

# GRADUATE STUDENT LIFE

## WEEKLY DIGEST

### Graduate Student Life Weekly Digest Week of December 18

#### 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 Graduate Student Life Weekly Digest Before Winter Break!**

The Office of Graduate Student Life wishes you a restful winter break and Happy Holidays!

##### **Graduate Student Life is Still Seeking Feedback for Spring Programming and Events!**

The Office of Graduate Student Life is still seeking feedback to inform our future event and program offerings for graduate students. Fill out THIS Qualtrics form to share your thoughts! All survey data is anonymous. Please contact [gradstudentlife@echo.rutgers.edu](mailto:gradstudentlife@echo.rutgers.edu) with any questions.

##### **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.

#### **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 \(rutgersix.com\)](#)
- 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](#).