

Graduate Student Life Weekly Digest

Graduate Student Life Weekly Digest December 8, 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).

ANNOUNCEMENTS

Basic Needs Center and Food Pantry December Hours and Operation

- Finals Week: The food pantry will be open Monday - Friday through December 19. During the last week, students may pick up enough food for two weeks.
 - Monday: 10:00am – 12:00pm
 - Tuesday – Friday: 12:00pm – 5:00pm
- December 22 – 23: The pantry will be closed for cleaning, but staff will be on-site and available if a student needs assistance or for walk-ins.
- Basic Needs Center reopens January 5. Pantry hours for the weeks of January 5 – January 12:
 - Tuesday – Thursday, 12:00pm – 5:00pm

Students Basic Needs Grocery Shuttle

The last shuttle of the semester is on Saturday, December 13. Pick-up location is the Busch Student Center due to the Big Chill on College Ave. Service resumes January 17 and January 22. Learn more about the program [HERE](#).

Emergency Support During Winter Break

The BNC will prepare emergency bags of non-perishable food with ShopRite gift cards for urgent situations. Bags will be located at the Off-Campus Living office at 39 Union St. as well as a team that will get the emergency bags to the student(s) in need. If you have a student in need, or in extreme circumstances requiring emergency aid, please

contact Phillip Smith or Kerri Willson. Resources are limited and distributed on a case-by-case basis.

Knight's Pantry Boxes

Installed at the beginning of the semester, the Knight's Pantry, located in the Livingston, Busch, and Douglass Students Centers joined the College Ave. Student Center in having a convenient, discreet, and supportive option to help students thrive academically and personally. Students may place an order from the food pantry (non-perishables and personal items only) electronically through the PantrySoft system, similar to Instacart. Once an order is placed, the pantry staff will prepare and deliver to the selected pantry box of their choice. Students then can pick up items in accordance to the building's operating hours, including weekends. Orders will be fulfilled until December 19 and will restart the week of January 17.

Residency Reclassification Deadline—All Students

The Residency Reclassification deadline for graduate students for the Spring 2026 term is Friday, March 20, 2026. The application and all supporting evidence must be submitted by this date. Learn more about the application [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! –

SC&I Student Services December De-Stress – Tuesday, December 9, 12:00pm – 4:00pm

Location: SC&I Building Lobby (4 Huntington St., New Brunswick, College Ave. Campus)

Remember to relax, courtesy of SC&I, its student organizations, and other affiliates! Event features neck massages from Rutgers Recreation, therapy dogs from Bright &

Beautiful, henna art from Scarlet Arts RX, and hot cocoa from Student Services. No registration necessary! Click [HERE](#) for more information.

Twilight Yoga – Wednesday, December 10, 5:00pm – 6:00pm

Register [HERE](#)!

Location: College Ave Gym, Upper Gym (130 College Ave., New Brunswick, College Ave. Campus)

Join Rutgers Recreation for a gentle, candle-lit yoga class to help you revive, relax, and renew before exams. Mats provided! This class is open to all levels. Make sure to stay after for giveaways and raffle prizes.

Low Resistance, High Capacity – Thursday, December 11, 11:00am – 12:00pm

Location: Werblin Recreation Center (656 Bartholomew Rd., Piscataway, Busch Campus)

RSVP [HERE](#)!

Feeling the finals crunch? Step away from your desk and reset with some guided movement with RU Rec professionals to wake up your biceps and quads, and a guided mini piñata-making led by Scarlet Arts RX — engage, create, unwind! You'll be doing some cardio and flexibility activities with RU Rec to shake off the exam stress and then indulging in creative pursuits by making piñatas with Scarlet Arts RX while enjoying some well-deserved food. No experience needed — just take your sneakers, spirit, and something comfy to move in. Food provided after!

LSM Stressbuster: Button Making, Snacks, Librarian Meet and Greet – Thursday, December 11, 2:00pm – 4:00pm

Location: Library of Science and Medicine (165 Bevier Rd., Piscataway, Busch Campus)

Indulge in some free snacks and coffee in the Library of Science and Medicine (LSM)! Enjoy a creative study break and design your own button pin, as well as some one on one time with the librarians for any and all questions. Click [HERE](#) for more information.

Study Break for Rutgers Students – Thursday, December 11, 11:00am – 8:00pm

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

For Reading Day, before the week of final exams, the Zimmerli opens exclusively for Rutgers students to offer a one-of-a-kind space to study, discover, and create in the museum. Open to all current Rutgers students. Study in the galleries and enjoy provided food and refreshments in the Zimmerli Art Museum lobby as well as chair massages, chair yoga, and other brain break activities! RUID or CampusPass required. Free refreshments provided by Krispy Pizza, Jersey Mike's, and El Jefe's. For more information, click [HERE](#)!

Volunteer for the Rutgers Big Chill 5K – Thursday, December 11 – Saturday, December 13, Times Vary

Location: College Avenue Gym (130 College Ave., New Brunswick, College Ave. Campus) AND Virtual

Register to volunteer [HERE!](#)

The Rutgers Big Chill 5K is gearing up for another exciting year, and volunteers are essential to bringing this beloved campus tradition to life. This winter-themed community event brings students, alumni, and local residents together for a morning of fun, fitness, and school spirit. Volunteers play a key role in supporting race preparations, assisting participants, and keeping everything running smoothly. Multiple opportunities are available, giving you multiple chances to get involved. Whether you're helping with setup, registration, or race-day needs, your time and energy make a meaningful impact. If you're looking to give back, earn service hours, or just be part of a positive community event, sign up!

Observe the Night Sky – Thursday, December 11 – Friday, December 12, 8:30pm – 10:30pm

Location: Serin Physics Laboratories (136 Frelinghuysen Rd., Piscataway, Busch Campus)

Observe the night sky through a 20-inch optical telescope at the Robert A. Schommer Astronomical Observatory on Rutgers' Busch Campus. Public open viewing nights are free. Event is weather permitting. Please click [HERE](#) for more information.

Tour the Rutgers Gardens Holly Collection and Evergreen Garden – December 13

Location: 130 Log Cabin Road New Brunswick NJ 08901

'Tis the season to bundle up and decorate with winter bundles of greens! You're invited to tour the Rutgers Gardens Holly Collection and Evergreen Garden with Assistant Director of Horticulture Maxine Marvosa. Maxine will show you how to collect greens sustainably, discuss the history behind Rutgers Gardens plant collections, and collect your own cuttings of holly, pine, magnolia, and more! Click [HERE](#) for more information!

– RSVP NOW & COMING UP! –

COMING UP! Revolution 250, Historical New Brunswick and the Declaration of Independence Exhibition – December 2026

Location: New Brunswick Free Public Library (60 Livingston Ave., New Brunswick, NJ 08901)

The exhibit showcases the events and people that have made up the history of New Brunswick. Highlights include a look into the lives of New Brunswick's earliest inhabitants, the murder case that changed media forever, and a forgotten jazz legend. The exhibition aims to examine historical events in New Brunswick and inspire viewers

to think about whether the community is on a path to fulfilling the goals of the Revolution. Karlene Collins, a Rutgers Library student, and Zachariah Brackett, an assistant archival librarian, created this exhibit, and E. K. Adams, the archival librarian, was supervising it! Click [HERE](#) for more information!

– WELLNESS WORKSHOPS, GROUPS, & SUPPORT–

CAPS Counseling Conversations & Wellness/Therapy Groups

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"). Click [HERE](#) to view the various available workshops and group descriptions. To get connected with any of these groups, please call **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](#).

Personal Training with Rutgers Recreation

Location: Various Locations

Ready to reach your fitness goals? Rutgers Recreation's certified personal trainers are here to guide you every step of the way—whether you're just starting out or looking to take your workouts to the next level. Choose from one-on-one or partner sessions at a time and location that fits your schedule. Our trainers will design a personalized program to help you build strength, confidence, and consistency.

For more info: <https://go.rutgers.edu/f25rurecpt>.

– ACADEMIC SUPPORT & WORKSHOPS –

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 –

University & Louis Bevier Dissertation Completion Fellowship

Apply [HERE](#) by January 21, 2026!

The School of Graduate Studies University & Louis Bevier Dissertation Completion Fellowship is designed to provide support during a doctoral candidate's final year of dissertation research and writing. There are 10 anticipated University and Louis Bevier Dissertation Completion Fellowships for the 2026-2027 academic year. All SGS doctoral students (School 16) are eligible to apply. The fellowship provides stipend of \$30,833; health insurance (if needed); and tuition remission for up to 2 research credits per semester (no more than 4 total for the academic year).

Preference will be given to students who can demonstrate that they do not have promised funding for the 2026-2027 academic year or to students who can demonstrate that by foregoing a teaching assistantship, the fellowship will allow them to concentrate fully on completing their dissertations. Applicants will be notified of decisions by April 1, 2026. Please send your questions about the competition or application process to: SGS_Awards@grad.rutgers.edu.

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 –

Graduate Research Assistants – Rutgers Institute for Health

Compensation: \$22-28 per hour

Direction to apply [HERE](#)! Apply by December 12 at 11:59pm!

The Rutgers University Center for State Health Policy (Center), within the Institute for Health, Health Care Policy and Aging Research (IFH), is recruiting up to five graduate

research assistants (RAs) to support ongoing research projects. RAs are expected to contribute up to 20 hours per week, at a rate of \$22-\$28 per hour, depending on relevant experience and qualifications. Please click [HERE](#) for more information on the job requirements.

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

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. View the Fall 2025 Tax Withholding Schedule [HERE](#).

Interstride for International Students

Interstride is an educational technology company offering an online platform for international students. The platform assists with job searches, visa procedures, work authorization, and networking, providing tools like career planning features, checklists, and a calendar. Here is the login portal: <https://student.interstride.com/dashboard>.

Rutgers students get access for free. For issues, please contact

yiwei.zhang@rutgers.edu!

Restorative Justice Services for Graduate Students

Graduate students can contact the Restorative Justice Program for assistance building deeper connections, developing proactive community agreements, or resolving conflicts that arise within their student organizations, study groups, and any other communities they engage with. Click [HERE](#) to learn more about the Restorative Justice Program. The Restorative Justice Program can be contacted by email at

restorative_justice@echo.rutgers.edu

STUDENT SERVICES & SUPPORT

Community Human Services and Health Resources

Students in need should consider NJ 211, a free and confidential service connecting individuals to local health and human services. Dial **2-1-1** or visit www.nj211.org for

help with housing, food, healthcare, and more. Additionally, click [HERE](#) for a database of local food pantries by ZIP code throughout the state of New Jersey.

Rutgers Global Alerts Page

Rutgers Global Alerts are intended to provide guidance and resources to all members of the Rutgers community regarding issues related to travel advisories, immigration policies, and other regulatory updates that impact international students and scholars, as well as domestic students and faculty traveling abroad. Important notices for international students are also sent as periodic emails to the international student community at Rutgers University–New Brunswick. 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.

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](#)!