

# GRADUATE STUDENT LIFE

## WEEKLY DIGEST

### Graduate Student Life Weekly Digest Week of December 11

#### 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! 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](mailto:gradstudentlife@echo.rutgers.edu) or visiting our offices during the week in the Graduate Student Lounge (126 College Ave, behind Panera Bread). Learn more about the Office of Graduate Student Life by visiting our website [HERE!](#)

#### **ANNOUNCEMENTS**

##### **LAST CHANCE! Tell us What Graduate Student Events you Want to See and for a Chance to Win a \$100 Target Gift Card!**

The Office of Graduate Student Life seeks feedback to inform our future events and program offerings for graduate students. Fill out **THIS** Qualtrics form before **8am TOMORROW Tuesday, December 12** and opt into the student prize drawing for a chance to win a \$100 Target gift card! All survey data is anonymous and prize drawing entries are not linked to individual responses. Please contact [gradstudentlife@echo.rutgers.edu](mailto:gradstudentlife@echo.rutgers.edu) with any questions.

##### **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!

#### **– GET INVOLVED –**

##### **Join the Student Conduct Scarlet Honor Council!**

The Office of Student Conduct and Conflict Resolution Services seeks 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. 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. Learn more and submit an application [HERE.](#)

##### **Explore Involvement in Graduate Student Organizations (GSOs)!**

Explore the official directory of Graduate Student Organizations (GSOs) recognized by the Graduate Student Association (GSA) and discover graduate involvement opportunities on campus. GSOs are a

fantastic way to meet other graduate students and participate in campus activities. Find the GSO directory [HERE](#).

### **Subscribe to the Graduate Student Association (GSA) Mailing Lists!**

Learn about and subscribe to the GSA Weekly Event Newsletter and GSA Market mailing lists [HERE!](#)

### **Subscribe to the Career Exploration and Success Doctoral Career Community Newsletter**

Subscribe to the CES weekly career community email newsletter for all masters and doctoral students for tailored information about events, alumni mentors, career outcomes, and resources for graduate students through Handshake. Learn more about the Doctoral Students Career Community (open to masters and doctoral students) [HERE](#). Visit [THIS](#) webpage for detailed directions on how to add the Doctoral Students Career Community to your Rutgers Handshake career interest profile. Click [THIS](#) link to access the archive of past issues of the Career Community Newsletters.

### **– BE WELL –**

#### **Low Cost ADHD Assessments through the Rutgers Center for Youth Social Emotional Wellness and the Graduate School of Applied & Professional Psychology Center for Psychological Services**

The Rutgers Center for Youth Social Emotional Wellness (CYSEW) in partnership with the Graduate School of Applied & Professional Psychology Center for Psychological Services (GSAPP) is now offering low cost psychological assessments to all Rutgers Students. Assessments are \$150 and include a comprehensive screening for ADHD, anxiety, and depression, a detailed diagnostic report with resources, and a feedback session. To request a virtual assessment scheduled at your convenience, click [HERE](#). Contact the GSAPP Center for Psychological Services by calling 848-445-6111 or by emailing [cysew@gsapp.rutgers.edu](mailto:cysew@gsapp.rutgers.edu).

## **EVENTS**

### **– THIS WEEK! –**

#### **Interfaith Processing: Speaking Together in Delicate Moments – Monday, December 11, 7 pm**

Location: New Brunswick Theological Seminary (35 Seminary Pl. New Brunswick), College Ave Campus

All are welcome to join Chaplain Kaiser Aslam, Reverend Katrina Jenkins, and the Interfaith Alliance at Rutgers in a space for dialogue and growth through reflections, explanations, and unfinished thoughts. Halal and Kosher pizza will be served. Hosted in partnership with RU Off-Campus Living and Community Partnerships, please contact [ruoffcampus@echo.rutgers.edu](mailto:ruoffcampus@echo.rutgers.edu) with any questions.

#### **Research Café – Wednesday, December 13, 3:00pm – 4:00 pm**

Location: Hatchery Innovation Studio, Alexander Library, (169 College Ave, New Brunswick), College Ave Campus and Zoom

**Register [HERE!](#)**

Research Café is a monthly (every third Wednesday) gathering place for graduate students across disciplinary areas to share their research and benefit from peer feedback and support in a friendly, low-stakes setting. Please register in advance to attend in person or on Zoom. This research cafe will feature exciting talks by Ph.D students including Avinthika Bharath's "Bacteria and Their Superpower to take up Environmental DNA: The Deep Sea Edition" and Jacqueline Veatch's "Finding Food in a Big Ocean." To view the complete schedule of presentations, click [HERE](#). Questions? Contact Briana Bivens at [bb770@grad.rutgers.edu](mailto:bb770@grad.rutgers.edu). The next Research Cafe will be held on January 24, 2024.

### **GSA Holiday Party Wednesday, December 13, 6-9 pm**

Location: Livingston Student Center, Livingston Hall (84 Joyce Kilmer Rd. Piscataway), Livingston Campus  
**RSVP: [HERE!](#)**

'Tis the season to be jolly! The GSA invites you to their spectacular Holiday Party and can't wait to celebrate with you! Don't miss out on this magical gathering. RSVP now and join the GSA in celebrating the holidays and creating lasting memories together! Free food provided! Email [events@gsa.rutgers.edu](mailto:events@gsa.rutgers.edu) with any questions.

### **Study After Hours at the Zimmerli – Thursday, December 14, 11am-10pm**

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

The Zimmerli Art Museum, in partnership with the Yard at College Ave and DEVCO, offers an exclusive one of a kind study space in the galleries for students during reading days. From 11am to 5pm, students are invited to study in designated quiet areas and from 5pm to 10pm, enjoy a variety of study break activities including gentle yoga and meditation sessions, chair massages, and art activities. Click [HERE](#) for more information about Study After Hours, contact [education@zimmerli.rutgers.edu](mailto:education@zimmerli.rutgers.edu) with any questions.

### **Shopping Trip Sign-Up – International Students – Saturday December 16, 10am-1pm & Thursday December 21, 5-8pm**

Location: Pick-ups are from Bevier Road on Busch Campus & the College Avenue Student Center

**RESERVE Your spot on the December 16th Shuttle (10am-1pm) [HERE](#) & the December 21st Shuttle (5-8pm) [HERE!](#)**

Rutgers Global–International Student and Scholar Services arrange shopping shuttles to local stores throughout the semester and summer so students can purchase groceries and other living essentials. You should sign up to reserve your spot on the shuttle. International students and scholars who have signed up will be given preference to ride on the shuttle. To view the full schedule of shopping trips and learn more information about the Shopping Shuttle Service, click [HERE](#).

## **– WELLNESS WORKSHOPS & GROUPS–**

### **International Students Wellness Group (Virtual) - Fridays, 11:00-12:30 pm**

Location: Virtual, contact 848-932-7884 for more details

Meet Counselor Mei-ling Cheng: <http://health.rutgers.edu/about-us/staff/staff-member/mei-ling-cheng/>

Are you an international student? Many international students face unique challenges due to cross-cultural adjustment. Some experience homesickness, loneliness, language barriers, discrimination, and different levels of acculturative stress socially and academically. CAPS' International Student Wellness Group is here to support you by providing a safe and confidential virtual space to discuss various concerns and to help you connect with each other. If enough graduate students enroll, we can look to create a separate group. The first step in joining a group is to schedule a phone screening at 848-932-7884 to discuss what group may be right for you.

### **Trauma Recovery and Empowerment Group (TREM)**

Are you struggling to cope with trauma? CAPS Trauma Recovery and Empowerment (TREM) group provides healing and support through community. Other components of the TREM group include skills training in self-regulation, boundary maintenance, and communication, psychoeducation around trauma and trauma symptoms. This group has a recovery and empowerment focus and, therefore, is not intended for sharing traumatic experiences in detail. For more information about the TREM group,

contact CAPS at 848-932-7884. The first step in joining a group is to schedule a phone screening at 848-932-7884 to discuss what group may be right for you.

## – PROFESSIONAL & PERSONAL DEVELOPMENT –

### **Louis Bevier Dissertation Completion Fellowship Competition!**

**APPLY BY JANUARY 22, 2024 [HERE!](#)**

School of Graduate Studies Doctoral students in their final year of dissertation research and writing and plan to receive their degree in 2025 are eligible to apply for the School of Graduate Studies & Louis Bevier Dissertation Completion Fellowship. The fellowship provides a stipend of \$25,000, health insurance, and tuition remission for up to 2 research credits per semester to allow students to concentrate fully on completing their dissertation. Click [HERE](#) to learn more about the fellowship and [HERE](#) to access the application. Please contact [sgs\\_awards@grad.rutgers.edu](mailto:sgs_awards@grad.rutgers.edu) with any questions.

### **APPLICATION OPEN TODAY! School of Graduate Studies Conference and Research Travel Award Program**

Doctoral students enrolled in School of Graduate Studies programs are eligible to apply for funding to offset the cost of presenting at an academic conference or traveling for an off campus research activity through the SGS Conference and Research Travel Award Program! The application portal opens TODAY, Monday December 11, 2023 and applications will be accepted on a rolling basis until funds are expended or April 15, 2024. Click [HERE](#) to learn more and access the application portal. Please contact [sgs\\_awards@grad.rutgers.edu](mailto:sgs_awards@grad.rutgers.edu) with any questions.

### **Wellness Coaching Appointments**

A wellness coach helps you focus on your present situation and provides general assistance to develop strategies that will improve various aspects of your life. The idea is that you are the expert on your own life, and the coach is there to assist you with putting a plan in place to help you reach your goals. Our coaches are not counselors or therapists. Think of a goal you want to achieve, e.g., managing your time, setting boundaries, and then submit this [FORM](#). As a graduate student, you will receive a coach who is a professional staff member, not a peer. For more information, click [HERE](#).

### **FREE Professional Development with LinkedIn Learning**

All Rutgers graduate students have free access to LinkedIn Learning, an online professional development tool with thousands of video tutorials, courses, and training resources taught by industry experts. Click [HERE](#) to learn more about LinkedIn Learning and set up your free account through Rutgers University.

## – ACADEMIC SUPPORT & WORKSHOPS –

### **Receive a “Temporary” or “Incomplete” Grade? Schedule Completion Coaching!**

The Rutgers Learning Centers offers completion coaching to any student who receives a “temporary” or “incomplete” grade in any of their courses this semester. A professional academic coach will work with you to create a practical plan for completing remaining coursework and meeting your academic goals. Coaching sessions are 1 on 1, scheduled for approximately 45 minutes, and offered in-person and virtually. Please email [academiccoaches@echo.rutgers.edu](mailto:academiccoaches@echo.rutgers.edu) with any questions or to schedule completion coaching.

### **Graduate Writing Program (GWP) Spring 2024 Courses: Registration Open**

The GWP helps students master the genres and styles of academic writing and develop professional writing habits, including techniques for time management, goal setting, and resilience. Graduate students at all levels are welcome. For a listing of courses, visit [HERE](#). For more information on the Graduate Writing Program, click [HERE](#). While GWP courses appear on students' transcripts, they are free, carry zero credits, and entail no additional work other than the writing students are already doing in their programs. For questions, contact Mark DiGiacomo [markjd@english.rutgers.edu](mailto:markjd@english.rutgers.edu).

### **Academic Coaching from Learning Centers**

Academic Coaching is available to students from freshmen to Ph.D. candidates and can be particularly helpful to graduate students who would benefit from talking through motivation challenges, breaking down large tasks into more approachable segments, and seeking accountability for productivity. Several of the Rutgers Academic Coaches support graduate students specifically. [Click here](#) to download the Penji scheduling app. Once in the app, join the Academic Coaching community; then, under "Topics", click on "SEE ALL GRADUATE STUDENT COACHING" to access open appointments with these coaches. Any problems registering or have questions, please contact [academiccoaches@echo.rutgers.edu](mailto:academiccoaches@echo.rutgers.edu).

## **STUDENT SERVICES & SUPPORT**

### **OFFICE OF DISABILITY SERVICES**

#### **Office of Disability Services (ODS)**

Location: Lucy Stone Hall, Suite A145 (54 Joyce Kilmer Ave, Piscataway), Livingston Campus

The Office of Disability Services (ODS) works to provide reasonable accommodations to graduate students with disabilities. ODS is located on the Livingston Campus and can be contacted by phone (848-202-3111) or email ([dsoffice@echo.rutgers.edu](mailto:dsoffice@echo.rutgers.edu)). To learn more about ODS, visit their website [HERE](#), click [HERE](#) for more information about specific services available for graduate students.

ODS accommodates a wide range of conditions including, but not limited to: hearing/vision/mobility conditions, chronic illnesses, learning disabilities, psychological diagnoses (including anxiety and depression), traumatic brain injuries, ADHD, and Autism Spectrum Disorder. Click [HERE](#) for more information about disabilities, if you are unsure if you identify as having a disability or if you'd qualify for accommodations, submit an inquiry using [THIS](#) form, a member of the ODS staff is more than happy to speak with you!

### **Student Affairs: Compliance and Title IX**

#### **Office of Compliance and Title IX**

Location: 2 Richardson St, New Brunswick, College Ave Campus

The Office of Compliance and Title IX strives to provide a safe campus environment free from all forms of sex-based discrimination and sexual violence by addressing misconduct and providing education. The Office of Compliance and Title IX is located on the College Ave Campus and can be contacted by phone (848-932-8200) or email ([nbtileix@rutgers.edu](mailto:nbtileix@rutgers.edu)). The Office of Compliance and Title IX addresses misconduct regarding: sex-based discrimination, sexual harassment, sexual violence, relationship violence, stalking and related forms of misconduct. The Office of Compliance and Title IX also provides reasonable accommodations to students experiencing pregnancy or pregnancy-related conditions. To learn more about the Office of Compliance and Title IX, visit their website [HERE](#).

### **Office Of Violence Prevention and Victim Assistance**

### **Office of Violence Prevention and Victim Assistance (VPVA)**

Location: 3 Bartlett St, New Brunswick, College Ave Campus

The Office of Violence Prevention and Victim Assistance (VPVA) is committed to creating a community free of violence by providing services that respond to the impact of interpersonal violence and other crimes. VPVA offers a variety of confidential and free services to members of the Rutgers community impacted by interpersonal violence or crime, including: counseling, advocacy services, crisis intervention, and education. VPVA can be contacted by email at [vpva@echo.rutgers.edu](mailto:vpva@echo.rutgers.edu) or 24/7 by phone at their confidential number (848-932-1181). For more information about VPVA and the services they provide, visit their website [HERE](#).

## **Student Basic Needs**

### **Off-Campus Living and Community Partnerships: Student Basic Needs**

Location: 39 Union St, New Brunswick, College Ave Campus

The Office of Off-Campus Living and Community Partnerships: Student Basic Needs aims to assist Rutgers Students who are struggling to meet one or more of their basic needs. Basic Needs include but are not limited to: food, housing, clothing, childcare, mental health, transportation, and financial or other resources. Student Basic Needs provides a variety of supports and referrals to assist students in ensuring their basic needs are met including: the food and mobile food pantry, an emergency aid fund, and assistance navigating external assistance resources. To learn more about Student Basic needs and the services they provide, visit their website [HERE](#).

## **Interfaith Prayer & Meditation Spaces & Rutgers Affiliated Chaplaincies**

A list of all Interfaith prayer/meditation spaces and all Rutgers affiliated chaplaincies is on this [WEBSITE](#).

## **Offices of the Dean of Students**

### **Advocacy, Outreach and Support**

- Please email [gradstudentlife@echo.rutgers.edu](mailto:gradstudentlife@echo.rutgers.edu) if you are struggling to get connected to services or unsure of who to speak to concerning non-academic challenges you are facing.

### **Off-Campus Living and Community Initiatives & Community Faith Based Supports**

- Faith & Spirituality Initiatives – Rev. Katrina Jenkins ([Katrina.e.jenkins@rutgers.edu](mailto:Katrina.e.jenkins@rutgers.edu))
- Rutgers Chabad - [Rutgers Chabad | Your Home Away From Home \(wordpress.com\)](#)
- Rutgers Hillel - [Rutgers Hillel Home Page - Jewish Campus Life and Learning](#)
- Rutgers Jewish Experience - [Home | Rutgers Jewish Xperience | Inspiring, educating, & empowering \(rutgersjx.com\)](#)
- Center for Islamic Life at Rutgers – [Center for Islamic Life at Rutgers](#)

### **University Support for International Students Rutgers Global: ISSS**

- <https://global.rutgers.edu/international-scholars-students/students> Call: 848-932-7015

### **Cultural Centers**

- **Paul Robeson Cultural Center** <http://prcc.rutgers.edu/>  
Call: 848-445-3545  
Email: [prccrutgers@echo.rutgers.edu](mailto:prccrutgers@echo.rutgers.edu)
- **Center for Latino Arts and Culture** <http://clac.rutgers.edu/>  
Call: 848-932-1263

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

- **Center for Social Justice Education and LGBT Communities** <http://socialjustice.rutgers.edu/>  
Call: 848-445-4141  
Email: [sje@echo.rutgers.edu](mailto:sje@echo.rutgers.edu)
- **Asian American Cultural Center** <http://aacc.rutgers.edu/>  
Call: 848-445-8043  
Email: [aacc@rutgers.edu](mailto:aacc@rutgers.edu)

## **COUNSELING, ALCOHOL AND OTHER DRUG ASSISTANCE PROGRAM & PSYCHIATRIC SERVICES (CAPS)**

### **Counseling Services (CAPS)**

**CAPS** is your university mental health support service that provides counseling services. Services include crisis intervention, individual therapy, group therapy, workshops, alcohol and other drug assistance programs, psychiatric care (medication management), and community referrals. Overview of services visit: <http://health.rutgers.edu/medical-counseling-services/counseling/>. Here is a chart of resources for **students and employees who need emotional and mental health support**.

- CAPS (Counseling, ADAP, and Psychiatric Services) 848-932-7884
- Crisis Text Line (Text 741-741 anytime 24/7)

### **Uwill: FREE immediate access to teletherapy through an easy-to-use online platform**

1. Choose a therapist based on your preferences, including issue, gender, language, and ethnicity.
2. Select a time that fits your schedule. Including day, night, and weekend availability.
3. Access is quick and easy. [Register and book](#) your first session using your Rutgers email.
4. Uwill is **Private. Secure. Confidential.**

### **Let's Talk Drop In Counseling Conversations**

Free Private and Confidential Drop-In Conversations. Available in-person, telehealth or phone. To schedule an appointment, call [848-932-7884](tel:848-932-7884) and choose option 2. For all options, Mon-Friday visit [HERE](#)

Days/times for our graduate-focused counselors, Dana and Shan

- **Thursdays 10 am – 12 pm with Dana Simons, Busch Campus or [Zoom](#)**

In-person in CABM Room 240 at 679 Hoes Lane West, Piscataway, OR via [Zoom](#)

No appointment is needed. If you want to talk to Dana Simons at any other time, call 848-932-7884 and press #2 to leave a message with your name, RUID, and phone number, and she will call you back.

- **Mondays 2 pm – 4 pm and Fridays 10 am – 12 pm with Shan Reeves, in person on College Avenue or [Zoom](#)**

You can see Shan on Mondays 2 PM - 4 PM at 5 Seminary Pl (Honors College), Room E125, and Fridays 10 AM - 12 PM at 15 Seminary Pl (Academic Building) West Building, Room 5050. First-come, first-serve basis. Walk-ins are welcomed, but appointments can be made.

If these days, times, or formats do not meet your needs, we encourage you to identify other counselors across all five campuses with varying day/time options. Our counselors are diverse in social, racial, ethnic, gender, age, and sexual identities to meet the diverse needs of our graduate population. To see other Let's Talk options, visit [HERE](#).