

Graduate Student Life Weekly Digest

Graduate Student Life Weekly Digest October 20, 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

JOIN US! Collab & Connect: A Graduate Student Leader Gathering Register [HERE](#)!

On behalf of the Office of Graduate Student Life and the GSA, we invite GSO leaders and graduate student leaders at large to an informal gathering for connection, conversation, and collaboration. The goal is to create a space for open dialogue and community building. We want to hear about what's working, what's challenging, and how we can better support and strengthen the graduate student experience alongside GSOs and other graduate affinity groups. Honest convos, no filters—just students and solutions. Efes Mediterranean Grill be provided! Any questions, please email gradstudentlife@echo.rutgers.edu.

We have multiple dates for you to choose from to accommodate your busy schedules:

- Wednesday, October 22, 5:00pm – 6:30pm,
Location: Graduate Student Lounge (Behind Panera, 126 College Ave., New Brunswick, College Ave. Campus)

- Thursday, October 23, 5:00pm – 6:30pm,
Location: Busch Student Center, Room 116ABC (604 Bartholomew Rd., Suite 152, Piscataway, Busch Campus)
- Sunday, October 26, 6:00pm – 7:30pm
Location: Zoom

National Transfer Student Week

October 20-24 is National Transfer Student Week! The purpose of this week is to celebrate the transfer student community and professionals who support them; support the academic, personal and professional success of transfer students; and connect transfer students with peers and campus resources. For more information, please click [HERE](#).

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](#).

– 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! –

Rutgers Community Farmer's Market – Tuesday, October 21, 9:00am – 1:00pm

Location: Rutgers Community Farmers Market (178 Jones Ave., New Brunswick, C/D Campus)

Looking for FRESH produce near Rutgers? Rutgers Community Farmers Market is here! Managed by Rutgers students and staff, the Rutgers Community Farmer's Market partners with local growers and vendors every week to bring nutritious, fresh fruits and vegetables, as well as unique artisan products. They're open four days a week at 3 different locations. Plus ALL fruits and veggies are HALF off if you use SNAP/EBT, WIC, Farmers Market Nutrition Program. All NEW customers will receive a Market Card and shopping bag! Stay up to date with Market Vendors & Programs: follow their Instagram @rutgersfarmersmarket AND sign up for their newsletter. Click [HERE](#) for the website.

Headshots for Transfer Students at Career Exploration and Success – Tuesday, October 21, 1:00pm – 3:00pm

Location: Gateway Transit Village (106 Somerset St., 4th Floor, New Brunswick, College Ave. Campus)

Access the CES Portrait Lounges in our CAC office location. No appointment required. Just come with your Rutgers ID and a smile! Brought to you by Career Exploration and Success, click [HERE](#) for more information.

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.

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 NJTIP 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 NJTIP'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.

Resilience Redefined: Young Adults with Spinal Cord Injury on Disability and Community – Wednesday, October 21, 6:30pm – 7:45pm

Location: Virtual

What does resilience look like after spinal cord injury? Join us for a conversation with two young adults who have attended the True Grit SCI residential program at Rutgers for the past two years and are now navigating college life. Together, they'll share how connection, mentorship, and community shaped (and continues to shape) their journey into adulthood and what inclusion and independence mean to them today. Click [HERE](#) for the attendance link. Contact Keara McNair kmm732@shp.rutgers.edu with any questions.

The Importance of Social Inclusion & Accessible Fun – Wednesday, October 21, 7:00pm – 7:45pm

Location: Virtual

Kenna McEvoy and Rutgers Alum Anthony DeVergillo from the nonprofit Our Odyssey will share the inspiring journey behind their groundbreaking Overjoyed Accessible Gaming software—a tool that empowers individuals with limited mobility to game using just a mouse or eye movement. Discover why playtesting is key to building truly inclusive tech. Dr. Alicia Raia-Hawrylak, a sociologist and educator at Rutgers will present a brief summary of existing research on the importance of inclusion in education at all levels. Students will get the chance to play Mario Kart live through Zoom using Overjoyed, experiencing firsthand how adaptive technology can bring joy, connection, and empowerment to all. Click [HERE](#) for the attendance link. Contact Anthony DeVergillo anthony@ourodysey.org with any questions.

Rutgers Community Farmer's Market – Thursday, October 22, 11:00am – 4:00pm

Location: College Ave. Student Center (126 College Ave., New Brunswick, College Ave. Campus)

Looking for FRESH produce near Rutgers? Rutgers Community Farmers Market is here! Managed by Rutgers students and staff, the Rutgers Community Farmer's Market partners with local growers and vendors every week to bring nutritious, fresh fruits and vegetables, as well as unique artisan products. They're open four days a week at 3 different locations. PLUS ALL fruits and veggies are HALF off if you use SNAP/EBT,

WIC, Farmers Market Nutrition Program. All NEW customers will receive a Market Card and shopping bag! Stay up to date with Market Vendors & Programs: follow their Instagram @rutgersfarmersmarket AND sign up for their newsletter. Click [HERE](#) for the website.

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](#).

Jazz on the Lawn: Free Music for Your Well-Being – Wednesday, October 22, 12:00pm – 1:30pm

Location: Institute for Food, Nutrition, and Health (near Harvest Cafe, outdoors on the lawn; 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.

Beanies for Babies – Wednesday, October 22, 1:30pm – 3:30pm

Location: The Hatchery Innovation Studio at Alexander Library (169 College Ave. New Brunswick, College Ave. Campus)

Register [HERE](#)!

Join the Office for Student Volunteer Engagement, Scarlet Arts RX, the Office of Disability Services, and the Honors College to crochet beanies for babies to support Prevent Child Abuse NJ. No crocheting experience necessary – artists will explain the easy process to you! Adaptive crocheting hooks will be available. Don't feel like crocheting? You can also make positivity charm bracelets! This event is part of Disability Awareness Month. Persons with disabilities who anticipate needing accommodations or who have questions about physical access may contact volunteer@echo.rutgers.edu in advance. Click [HERE](#) for more information!

Headshots for Transfer Students at Career Exploration and Success – Wednesday, October 22, 1:00pm – 3:00pm

Location: CES Office (Busch Student Center, 604 Bartholomew Rd., Piscataway, Busch Campus)

Access the CES Portrait Lounges in our BSC office location. No appointment required. Just come with your Rutgers ID and a smile! Brought to you by Career Exploration and Success, click [HERE](#) for more information.

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.

Transfer Shock: Adjusting to Life as a Scarlet Knight – October 22, 3:30pm – 4:30pm

Location: HOPE Office (8 Lafayette St., New Brunswick, College Ave. Campus)

Register [HERE!](#)

Feeling a little out of place after transferring to Rutgers? Transferring from one school to another can cause something commonly known as Transfer Shock. Join HOPE Student Health for a supportive and interactive workshop designed to help students navigate their transition with confidence. Learn how to manage stress, build connections, and create a vision for success. Whether still adjusting or already finding a rhythm, this session will help students move from surviving to thriving in a new academic home.

Filling the Gap: Movement & Community Solutions to Medicaid Cuts – Wednesday, October 22, 5:00pm – 6:30pm

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.

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.

Thursdays in Motion (Pilates) – Thursday, October 23, 5:00pm – 6:00pm

Location: Graduate Student Lounge (Behind Panera; 126 College Ave., New Brunswick, College Ave. Campus)

Join us on Thursdays to take a pause from your busy week by relaxing your mind and body with your fellow graduate students. No registration needed. Mats and blocks are provided, and all skill levels are welcome! Email gradstudentlife@echo.rutgers.edu with any questions. Graduate Student Pilates is hosted by Rutgers Recreation and Office of Graduate Student Life.

LGBTQIA+ Transfer Student Community Social – October 23, 5:00pm – 6:00pm

Location: Center for Social Justice Education and LGBT Communities House (17 Bartlett St., New Brunswick, College Ave. Campus)

RSVP [HERE!](#)

Welcome home! Join SJE for their first LGBTQIA+ Transfer Student Community Social! Enjoy some good food and music while connecting and mingling with peers! The house will be open to tour, hang out, and learn more about available resources throughout and after the event as well. Brought to you by The Center for Social Justice Education and LGBT Communities.

Rutgers Community Farmer's Market – Friday, October 24, 11:00am - 3:00pm

Location: Rutgers Gardens (112 Log Cabin Rd., North Brunswick)

Looking for FRESH produce near Rutgers? Rutgers Community Farmers Market is here! Managed by Rutgers students and staff, the Rutgers Community Farmer's Market partners with local growers and vendors every week to bring nutritious, fresh fruits and vegetables, as well as unique artisan products. They're open four days a week at 3 different locations. PLUS ALL fruits and veggies are HALF off if you use SNAP/EBT, WIC, Farmers Market Nutrition Program. All NEW customers will receive a Market Card and shopping bag! Stay up to date with Market Vendors & Programs: follow their Instagram @rutgersfarmersmarket AND sign up for their newsletter. Click [HERE](#) for the website.

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.

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.

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

Rutgers Community Farmer's Market – Saturday, October 25, 9:00am – 1:00pm

Location: Rutgers Community Farmers Market (178 Jones Ave., New Brunswick, C/D Campus)

Looking for FRESH produce near Rutgers? Rutgers Community Farmers Market is here! Managed by Rutgers students and staff, the Rutgers Community Farmer's Market partners with local growers and vendors every week to bring nutritious, fresh fruits and vegetables, as well as unique artisan products. They're open four days a week at 3 different locations. Plus ALL fruits and veggies are HALF off if you use SNAP/EBT, WIC, Farmers Market Nutrition Program. All NEW customers will receive a Market Card and shopping bag! Stay up to date with Market Vendors & Programs: follow their Instagram @rutgersfarmersmarket AND sign up for their newsletter. Click [HERE](#) for the website.

– RSVP NOW & COMING UP! –

Último Domingo: Día de los Muertos (Last Sunday: Day of the Dead) – Sunday, October 26, 1:00pm – 3:00pm

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

RSVP [HERE](#)!

Último Domingo (Last Sunday) is a series celebrating Latinx culture and invites bilingual communities to come together through the experience of art. Explore the Zimmerli's stunning exhibitions, create art, and enjoy interactive performances. This event is free and open to the public. ¡Acompáñenos en una tarde para compartir, crear y celebrar! Gratis y abierto al público. Click [HERE](#) for more details.

COMING UP! Crafting Hour: Make Mini-Rage Piñatas! – Wednesday, October 27, 5:00pm – 6:30pm

Location: Office of Disability Services, Lucy Stone Hall A145 1st floor lobby, (54 Joyce Kilmer Ave., Piscataway, Livingston Campus)

Register [HERE](#)!

Scarlet Arts RX and the Office of Disability Services are hosting a crafting hour for students with disabilities and disability allies! Make a mini-rage piñata, eat candy, and stress less!

COMING UP! Unleashing Independence: The Vital Role of Service Dogs – Tuesday, October 28, 2:00pm – 4:00pm

Location: Hybrid; in-person: Alexander Library, 4th Floor Conference Room (169 College Ave., New Brunswick, College Ave. Campus)

Register [HERE!](#)

Learn how service dogs foster independence, confidence, and inclusion at this hybrid event! Representatives from The Seeing Eye (Morristown, NJ), and Canine Companions for Independence, along with service-dog users, puppy raisers, and professional trainers will share stories, insights, and explore the training and placement process to highlight how these dogs enhance mobility, safety, and emotional well-being. The program includes a live service-dog demonstration, a moderated discussion, and audience Q&A on volunteering, puppy raising, and supporting service-dog organizations. For accommodations or additional questions about the access provided, please contact Shannon at 848-932-7074 or skc143@scarletmail.rutgers.edu.

COMING UP! "Talk It Out" – A Dialogue Dinner Across Difference – Tuesday, October 28, 7:00pm - 9:00pm

Location: New Brunswick Theological Seminary-Hageman Hall (35 Seminary Pl, New Brunswick)

RSVP [HERE!](#)

Talk it Out (aka Table Manners) is a program designed to foster meaningful conversations around complex and often sensitive topics, including money, sex, politics, and religion. This session will focus on politics and religion.

COMING UP! Scarlet Honor Council Information Session – Wednesday, October 29, 4:00pm – 5:00pm

Location: Virtual

Register [HERE!](#)

The Office of Student Conduct and Conflict Resolution Services invites undergraduate and graduate students to join the Scarlet Honor Council! The Scarlet Honor Council is a team of students committed to upholding Rutgers community standards and promoting a safe and civil campus environment. Membership in the council is a great opportunity to develop leadership skills, meet new people, and get involved in the public life of your campus. Members of the Scarlet Honor Council serve on the University Hearing Board and the Campus Appeals Committee and provide education and outreach to the Rutgers community. For more information about the council, click [HERE](#). After submitting an application, students who are chosen to progress to the next stage will be invited to an interview. Appointments to the council will be made based on applications and interviews. Students who are appointed to the council must then complete the appropriate training program. For more information about training, Click [HERE](#). Questions? Contact Ranaysia Burrell at rnb72@echo.rutgers.edu.

COMING UP! Access and Inclusion: Understanding Barriers to Campus Care for Diverse Student Populations – Wednesday, October 29, 10:00am – 11:00am

Location: Virtual

Register [HERE!](#)

This panel draws on the experiences of student veterans and students with autism to explore the challenges of navigating campus services and accommodations. Learn how systemic barriers, stigma, and gaps in accessibility impact students' ability to receive the care they need. The discussion also considers both structural and cultural factors that shape students' experiences, as well as strategies for creating more inclusive and supportive campus environments. For accommodations or additional information about the access provided, please contact Lauren Manley at lnm79@ssw.rutgers.edu.

COMING UP! Empathy First, Compliance Second: A Learner-Centered Approach to ADA Title II Accessibility Changes – Wednesday, October 29, 2:30pm – 3:50pm

Location: Virtual

Register [HERE!](#)

This workshop introduces faculty to an 'empathy first' approach to ADA Title II that prioritizes student learning. Facilitated by Dena Novak, Director of Instructional Design for University Online Education Services (UOES), and Joy McDonald, Associate Director for Academic Technology Services (ATS), participants will explore proactive strategies to remove barriers and create inclusive learning environments, with an emphasis on prioritizing actionable changes and setting realistic implementation goals. This session will also highlight key campus resources. For accommodations or additional information about the access provided, please contact Catherine Clepper at 973-353-2882 or cc1819@newark.rutgers.edu.

COMING UP! Research Café – Wednesday, October 29, 3:00pm – 4:00pm

Location: Virtual

Register [HERE!](#)

Research Café brings together the entire graduate student community of Rutgers University-New Brunswick/Piscataway campus to strengthen scholarly literacy and interdisciplinary research communication by providing a platform for emerging researchers to connect, share their in-progress research or scholarship, and benefit from peer feedback in a friendly and low-stakes setting. Contact Ramazan Gungor, PhD. rg835@grad.rutgers.edu with any questions.

COMING UP! When the Safety Net Fails People with Disabilities: How Social Workers and Other Professionals Navigate Changes to Medicaid and Medicare – Thursday, October 30, 10:00am – 11:30am

Location: Virtual

Register [HERE!](#)

As Medicaid and Medicare policies shift at the federal and state levels, individuals with disabilities may face increasing barriers to accessing essential healthcare and support services. This session explores how the evolving landscape of public benefits impacts people with disabilities, and what happens when the safety net intended to protect them begins to unravel. The workshop will also highlight advocacy opportunities and resources for social workers, people with disabilities, and other professionals. For accommodations or additional information about the access provided, please contact Nadia Montgomery at (848) 932-8087 or nm1278@ssw.rutgers.edu.

COMING UP! Slice of Connection: A First-Gen Grad Meet-up – Monday, November 3, 11:00am – 2:00pm

Location: Graduate Student Lounge (Behind Panera, 126 College Ave., New Brunswick, College Ave. Campus)

RSVP [HERE!](#)

In recognition of National First-Generation College Celebration Week (November 3-8), join the Office of Graduate Student Life for a low-pressure drop-in event for first-generation graduate students in the Graduate Student Lounge. Whether you're just starting grad school or deep into the journey, Slice of Connection is your chance to pause, reflect, and build your campus network. Chat with veteran first-gens over pizza and mingle with staff who have also navigated the first-gen grad journey. For questions, please email Ghada Endick, Assistant Dean Graduate Student Life, at gradstudentlife@echo.rutgers.edu.

– 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 Jum'ah 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 Jum'ah 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 –

Building Graduate Level Research Writing Skills, Part 1: Drafting Process (Graduate Workshop Series) – Wednesday, October 22, 7:00pm – 8:00pm

Location: Virtual

Register [HERE!](#)

This is the first part of a two-part workshop which will provide graduate students with an organized approach to planning and writing a draft research paper, introduce them to specific strategies for each stage of the writing process, and explain how to avoid some of the common pitfalls encountered in research writing. Students can attend both parts of the workshop or either one, depending on their needs. Click [HERE](#) for more workshops!

Promoting Peer Collaboration through Instructional Technologies – Wednesday, October 22, 12:00pm – 1:30pm

Location: Virtual

Register [HERE!](#)

This workshop, facilitated by University Online Education Services, discusses frameworks designed to help set goals for student collaboration and strategies for building social presence in one's course. The session will also explore how to select the best instructional technology tools to support one's teaching and learning goals, and how to craft effective collaborative assignments with Canvas tools, PlayPosit, Hypothesis, and more.

Students Speak: How GenAI is Shaping the Learning Experience – Friday, October 24, 12:00pm – 1:15pm

Location: Virtual

Register [HERE!](#)

What is it like to navigate college with Generative AI in the mix? In this 75-minute virtual panel, Rutgers students offer an honest look at how GenAI tools shape the way they learn, study, and interact with coursework. From practical benefits to unexpected hurdles, panelists will share what's working, what's not, and what they wish instructors better understood about their experiences with AI in the classroom.

AI and Academic Integrity – Wednesday, October 29, 12:00pm – 1:00pm

Location: Virtual

Register [HERE!](#)

As AI tools are becoming more widely available, both educators and students are faced with new challenges about the ethical use of these tools. This workshop will look at how to navigate academic integrity violations and potential misuses, as well as how to distinguish between acceptable support with this technology and academic dishonesty.

Time Management and Life Balance Workshop – Wednesday, October 29, 12:00pm – 1:00pm

Location: RWJMS Research Tower, Dean's Conference Room 123 (675 Hoes Ln. West, Piscataway, Busch Campus)

Register [HERE!](#)

Let's share what it is like to manage a busy schedule. How do we juggle academic assignments, lab and coursework, maintaining a social life, trying to get enough sleep, eating well and exercising, etc. How do we balance taking out time for ourselves and being a supportive friend or family member? Let's talk about strategies for managing and prioritizing our busy schedules. Contact Janet Alder janet.alder@rutgers.edu with any questions.

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.

PROFESSIONAL DEVELOPMENT, FUNDING, & EMPLOYMENT OPPORTUNITIES

– PROFESSIONAL DEVELOPMENT –

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.

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 –

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

Wellness Room in Smithers Hall on Busch Campus

Located in Smithers Hall on Busch campus, the Wellness Room aims to alleviate problems highly common among graduate students, such as anxiety, depression, and burnout. The room is always stocked with candy and art materials, in addition to being a space where students can spend time in between classes. The paint and lighting choices were designed to be as soothing as possible, and the candies put out in the Wellness Room have also been chosen specifically for their sensory elements. The room is decorated with informational posters of various wellness practices, such as breathing exercises, as well as links to Rutgers mental health support services. Learn more about the Wellness Room [HERE](#).

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 November 10 to receive a pass valid for the month of December). 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!](#)