up for 1, 2, or all 3. Workshop 1 is a storyboard workshop where you will learn how to create a storyboard/collage for your own film idea! In future workshops, you will learn other skills including screenwriting, acting, and directing. Free food, snacks, prizes, and merch will be available at all three workshops for all to enjoy! Contact Filmmaker Hilda Jaegersen with any questions hej26@scarletmail.rutgers.edu. Click [HERE](#) for more information.

Yoga in the Galleries – Wednesday, October 15, 10:00am – 11:00am

Location: Zimmerli Art Museum (71 Hamilton St., New Brunswick, College Ave. Campus)

RSVP [HERE!](#)

The Zimmerli Art Museum invites you to an hour of yoga and mindfulness in its galleries. This in-person session offers a chance to relax, stretch and practice breathing exercises while flowing through different yoga poses. All levels are welcome, from beginners to seasoned yogis and the session will be led by an instructor. Participants are expected to bring their own mats.

Jazz on the Lawn: Free Music for Your Well-Being – Wednesday, October 15, 12:00pm – 1:30pm

Location: Institute for Food, Nutrition, and Health (Lawn near Harvest Cafe; 61 Dudley Rd., New Brunswick, C/D Campus)

Enjoy your lunch along while listening to melodies by popular jazz saxophonist Brandon Mejia, with Jeff Andalaro and Seraphina Taylor. Bring a picnic blanket if you would like! Weather permitting - no jazz in the rain. This event will happen every Wednesday until October 29, weather permitting.

Disability Studies 101 – Thursday, October 16, 2:30pm – 3:30pm

Location: Virtual

Register [HERE!](#)

Learn the basics of disability studies and explore new tools for incorporating a disability studies framework into your classroom, no matter the discipline! Presented by Moira Armstrong, Ph.D. candidate in American Studies. Contact Lauren Shallish lauren.shallish@rutgers.edu with any questions.

The Forward Party: A Case Professorship Conversation – Thursday, October 16, 7:00pm – 8:00pm

Location: Rutgers Theological Seminary (33 Seminary Pl., New Brunswick, College Ave. Campus)

Register [HERE!](#)

Join the Eagleton Institute of Politics for the 2025 Clifford P. Case Professorship in Public Affairs with the founders of the Forward Party, whose motto is, “Not Left. Not Right. FORWARD.” This year’s conversation will explore how their distinguished careers in public service, defense of democratic values, and commitment to reshaping political discourse reflect Senator Case’s legacy of bipartisanship and principle. Featured speakers include the Honorable Dr. Kerry Healey, Executive Chair of the Forward Party, Former Lt. Governor of Massachusetts; The Honorable Christine Todd Whitman, Founding Co-Chair of the Forward Party, Former Governor of New Jersey; and Andrew Yang, Founding Co-Chair of the Forward Party, 2020 Democratic candidate for president of the United States.

GSA Tabletop Gaming Committee – Thursday, October 16, 7:00pm – Midnight

Location: College Avenue Student Center, Room 108 (Bottom Floor; 126 College Ave., New Brunswick, College Ave. Campus)

Graduate school can be intense — that's why the GSA Tabletop Gaming Committee is here to help you unwind, recharge, and connect! Whether you're into classic board games, strategic challenges, or just want to hang out with fellow grad students in a low-pressure setting, this is the perfect opportunity. No registration necessary – just drop in! Please email Alex Nesenjuk at an525@scarletmail.rutgers.edu with any questions.

Membership Open House – Saturday, October 18, 11:00am – 2:00pm

Location: Zimmerli Art Museum (71 Hamilton St., New Brunswick, College Ave. Campus)

Everyone is invited to stop by for an art-filled day at the museum during Rutgers Homecoming & Family Weekend! Already a member? Catch up with other members and museum staff. Thinking about joining? Learn more about all the perks of our updated membership program, including the 30 Under 30 program for students and young professionals. Enjoy artmaking, refreshments, and more. Click [HERE](#) for more information. For any membership or event related questions, please reach out to membership@zimmerli.rutgers.edu.

Moving Forward: Rutgers University Dance & Parkinson's Program Symposium – Saturday, October 18, 11:00am – 2:30pm

Location: Nicholas Music Center (85 George St., New Brunswick, C/D Campus)

This symposium is for people with Parkinson's Disease (PD) and their partners, caregivers, friends, and family. There will be a dance class for People with Parkinson's (PWP) and information about the Dance & Parkinson's Program offered at Rutgers

University, taught by Dr. Natalie Schultz-Kahwaty, certified by the Dance for PD Program. A light lunch will be served, and there will be a short performance. Information about our upcoming Gaitkeeping Study will also be presented. Contact Natalie Schultz-Kahwaty ns1199@mgsa.rutgers.edu with any questions or to RSVP. Click [HERE](#) for more information.

– RSVP NOW & COMING UP! –

COMING UP! Zimmerli Highlights Tour – Sunday, October 19, 2:00pm – 3:00pm

Location: Zimmerli Art Museum (71 Hamilton St., New Brunswick, College Ave. Campus)

Join the Zimmerli Art Museum and their team of student educators to explore a free, curated tour of artwork displayed throughout the galleries! No registration required. Please email education@zimmerli.rutgers.edu with any questions about the event.

COMING UP! Centering Access: Disability Rights, Student Advocacy, and Inclusive Teaching in Higher Education – Monday, October 20, 1:00pm – 2:50pm

Location: Virtual

Register [HERE!](#)

Colleges and universities have long been contested spaces for disabled students—shaped by legal struggles, student leadership, and changing institutional and pedagogical approaches. In this shared presentation and dialogue, three leaders bring their perspectives to the table: Mary Ciccone, JD (Director of Policy, Disability Rights NJ) shares on the legal landscape of disability rights and the precedent set by the American with Disabilities Act (1988; ADA); Krystle Allen (current RU-N student, founder of Eyes Like Mine, Inc.) shares about her student experience and work in blindness empowerment and advocacy; and Dena Novak, Ed.D. (Director of Instructional Design, UOES) discusses the applications of Universal Design for Learning (UDL) as a pedagogical approach to granting broader educational access to all students. Together, they will map the challenges and opportunities for advancing accessibility in higher education today. The session also serves as a foundation for a subsequent discussion on new ADA Title II standards for digital accessibility. Contact Catherine Clepper cc1819@newark.rutgers.edu with any questions.

COMING UP! Is This Mic On? The Classroom is a Sensory Experience – Monday, October 20, 3:00pm – 4:00pm

Location: Virtual

Register [HERE!](#)

Students with disabilities see, hear, and experience the classroom differently. It is our responsibility as educators to ensure every student has equal access to course materials and the learning environment. In leading the classroom, how are we addressing the sensory needs of students and creating an accessible experience? Join

the conversation to learn about tips for working with different disabilities. This event is part of Disability Awareness Month. Please call [848-202-3111](tel:848-202-3111) or email ods.support@echo.rutgers.edu if you have questions or wish to request accommodations for this event.

COMING UP! 4th Annual Neurodiversity Summit – Tuesday, October 21, 9:00am – 4:00pm

Location: College Ave. Student Center, Multipurpose Room/Main Lounge (126 College Ave., New Brunswick, College Ave. Campus)

Register [HERE!](#)

This day-long event will bring together students, staff, faculty, and community partners to celebrate neurodiversity and explore strategies that foster greater access, inclusion, and support across Rutgers. The Summit will feature two key components:

- Presentation Room – A single-track series of engaging workshops and presentations on neurodiversity-related topics. This space will accommodate up to 100 in-person attendees throughout the day.
- Exhibitor Showcase – An interactive resource fair where Rutgers units and partners will host tables to share information, initiatives, and opportunities. The showcase is open for all to visit on a drop-in basis, with no limit on attendance.

The first 100 Rutgers students to register will earn a FREE \$20 RU Express Gift Card. To be eligible: students must register and attend a workshop and visit at least 3 exhibitors. Contact Amy Santoro at asantoro@rcaas.rutgers.edu with any questions.

COMING UP! Public Transit and Accessibility: Inclusivity and Personal Empowerment Through Travel Training – Tuesday, October 21, 2:30pm – 3:30pm

Location: Virtual

Register [HERE!](#)

New Jersey Travel Independence Program at Rutgers University (NJ TIP) at Rutgers teaches persons with disabilities and older adults how to safely and independently use public transportation to access where they need and want to go. Join us for an informative webinar with NJ TIP travel instructors Jeffrey Dennis and Jackie Ng, who will share how individuals with disabilities can confidently and safely navigate public transportation to reach their destinations. Learn about the vital role of accessibility in transit, explore NJ TIP's services, and discover accessible transportation options available throughout New Jersey. Don't miss this opportunity to enhance your travel skills and independence! Contact Jacqueline Ng at jacqueline.ng@rutgers.edu with any questions.

COMING UP! Flu Vaccination Clinics – Wednesday, October 22, 11:00am - 6:00pm

Location: Douglass Student Center, Traves Hall (100 George St., New Brunswick, C/D Campus)

Get ready for flu season at the flu vaccination clinic! Students should bring their Rutgers student ID and insurance cards to the clinic. Click [HERE](#) to learn more about

flu vaccinations. If you cannot attend the clinic, you may make an appointment with Health Services to receive a flu shot. Call 848-932-7402 or use the [Online Patient Portal](#).

COMING UP! Eugenics and Rutgers University – Wednesday, October 22, 2:30pm – 3:30pm

Location: Virtual

Register [HERE!](#)

At the height of the eugenics movement, colleges and universities across the United States promoted eugenic logics in their research and teaching. Many of these ideas still persist today. This event dives into the complex histories of the eugenics movement at Rutgers and asks how reparative work on eugenics legacies can contribute to the disability justice movement today. If you anticipate needing any type of accommodation or have questions about the access provided, please call Lauren Shallish at 973-353-3533 or email lauren.shallish@rutgers.edu in advance of your participation.

COMING UP! Filling the Gap: Movement & Community Solutions to Medicaid Cuts – Wednesday, October 22, 4:30pm – 8:00pm

Location: Douglass Library (8 Chapel Dr., New Brunswick, C/D Campus)

Register [HERE!](#)

Join this interactive evening event, along with Rutgers students, community members, and disability policy leaders, to build lasting advocacy networks and strategize around federal threats to Medicaid. This program features a policy panel with disability rights leaders, a networking resource fair, and participatory activities that connect attendees to volunteer opportunities, campaigns, and ongoing advocacy efforts. For accommodations and additional questions about the access provided, please contact Charles O. Taylor at 727-565-8184 or at cot9@scarletmail.rutgers.edu.

COMING UP! ADA Turns 35: Perspectives on Progress and the Road Ahead – Thursday, October 23, 2:00pm – 3:30pm

Location: The Heldrich (10 Livingston Ave., New Brunswick, College Ave. Campus)

Register [HERE!](#)

Join Rutgers researchers and community leaders as they examine disability rights and policies in the U.S., focusing on New Jersey and New Brunswick. Panelists provide an overview of the Americans with Disabilities Act (ADA), frame Rutgers' work in and with the New Brunswick community, examine disability policies and their impact on health outcomes, and discuss the services provided to students, faculty, and staff of the Rutgers Health community. If you anticipate needing any type of accommodation or have questions about the access provided, please call Dee Magnoni at 848-932-8413 or email dee.magnoni@ifh.rutgers.edu in advance of your participation.

COMING UP! ASL Poetry Reading with Peter Cook – Friday, October 24, 2:00pm – 4:00pm

Location: Murray Hall, Room 302 (510 George St., New Brunswick, College Ave. Campus)

Register [HERE!](#)

Join Peter Cook, senior lecturer in Linguistics at Princeton University, Associate Professor and Chair of the ASL Department of Columbia College Chicago, in presenting his poetry and answering questions about the genre of ASL Poetry! This event will be introduced and a question and answer session will be presented by Associate Teaching Professor of Creating Writing and member of the Rutgers Writing House, Susan Miller. For accommodations or additional questions about the access provided, please contact Carlie Andrews at 848-202-3111 or carlie.andrews@rutgers.edu.

COMING UP! Open Arms Community Info Session & DIY Stim Toys – Friday, October 24, 3:30 – 5:30pm

Location: Livi-Well Room (Livingston Apartments A, Third Floor, 55 Rockefeller Rd., Piscataway, Livingston Campus)

RSVP [HERE!](#)

Join Residence Life-Student Support for this information session on their disability and neurodiversity focused living community! Participants will also have the opportunity to make their own DIY stim toys during the event. Open Arms is a space where students with disabilities can connect, share experiences, and be themselves without fear of judgement or discrimination. This community is also open to allies who do not have a disability or may not identify as neurodivergent, but would like to gain a better understanding of the neurodiverse community and experiences of individuals with disabilities. For accommodations or additional questions about the access provided, please contact Kimberly Kosinski at 848-932-2951 or kmk330@echo.rutgers.edu.

COMING UP! Dance Class for Neurodivergent Adults – Friday, October 24, 6:30pm – 8:00pm

Location: Corwin Lodge (158 Nichol Ave., New Brunswick, C/D Campus)

Students are encouraged to join this beginner dance class designed for neurodivergent adults! This class is free and open to all students and the community. No prior dance experience is needed. For accommodations or additional information, please contact Dr. Natalie Schultz-Kahwaty at 201-401-5494 or ns1199@mgsa.rutgers.edu. Corwin Lodge is a stand-alone yellow building diagonally across from the Rutgers Center for Adults with Autism with a parking lot available for participants.

– WELLNESS WORKSHOPS, GROUPS, & SUPPORT–

International Students' Wellness Group (CAPS Group) – Grad & Undergrad – Tuesdays, 3:00pm – 4:30pm

Location: Asian American Cultural Center (49 Joyce Kilmer Ave., Piscataway, Livingston Campus)

Are you an international student adjusting to life in a new country? You're not alone. Many international students face challenges like homesickness, culture shock, loneliness, language barriers, or academic stress. The International Student Wellness Group offers a safe, confidential space to: Share your experiences with others who understand, build connections and community, talk through the ups and downs of cross-cultural adjustment, and get support for emotional, academic, or social stress. Wherever you're from, you're welcome here. Meetings occur every Tuesday, September 30 - December 8. To get connected, please call 848-932-7884. Information and more wellness and therapy options for fall 2025 visit [HERE!](#)

Grad Student Drop in Support Space (CAPS Group) – Thursdays, 1:00pm – 2:00pm

Location: Chemistry & Chemical Biology Building, Room 2105 (123 Bevier Rd., Piscataway, Busch Campus)

Grad Drop-In group is a location for graduate students to come and process the way they are navigating their respective program. This will provide space for students to discuss the responsibilities of grad school vs undergrad, managing work life balance, navigating the expectations of advisors, working through the dissertation/thesis writing process, and anything else students bring to the table. Available every Thursday. To get connected, please call 848-932-7884. For more information and wellness and therapy options for Fall 2025 click [HERE!](#)

FamiLGBTQIA+ Group (CAPS Group) – Fridays, 1:00pm – 2:30pm

Location: Virtual

If you are a queer/LGBIA/transgender student, this confidential, supportive space is for you! Topics include navigating coming out, concerns related to family acceptance and rejection, dealing with current events, dating and relationships, building community, and everything in between! The group meets weekly over the semester every Friday. To join, call CAPS at 848-932-7884. For more information, email Dr. Krish Sehgal at krish.sehgal@rutgers.edu or Ms. Manda Gatto at gattoma@echo.rutgers.edu.

Weekly Let's Talk Drop in Counseling Conversations

Let's Talk is a free and confidential service offered by Community Based Counselors at CAPS, in various locations throughout campus. It provides students with opportunities to drop in for an informal consultation with a counselor to discuss personal concerns in a comfortable and non-judgmental setting. Let's Talk is also available in-person or by phone. Students are welcome to visit any Community Based Counselor they would

like and may choose a counselor based on the topic they would like to discuss and the counselor's therapeutic approach or community.

The graduate student focused counselors, Dana Simons and Shan Reeves, will be hosting weekly Let's Talk sessions on the following days during the Fall 2025 semester, in addition to an international student-focused group led by Mei-Ling Cheng:

- **Mondays:** 2:00pm-4:00pm
Location: Rutgers Global International Student Services (180 College Ave., New Brunswick, College Ave. Campus) and on [Zoom](#) with Mei-Ling
- **Tuesdays:** 10:00am-12:00pm
Location: BME Reading Room 130A (599 Taylor Rd. Piscataway, Busch Campus) and on [Zoom](#) with Dana
- **Tuesdays:** 2:00pm-4:00pm
Location: Honors College Building, Room E125 (15 Seminary Pl., New Brunswick, College Ave. Campus) and on [Zoom](#) with Shan
- **Thursdays:** 10:00am-12:00pm
Location: CABM, Room 240 (679 Hoes Ln. W, Piscataway, Busch Campus) and on [Zoom](#) with Dana
- **Thursdays:** 2:00pm-4:00pm
Location: Chemistry & Chemical Biology Building, Room 2105 (123 Bevier Rd., Piscataway, Busch Campus) and on [Zoom](#) with Shan

Click [HERE](#) for information and schedules for all Let's Talk sessions and click [HERE](#) to learn more about individual CAPS Community Based Counselors (look for "Community Based-Counselor").

CAPS Fall 2025 Wellness & Therapy Groups

Please call CAPS at 848-932-7884 to get connected to a group that best suits your needs.

CAPS will be running in person wellness and therapy groups throughout the year including: Cultivating Calm on Tuesdays, 6:30pm-7:30pm (starting 10/14) and Wednesdays, 6:30pm-7:30pm (starting 10/1); International Student Wellness on Tuesdays, 3:00pm-4:30pm; and RU Grad (for grad students exclusively) on Tuesdays, 1:00pm-2:00pm. Plenty of workshops are being provided this fall! Click [HERE](#) to view the various available workshops and group descriptions. To get connected with any of these groups, please call [848-932-7884](tel:848-932-7884).

Uwill: FREE Immediate-Access to Teletherapy

Uwill provides free immediate access to teletherapy through an easy-to-use, private, secure, confidential, online platform. Choose a therapist based on your preferences, including issue, gender, language, and ethnicity. Select a time that fits your schedule,

including day, night, and weekend availability. Register and book your first session using your Rutgers email [HERE](#).

What Are Our Dreams Telling Us?: A Conversation – Wednesdays, 8:00pm – 9:30pm

Location: The Canterbury House (5 Mine St., New Brunswick, College Ave. Campus)

Everyone dreams, whether we remember our dreams or not! Join us on Wednesday nights to look at the science surrounding dreams, the history of dream interpretation, and strategies to enlighten ourselves and others about this curious, human experience! No registration required. For more information, please contact canterbury.house@rutgers.edu.

CILRU Weekly Programming

Location: CILRU, 122 College Ave., New Brunswick, College Ave. Campus

Center For Islamic Life at Rutgers University (CILRU) is dedicated to helping the Muslim community at Rutgers University attain the resources it needs to provide each member with an inclusive space where they are able to foster a rich and meaningful Muslim identity. The following programs will run all semester:

- **Mondays:** Muslim Leadership Study Circle, 5:30pm-6:30pm
A weekly halaqah/learning circle at CILRU geared towards passing on knowledge and skills for Muslim leaders of students orgs on campus. There is a required reading of texts and assignments for participation. *Invitation only, please email chaplain@cilru.org for more information.*
- **Tuesdays:** Seerah of the Prophet(s), 5:30pm-6:30pm
A weekly gathering to go over a portion of the life of the prophet Muhammad (PBUH) and earlier prophets, and lessons you can learn from them. Open to all.
- **Wednesdays:** Muslim History, 5:30pm-6:30pm
A weekly presentation of a survey of Muslim history in order to inherit Islam with confidence and to appreciate where you come from to be more prepared to direct your future. Open to all.
- **Fridays:** Chaplain Chats, 2:30pm-3:30pm
After Jumuah prayer each week on campus, join a weekly discussion of current events related to the Rutgers and greater Muslim community. This will be held in person at the same location as Jumuah prayer on campus (typically Cook Campus Center MPR). Open to all.

RUPD Self Defense Courses

Join RUPD for self-defense courses at the College Avenue Gym (Dance Studio, Lower Level). The Self-Defense & Personal Safety Workshops are single-session classes (5–6:30 PM on 9/17, 9/29, 10/8, and 10/27) covering situational awareness, de-escalation, and tactical tools—no experience required. Click [HERE](#) to register. The R.A.D. Defense Class, a nationally recognized 4-week program, meets Thursdays

(6–8:30 PM on 11/6, 11/13, 11/20, and 12/4) and combines lecture, discussion, and physical techniques. Participants must attend all four R.A.D. sessions for course completion. Click [HERE](#) to register. Contact Angelique Rosario abr124@sn.rutgers.edu with any questions.

Exercise is Medicine® On Campus Month – October Recreation Programs

Location: Various Locations

Register [HERE](#)!

Join Rutgers Recreation this October for a month filled with movement, wellness, and community! From energizing fitness classes and self-defense workshops to outdoor adventures like hiking, kayaking, and rock climbing, there's something for everyone. Explore new programs, challenge yourself with fun fitness events, and connect with others through recreation and wellness opportunities. With ongoing options like intramural sports, personal training, and wellness services, it's the perfect time to get active and prioritize your health. Celebrate Exercise is Medicine® On Campus Month with Rutgers Recreation and discover how staying active can boost both body and mind!

– ACADEMIC SUPPORT & WORKSHOPS –

Research Methods Workshop: Data Analysis 2 – Tuesday, October 14, 2:00pm – 3:30pm

Location: Virtual

Register [HERE](#)!

Join the Rutgers Libraries Data Librarian, Ryan Womack, for this Data Science workshop! Participants will explore how to implement statistics using R, with a comparison to Python techniques for accomplishing similar tasks. This workshop will review topics such as regression, sampling, bootstrap methods, statistical tests, and more.

Research Methods Workshop: ArcGis StoryMaps, WebApps, and Dashboards – Wednesday, October 15, 11:30am – 12:45pm

Location: Virtual

Register [HERE](#)!

Join GIS Specialist Susan Oldenburg in this short, introductory workshop where participants will explore how to use web applications, like StoryMaps, that integrate work done in ArcGIS Online to tell the story of one's research.

Research Methods Workshop: R Data Wrangling with dplyr, tidyr, readr, and more – Wednesday, October 15, 3:30pm – 5:00pm

Location: Virtual

Register [HERE](#)!

Join Rutgers Libraries Data Librarian, Ryan Womack, for this Data Science workshop! This workshop reviews how to utilize major packages within the tidyverse that allow it to manipulate and handle data before and during the data analysis process.

**Communicating Your Research Clearly and Effectively – Thursday, October 16,
12:00pm - 1:00pm**

Location: Virtual

Register [HERE](#)!

Effective communication is essential for graduate students to share their research with diverse audiences, from academic peers to potential employers in non-academic sectors and the broader community. In this interactive workshop, Dr. Ramazan Güngör, Assistant Dean at the School of Graduate Studies (SGS), and Dr. Wilson Ng, Senior Program Coordinator at Rutgers Learning Centers, will provide practical strategies and techniques to enhance your ability to communicate complex ideas clearly and persuasively.

**Research Methods Workshop: Coding and Queries in NVivo – Friday, October 17,
1:00pm – 2:30pm**

Location: Virtual

Register [HERE](#)!

Join New Brunswick Libraries Graduate Specialist for Qualitative Research Methods, Xu Guo, for this qualitative data analysis workshop! This workshop is aimed at NVivo users who may need guidance in coding and analyzing qualitative data. Participants will learn how to code and un-code data, run queries, and visualize coded data.

Graduate Writing Accountability Group Sessions

Need some structure and motivation with working on your projects and assignments? Join a Graduate Writing Accountability Session hosted by the Graduate Writing Program and the Learning Centers! Using the Pomodoro method as a structure, these facilitated sessions will provide a supportive atmosphere where graduate students can sit together on Zoom and write alongside other graduate students to make progress toward their goals. These sessions are hosted on Thursdays, either 11:00am – 1:00pm or 4:00pm – 6:00pm. Click [HERE](#) to view the schedule and register for each session!

Academic Coaching with Dr. Wilson Ng

Meet Dr. Wilson Ng (he/him/his), the newly appointed Senior Program Coordinator and Academic Coach for Graduate Student Services at the Rutgers Learning Centers. Dr. Ng provides one-on-one academic coaching and facilitates workshops and programming tailored to graduate students. With a background in college student affairs and years of experience in student development and support, he is eager to bring his expertise to the Rutgers community and looks forward to collaborating with students as they navigate their academic journeys in graduate school! Click [HERE](#) to

make a one-on-one appointment with Dr. Ng via Penji. For any questions, email him at wwn2@echo.rutgers.edu.

Free Dissertation Success Curriculum

Rutgers Doctoral students are invited to enroll in a free dissertation success curriculum offered by NCFDD. If you are dealing with procrastination, perfectionism, and isolation regarding your dissertation writing, consider joining this study cohort for the fall! This curriculum will guide you and your peers through weekly lessons and homework, while receiving encouragement and support from a faculty moderator. Registration is included with your membership. To activate your account, click [HERE](#) and go through the sign on process. Head to the Dissertation Success Space and enroll in the Fall '25 Cohort. If you start after September 2, you can catch up or follow the solo study option where you will still receive weekly email prompts and be able to participate in the community space, but can start on your own timing. Questions? Contact support@ncfdd.org.

PROFESSIONAL DEVELOPMENT, FUNDING, & EMPLOYMENT OPPORTUNITIES

– PROFESSIONAL DEVELOPMENT –

Creating Accessible Content Part 2: Images and Multimedia – Tuesday, October 14, 2:00pm – 3:00pm

Location: Virtual

Register [HERE](#)!

This workshop is designed to explore how to design courses and materials that are accessible to all students. You will learn the basics of online accessibility, focusing on best practices for creating accessible course materials, with a focus on multimedia best practices, such as alt-text for images and captions for video content. Contact Dena Novak dena.novak@rutgers.edu with any questions.

Research Café 2025–26

Apply to present [HERE](#)!

The SGS LEAD hybrid event emerges from their ongoing Research Café series, where Ph.D. students share their scholarship in concise, engaging, and public-facing talks to an interdisciplinary Rutgers audience. Participation helps students strengthen their communication skills, build connections across disciplines, and gain experience presenting to diverse audiences that may mirror their future career pathways. Talks are 10–12 minutes with audience Q&A. This year's overarching theme is Research for a Better Future. Priority areas include:

- Healthy Lives and Communities – food security, nutrition, sustainable systems; public health innovation; healthy aging
- Thriving Minds – mental health, resilience, education, human development
- Civic Futures – citizenship, democracy, civic participation

– SCHOLARSHIP & FUNDING RESOURCES –

IDEA Innovation Grants Program for Rutgers-New Brunswick

The IDEA Innovation Grants Program is a university-wide initiative that demonstrates how we can join together as a community to support institutional change. IDEA Innovation Grants offer a way for creative, innovative, and grassroots efforts to join in the larger institutional strategy. Info and application link: go.rutgers.edu/ideagrant. Applications are due November 16, by 11:49pm.

Staff/Faculty Taxable Remission – Graduate Students Who Are Staff/Faculty

Please be aware that the full value of staff/faculty graduate tuition remission is subject to federal and New Jersey state tax withholding. In addition, under federal regulations, any graduate tuition remission benefit over \$5,250 per calendar year is also considered taxable. Click [HERE](#) to view the Fall 2025 Tax Withholding Schedule.

Check Out GradSense – A Financial Resource for Graduate Students

GradSense is a website designed to help current and prospective students make informed financial decisions about graduate school. GradSense provides guidance on how to evaluate the cost and value of a graduate degree; determining if graduate school aligns with long-term career goals; options for funding a graduate degree and applying for financial assistance; and essential tips on managing finances while in graduate school. GradSense is free and available to anyone who is interested in learning more about the financial considerations of graduate school. GradSense is managed by the Council of Graduate Schools (CGS) and generously supported by TIAA. Click [HERE](#) to access GradSense.

Build a Fellowship Plan with GradFund!

[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.

Schedule an appointment with a GradFund advisor for fellowship assistance! Schedule a Planning Meeting to learn how to search for fellowships and grants or to plan out your future funding applications. Request Help with a Funder to learn about the funder's application review process and find the best way to frame your research plans for a particular application. Book an Application Review appointment to have a GradFund advisor review your application materials for one application. Schedule a

Post-Award Consultation for advice on moving forward after receiving a fellowship offer. Wherever you are in the fellowship, grant, or award process, GradFund is here to help! Click [HERE](#) for more information on GradFund and click [HERE](#) to schedule a GradFund appointment.

Learn to Write a Competitive Funding Application with GradFund's FREE Self-Paced Canvas Course

Learn to write a competitive external funding application using GradFund's FREE self-paced Canvas course! This course teaches the art of competitive proposal writing through developing familiarity with both funders in your field of study and the proposal writing genre. Click [HERE](#) to enroll in GradFund's self-paced Canvas course.

[The Office of Financial Aid](#) can provide information about need-based funding and financial aid. Other forms of need-based aid or scholarships may be available through your school of enrollment.

– EMPLOYMENT OPPORTUNITIES –

Program and Communication Assistant – Rutgers Graduate School of Education

Compensation: \$18-20 per hour, 15-20 hours per week

Location: On-site

Apply [HERE](#) by 11:59pm on November 6!

The Rutgers Graduate School of Education is seeking a Program Communication Assistant to support the Programs and Communications team at the Samuel Dewitt Proctor Institute for Leadership, Equity, and Justice (Proctor Institute), and the Rutgers Center for Minority Serving Institutions (CMSI). Responsibilities include aiding in website migration for both the Center and Proctor Institute's websites, managing social media and additional online platforms, and assisting in the development and design of both institute's quarterly newsletters among other duties. The candidate must ideally have knowledge of minority serving institutions. Please review the job listing for additional details.

Web Application Developer Research Assistant – Bloustein School of Planning and Public Policy

Compensation: \$15-20 per hour

Location: On-site

Apply [HERE](#) by 6:00am on January 30, 2026!

The Department of Architecture and Planning is seeking a motivated and creative Web Application Developer Research Assistant (RA) to support their research on AI digital tools and services. As an RA, you'll have the opportunity to contribute to live projects, collaborate with experienced researchers and faculty, and learn modern research and development practices in a flexible and supportive environment. This is a great

opportunity for a computer science student with application development experience - it is not a data science role.

Exam Proctor – Office of Disability Services

Compensation: \$15.49 per hour

Location: In-Person

Apply [HERE](#) by 6:00am on February 12, 2026!

The Office of Disability Services is recruiting graduate students to oversee exams as proctors. The exams may be implemented one-on-one, in a group, or online, and the proctor will be responsible for maintaining the testing environment, as well as communicating with the exam office and other proctors. Flexible availability is preferred, and proctors should be prepared to travel within several campuses. Please review the job listing for additional information.

Web Strategy & Resource Organization Assistant – Rutgers Graduate School of Education

Compensation: \$25-\$30 per hour, 10 hours per week

Location: Hybrid, based in New Brunswick

Apply [HERE](#) by 6:00am on March 9, 2026!

The Rutgers Graduate School of Education is seeking a graduate student in communications, UI/UX, web strategy, or a related field, to assist in system and web development. Responsibilities include developing systems for resource organization, creating and refining existing webpages, and analyzing site metrics. The graduate assistant must have prior experience with CMS and dynamic content design, with a strong understanding of UX principles, and accessibility standards. Please review the job listing for additional details.

Emergency Medical Technician (EMT) – Rutgers University Emergency Services

Compensation: \$22 per hour, 15 hours per week

Location: On-site

Apply [HERE](#) by 6:00am on August 10, 2026!

The Rutgers University Emergency Services (RUES) is seeking Emergency Medical Technicians. This role requires you to answer all calls for emergency medical treatment on campus and surrounding communities and determine the extent of injuries for medical conditions to provide care, provide standby services for large campus events, and prepare detailed reports of all incidents. Please review the job listing for additional details.

THE RESOURCE CORNER

Register and Make a Plan to Vote in the New Jersey Gubernatorial Election

Election Day is Tuesday, November 4, and the New Jersey voter registration deadline is Tuesday, October 14. Students who are out-of-state and looking to register in New Jersey, who are first-time voters and looking to register, or students who have moved from a previous place of residence should make all changes by 11:59 p.m. on October 14. Students who are registered outside of New Jersey should check their state's election deadlines and requirements. Click [HERE](#) to learn more on the RU Voting website.

Get 24/7 Remote Access to Computer Lab Software with Rutgers Virtual Computer Labs!

The Rutgers Virtual Computer Labs provide 24/7 remote access to dozens of useful PC software applications, just like a physical computer lab. Click [HERE](#) for information about accessing the Virtual Computer Labs.

Save an EXTRA 25% on NJ Transit Monthly Passes!

Rutgers graduate students enrolled in at least 2 courses this semester are eligible for a 25% discount on NJ Transit rail, bus, or light rail monthly passes! Apply online through the NJ Transit Quik-Tik Program by the 10th of the month to receive your discounted pass for the following month via mail (I.E. purchase before October 10th to receive a pass valid for the month of November). Click [HERE](#) for more information and to purchase a discounted NJ Transit monthly pass.

FREE Narcan Nasal Sprays Available Across Rutgers Campuses

Rutgers Student Health encourages students to pick up Naloxone (brand name Narcan), available across multiple campuses, to be prepared in case of an emergency. This easy-to-use nasal spray can rapidly reverse an opioid overdose, working immediately, and causes no harm when administered correctly. Click [HERE](#) to find pickup locations and instructions on administering Narcan in the event of an overdose.

STUDENT SERVICES & SUPPORT

Ongoing Support and Resources for International Students

Rutgers University is aware of the recent, unexpected, terminations of lawful immigration status that are impacting international students at Rutgers and across the United States. International students, scholars, and faculty are deeply valued members of the Rutgers community and the university is committed to providing support during this time. Rutgers Global has created a global alerts webpage that is updated with resources and guidance regarding issues related to travel advisories, immigration policies, and regulatory updates that impact international students and scholars, as well as domestic students and faculty traveling abroad. Visit the Global Alerts webpage [HERE](#).

Student Basic Needs: Emergency Aid Fund

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

Resource Webpage for Pregnant and Parenting Graduate Students

The Office of Graduate Student Life, in partnership with the Office of Title IX & Compliance and the Supporting Parents & Caregivers at Rutgers (SPCR) Graduate Student Organization, recently launched a new resource webpage for pregnant and parenting graduate students! This webpage serves as a platform for helping pregnant and parenting students locate resources, policies, support services, and community engagement opportunities available at Rutgers University and in the local community. Click [HERE](#) to visit the webpage.

Join a Graduate Student Affinity Group

Looking to get connected with other graduate students and participate in a fun and supportive community? Consider joining a peer-designed, peer-facilitated affinity group! Affinity groups are affirming spaces to build community with peers who share experiences, backgrounds, and social identities and connect with peers for personal and professional support and around shared interests. Six graduate affinity groups are being offered this semester: African Graduate Students, BIPOC LGBTQIA2S+ Graduate Students, Chinese Graduate Students, Rutgers International Graduate Students (RINGS), Southeast Asian Graduate Students (SEA), and Supporting Neurodiversity at Rutgers. To read descriptions for each group and meet the student facilitators for each group to see which group(s) are a good fit for you click [HERE](#). Contact Dean Ghada Endick, gendick@echo.rutgers.edu or Program Assistant, Zoey Eddy ze26@scarletmail.rutgers.edu with any questions.

Academic, Employment, and Student Support Resources on the Graduate Student Life Website

Looking for additional graduate student resources, services, or support? Check out the resource pages on our website! Find information on [Academic Support Resources](#), [Career & Professional Development](#), [Student Support Services & Resources](#) and more on our website!

Do you have an opportunity for graduate students that you would like to promote in the Graduate Student Life Weekly Digest? Submit it [HERE](#)!