

# GRADUATE STUDENT LIFE

## WEEKLY DIGEST

### Graduate Student Life Weekly Digest Week of December 4

#### 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**

##### **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 on 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 –**

##### **Student Conduct Seeks Graduate Students for 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 more 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**

**– RSVP NOW! –**

### ***THIS WEEK!* Equity-Minded Syllabus Revision Workshop, Wednesday, December 6, 2-3:20 pm**

Location: Alexander Library, Pane Room (169 College Ave, New Brunswick), College Ave Campus.

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

How equity-minded is your syllabus? Join Eliza Blau and Pauline Carpenter from the School of Arts and Sciences Teaching and Learning Team for an interactive syllabus revision workshop! This workshop will facilitate collaboration, idea sharing, and discussion between yourself and your colleagues as you review your draft syllabi for equity. This workshop is open to all instructors and will address Competency 2 of the [Classroom Inclusivity Series](#).

### **The Big Chill 5K – Saturday, December 9, 10 am**

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

**Sign Up [HERE!](#) Race is limited to only 3,000 participants!**

Join Rutgers Recreation for the 21st Annual Big Chill Rutgers 5k! The in person race will take place on December 9th and starts at 10:00AM at the College Ave Gym (Check in from 8-9:30am) and requires a

\$25 entry fee and \$10 toy donation. The virtual race runs from December 4th to December 11th with a \$25 entry fee. Race fee for both in person and virtual racers includes a long sleeve t-shirt and donations benefit the No Hungry Knights Scholarship Fund. Click [HERE](#) to register or learn more!

### **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.

**– THIS WEEK! –**

### **Unlocking the Potential of Community-Engaged Research: Working with and for the Community December 6, 12:30-1:30pm**

Location: Zoom

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

Join us for an enlightening presentation featuring Dr. Sheretta Butler-Barnes, a developmental psychologist and leading voice in community-engaged research. Dr. Butler-Barnes brings her expertise in understanding the impact of racism and leveraging cultural strengths within Black American families to foster health and well-being.

This presentation emphasizes the importance of community-engaged research and collaboration between researchers and the community in order to create meaningful results. It highlights the potential of this approach, which involves the community in the research process, gaining valuable insights and perspectives. It also bridges the gap between academia and real-world application, ensuring relevant and applicable research findings.

### **Sundaes & Studies - LGBTQIA+ Graduate Student Social, Wednesday, December 6, 5:00-7:00 pm**

Location: Paul Robeson Cultural Center (600 Bartholomew Rd, Piscataway), Busch Campus.

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

Join the Center for Social Justice Education & LGBT Communities for our LAST LGBTQIA+ Graduate Student Social of the semester! With final exams and papers creeping up, we're providing a relaxing and affirming space to help you push through to winter break. On Wednesday, December 6th from 5 - 7 pm, bring your assignments, study materials, and study groups to the Paul Robeson

Cultural Center on Busch Campus. Free ice cream sundaes will be served on a first-come, first-served basis while supplies last! Please RSVP [HERE](#).

**SparkNight at the Zimmerli Art Museum – Thursday, December 7, 4:30-8 pm**

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

Join the Zimmerli Art museum for their final art party of 2023 featuring a new multimedia performance of original poetry by Rutgers Professor Emerita of French, Mary Shaw, accompanied by the Pierre Cornilliat Jazz Quartet, and Images from the Zimmerli's collection of 19th Century French Art. Complimentary light refreshments and food will be provided, additional food will be available for purchase from the Chef Me Deluxe Food Truck. Click [HERE](#) for more information about SparkNight and click [HERE](#) to read the event preview piece written by Rutgers Today! Contact [education@zimmerli.rutgers.edu](mailto:education@zimmerli.rutgers.edu) with any questions.

**Shopping Trip Sign-Up – International Students – Thursday December 7, 5-8pm**

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

**RESERVE Your spot on the December 7th 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](#).

**Last Session of the Semester! Graduate Student Yoga – Thursday, December 7, 5:30 – 6:30pm**

*These workshops are part of the [Graduate Student Lounge Event Series](#) and will be held every Thursday.*

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus

Join us for the last Fall session of Graduate Student Yoga and take a pause from your busy week to relax your mind and body with your fellow graduate students. Hosted by Rutgers Recreation and Office of Graduate Student Life. No Registration Needed. Yoga mats and blocks are provided.

**GSA Game Night – Thursday, December 7, 7:30-9 pm**

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus

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

Come out to the Graduate Student Lounge over at 126 College Ave for an action packed night of laughter, strategy, and camaraderie. Whether you're a seasoned enthusiast or beginner, this is a great time to relax, unwind, and have a lot of fun with your fellow graduate students. There will be delicious snacks! Be sure to RSVP and we'll see you there! Contact [events@gsa.rutgers.edu](mailto:events@gsa.rutgers.edu) with any questions.

**GSA Coffee and Breakfast – Friday, December 8, 9 am-11 am**

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus

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

Join the Graduate Student Association (GSA) for coffee & breakfast at the Graduate Student Lounge on Friday, December 8th to get your day started off on the right foot! The more, the merrier! Please RSVP in advance, we look forward to seeing you there! Contact [events@gsa.rutgers.edu](mailto:events@gsa.rutgers.edu) with any questions.

**– WELLNESS WORKSHOPS AND GROUPS–**

**Wellbeing Workshop \*Don't Tip the Scale: Work-Life Balance\* Thursday, 12/7, 11am-12 pm**

*These workshops are part of the [Graduate Student Lounge Event Series](#) and will be held every Thursday.*

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus

This workshop will offer ways to create balance in one's life amid academic responsibility by utilizing the Dimensions of Wellness to recognize areas of strength. These one-hour weekly workshops are hosted by Rutgers Student Health Community-Based Counselor Shan Reeves. They are held every Thursday 11am -12pm at the Graduate Student Lounge. You don't need to register. Click [HERE](#) a complete list of workshop topics, descriptions, and dates.

**Mindfulness Meditation Workshop – Thursday, December 7, 1:00 pm**

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

Join Dana, and your peers, as we focus on the here and now, without judgment, and practice several examples of mindfulness meditation exercises. Presented by CAPS Community-Based Counselor Dana Simons. Free Snacks Provided! Email [gradstudentlife@echo.rutgers.edu](mailto:gradstudentlife@echo.rutgers.edu) with any questions.

**LAST CALL! FLOW Weekly Workshop Friday, December 8, 1:00-2:30 pm**

Location: Walters Hall Room 240 (4 Chapel Dr. New Brunswick), Cook/Douglass Campus

**Register in Advance: [HERE](#)!**

*This workshop is part of the CAPS Fall Wellness Series and is held every Friday.*

The essence of this recurring workshop is to promote healthy coping through the use of creativity, art, music, storytelling, sound healing, drumming, and dance. The intention is to reduce anxiety and stress, increase joy and provide an opportunity to connect with others through creativity and self-expression. No prior experience is needed! Hosted by CAPS Community Based Counselor Reyna Dowling and other CAPS Colleagues.

**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 –**

### **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 visit [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 –**

### **Rutgers Libraries Virtual Workshop for Systematic and Scopic Review Writers in the Social Sciences, Thursday December 7, 3-4:30 pm**

Location: Virtual, attendance link will be sent to registrants via email.

**Register [HERE](#)! Seats are limited!**

Are you a social science graduate student or faculty member that is embarking on a systematic or scoping review project? Are you wondering how to begin writing your search strategy? This workshop is for you! Participants will engage with different search techniques, databases, and tools that will allow them to tackle a search strategy with confidence. This workshop is open to all graduate students at Rutgers University whether they are just starting their journey or are in the advanced stages of their research in the social and behavioral sciences. Contact Julia Maxwell at [julia.maxwell@rutgers.edu](mailto:julia.maxwell@rutgers.edu) with any questions.

### **Mark Your Calendars! 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.

### **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, visit [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 questions, please contact [academiccoaches@echo.rutgers.edu](mailto:academiccoaches@echo.rutgers.edu).

## **STUDENT SERVICES AND 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!

### **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** 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 – 12pm 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](#).