

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest Week of January 15, 2024

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 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

Welcome Back!!

The Office of Graduate Student Life is thrilled to welcome new and continuing graduate students for the Spring Semester! Kick off your first week by stopping by the Graduate Student Lounge (126 College Ave, behind Panera Bread) on **Wednesday, 1/17, between 9 and 11 am for coffee and bagels!** The lounge is open during [student center hours](#) for gathering, relaxing, and studying. Normal schedule will resume on Tuesday, 1/16, and don't forget to check out the new Resource Corner of the Digest to learn about resources available here at RU!

Spring Welcome Week 2024 Events: Tuesday, January 16 to Wednesday, January 31

Spring Welcome Week contains programs and events designed for Scarlet Knights to find connections and community, navigate campus, participate in traditional events, and prepare for the upcoming semester. These opportunities are open to undergraduate and graduate students, as we welcome our new and returning Scarlet Knights back to campus. More information [HERE](#)

Featured events for this week!

New Year, Same Me: Shifting from New Year Resolutions to Sustainable Change, Thursday, January 18, 6pm - 7 pm

Location: Office of Health Outreach, Promotion, and Education (HOPE), 8 Lafayette Street, College Avenue Campus

Registration [HERE!](#)

New Year's resolutions are used for personal growth, but people generally throw in the towel early on. Join us as we talk about the ins and outs of behavior change, share some tips for creating resolutions, and explore day-to-day changes that can help you achieve your goals, all while prioritizing your mental well-being.

Rutgers Zone Trivia, Thursday, January 18, 7:00 pm

Location: Livingston Student Center Rutgers Zone

Join us for our monthly trivia game series Thursday nights at 7 pm in the Rutgers Zone. This series takes place throughout the spring semester on select Thursdays. Trivia covers various topics, including pop culture, music, history, and more, for all audiences on campus. Play as a team or individual, and come out to have fun and win some cool prizes! Sponsored by Student Centers & Activities

Late Knight Event: Frozen Friday (theme), Friday, January 19, 9 pm - Midnight

Location: Livingston Student Center

No Registration Required! Visit [HERE](#) for more information

Come to Livingston for a Frozen Friday! Late Knight is collaborating with RUPA to bring you ice skating INSIDE the Livingston Student Center, airbrush hats, and photo snow globes. Visit the Rutgers Zone for arcade games, free drinks & a FREE scoop of Thomas Sweets' Ice Cream! The free food bar will feature chili (vegan options available) and hot cocoa! As always, Late Knight is free!

Resources, Accommodations, and Support for Students Experiencing Pregnancy or a Related Condition!

Students experiencing pregnancy or related conditions have equal access to education, employment, and other University programs and activities. If you are experiencing pregnancy or a related condition and are looking for resources, accommodations, or support, please go to nbtileix.rutgers.edu.

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 –

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](#). If you need assistance finding a group contact help@gsa.rutgers.edu.

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 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 [HERE](#). Visit [THIS](#) webpage for detailed directions on adding 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. You will receive this community newsletter on the 1st, 8th, 15th, and 22nd days of the month.

EVENTS

– RSVP NOW! –

Rutgers Seeding Labs Blood Drive! – Tuesday, January 30, 10:30 am-4:30 pm

Location: Great Hall – Rutgers Medical School Seeding Labs & M1 (675 Hoes Ln, Piscataway, Busch Campus) near Woody’s Cafe

Schedule your appointment [HERE!](#)

Rutgers Seeding Labs is hosting a blood and platelet blood drive in partnership with Robert Wood Johnson University Hospital (RWJUH) Blood Services on Busch Campus on Tuesday, January 30 from 10:30 am-4:30 pm! Donors will receive a \$5 coffee gift card and sandwiches. Give back to your community and help save a life! Appointments are recommended.

Research Café – Wednesday, January 24, 3:00 pm – 4:00 pm

Location: Zoom

Register [HERE!](#)

Research Café is a monthly 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 on Zoom. To view the complete schedule of presentations, click [HERE](#). Contact Briana Bivens bb770@grad.rutgers.edu with any questions.

– MARK YOUR CALENDARS! UPCOMING EVENTS: THIS WEEK & BEYOND! –

Shopping Trip Sign-Up – International Students – Thursday, January 18, 5-8pm

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

Reserve Your spot on the January 18th Shuttle (5-8 pm) [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](#).

BACK NEXT WEEK! Graduate Student Yoga – Wednesday, January 24, 5–6pm

Graduate Student Yoga is held every Wednesday from 5-6 pm

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

Back by popular demand– Graduate Student Yoga! Join us NEXT Wednesday (January 24) to take a pause from your busy week by practicing Yoga and 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, and all skill levels are welcomed. Email gradstudentlife@echo.rutgers.edu with any questions.

NEXT WEEK! RU Global Friendship Fridays: Hot Cocoa & Conversation – Friday, January 26, 4-5 pm

Location: Livingston Student Center Coffeehouse (84 Joyce Kilmer Rd, Piscataway, Livingston Campus)

Join RU Global for the first Friendship Friday of the Semester! Grab a hot cocoa from the hot cocoa bar, meet a new friend, and hang out! Friendship Fridays are open to all Rutgers students, domestic and international, and feature a different theme each week, where students can enjoy games, activities, and conversations while meeting new friends from all around the world! Click [HERE](#) for more information about Friendship Fridays.

– PROFESSIONAL & PERSONAL DEVELOPMENT –

Wellness Coaching Appointments and Creating Sustainable Change Workshop: Kickoff 2024 with a wellness plan!

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](#). Come talk to HOPE staff for this workshop: **New Year, Same Me on 1/18, 6-7 pm. Registration [HERE!](#)**

APPLY THIS WEEK – Part-Time Position: Art Bridges Fellow for Bilingual Museum (at the Zimmerli)
Application Deadline: Friday, January 19, 2024

The Zimmerli Art Museum provides an exciting opportunity for a graduate student to join us as we embark on a transformative next step in our initiative to be a bilingual museum (Spanish/English). The Art Bridges Fellow will focus on developing dynamic and interactive bilingual experiences for our visitors. This individual will assist in coordinating in-person and virtual events, develop educational content and experiences in Spanish and English for our new mobile app and our existing social media channels, and contribute to the launch of a new bilingual public program called Último Domingo. This is a temporary, grant-funded position for one year with the possibility of renewal. The individual will work an average of 5-10 hours/week at \$20/hour.

To apply, please email a resume, a detailed cover letter that describes how your past work and academic experiences fit this position, and contact information for two academic or professional references to Brandon Truett (btruett@zimmerli.rutgers.edu) by Friday January 19.

SEEKING PRESENTERS! I AM COLLEGE BOUND: College Fair & Youth Summit
Submit Proposals by Saturday, January 27, 2024 [HERE!](#)

Rutgers Pre-College Outreach and Upward Bound Math Science is seeking presenters for the annual *I Am College Bound: College Fair & Youth Summit* on February 19 from 8:30 am to 1:00 pm. The summit aims to provide first-generation, low-income 9th-12th grade high school students to the process of academic inquiry and the college experience through a series of educational and social workshops and activities. Workshop topics and themes include prepping for/getting into college, STEM, student advocacy & leadership, social & cultural awareness, social justice, mental health, greek life & organizations, other educational experiences. Interested presenters should submit the proposal form by January 27th. Please contact jesssmith@echo.rutgers.edu with any questions.

APPLICATIONS OPEN: Spring 2024 Science Writing Internship with the Truth Initiative
Apply [HERE!](#)

The Truth Initiative Schroeder Institute is seeking a part-time science writing intern for spring 2024 with a demonstrated passion for science writing for a general audience. The Truth Initiative Schroeder Institute research team is seeking to hire a Science Writing Intern for Spring 2024 to provide support to the writing team to develop compelling communications on a variety of topics, including tobacco, vaping, opioids, and public health affairs. Interns will work closely with Schroeder Institute researchers and writers to draft key takeaways from original Truth Initiative research; assist with writing reports, web articles, abstracts, posters, and presentations; and track manuscripts by Schroeder Institute researchers from submission to publication, among other assignments. Start dates are flexible, pay is \$20 an hour

and interns can work up to 20 hours each week during the spring semester. Interested candidates should contact Senior Science Writer Bushraa Khatib bkhatib@truthinitiative.org with their resumes and fill out the application [HERE](#).

APPLICATIONS OPEN: The Eagleton Science and Politics Fellowship

Apply [HERE](#) By the March 17, 2024 Priority Deadline!

The Eagleton Science and Politics Program is accepting applications for the Eagleton Science and Politics Fellowship! Eagleton Science and Politics Fellows are Doctoral-level natural scientists, engineers, and healthcare professionals who apply their expertise to assist New Jersey legislators and decision-makers in designing and implementing state policies. Professionals and those holding a Ph.D. in a natural science, engineering, or healthcare field by July 1, 2024, who have U.S. citizenship or suitable work eligibility status are encouraged to apply. Fellows receive a salary, paid time off, health, dental, and vision, insurance, university-wide support and resources, and access to significant professional development opportunities. To learn more about the Eagleton Science and Politics Fellowship, consider attending the *Meet the Science Fellows Roundtable* on Tuesday, January 23, from 12:30 pm-1:30 pm on Zoom (Register [HERE](#)) to hear from current and past fellows and supervisors or visit the fellowship webpage [HERE](#).

– ACADEMIC SUPPORT & WORKSHOPS –

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.

THE RESOURCE CORNER

Get a Digital New York Times subscription FREE through the Rutgers Libraries!

The Rutgers Libraries provides students and staff with free New York Times personal accounts, which provide full access to all NYT digital content, including news, podcasts, multimedia, reviews, opinions, blogs, videos, and newsletters on NYTimes.com, *The New York Times* app, and the *NYT Audio* app. For more information, including directions on how to set up your free New York Times account, click [HERE](#).

Access the Wall Street Journal FREE through the Rutgers Libraries!

The Rutgers Libraries provides free access to the digital edition of the Wall Street Journal. The WSJ is a national newspaper providing information, analysis, and commentary on U.S. and Global news with a specific emphasis on business and finance. For more information, including directions on how to set up your Wall Street Journal account, 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.

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). 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 (nbttitleix@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 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 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)
- 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
- **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
- **Asian American Cultural Center** <http://aacc.rutgers.edu/>
Call: 848-445-8043
Email: 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](#).

The spring semester days & times for our graduate-focused counselors, Dana and Shan will be:

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

You can see Dana on Thursdays from 10am to 12pm at the the Center for Advanced Biotechnology and Medicine, Room 240 at 679 Hoes Lane West, Piscataway, OR via [Zoom](#). Appointments are not needed but are recommended, please arrive no later than 11:30am. If you would like to talk to Dana 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 with Shan Reeves, in person on College Avenue Campus or [Zoom](#)**
- **Fridays 10 am – 12 pm with Shan Reeves, in person on College Avenue Campus or [Zoom](#)**

You can see Shan on Mondays 2 PM - 4 PM at 5 Seminary Pl (Honors College), Room E125 or on [Zoom](#), and Fridays 10 AM - 12 PM at 15 Seminary Pl (Academic Building) West Building, Room 5050 or on [Zoom](#). Sessions are on a first-come, first-serve basis. Walk-ins are welcome and appointments can be scheduled.

If these days, times, or formats do not meet your needs, we encourage you to connect with our other Let's Talk community-based counselors who are located across all five campuses with a variety of availability 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](#).