

# GRADUATE STUDENT LIFE

## WEEKLY DIGEST

### Graduate Student Life Weekly Digest Week of January 22, 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](mailto:gradstudentlife@echo.rutgers.edu) or visiting our offices during the week in the Graduate Student Lounge (126 College Ave, behind Panera Bread). The Graduate Student Lounge is open from 7am-12am (Midnight) on Weekdays and 9am-12am (Midnight) on Weekends, click [HERE](#) to view the daily hours for the College Ave Student Center (includes Graduate Student Lounge). Learn more about the Office of Graduate Student Life by visiting our website [HERE!](#)

#### ANNOUNCEMENTS

##### Introducing TogetherAll!

Introducing TogetherAll! A FREE online support community where you can access peer-to-peer support groups via the TogetherAll app. Choose a support community based on your preferences and interact with peers anonymously and find self-help courses and assessments covering topics including anxiety, sleep, depression. Licensed, registered mental health practitioners monitor TogetherAll communities to ensure the safety and anonymity of all members. Click [HERE](#) to learn more or join!

#### – 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](#).

#### – STAY INFORMED –

##### Subscribe to the Office of Student Volunteer Engagement Newsletter!

Keep up to date with on-campus and local volunteer opportunities by subscribing to the Office of Student Volunteer Engagement Newsletter [HERE!](#)

##### Follow Graduate Student Life on Instagram!

Stay up to date with the Office of Graduate Student Life by following us on Instagram [@rugradstudentlife!](https://www.instagram.com/rugradstudentlife/) Never miss another graduate student life event!

### **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! –**

#### **Research Speed Networking with Rutgers SACNAS! – Monday January 29, 6:00pm**

Location: Ernest Mario School of Pharmacy Room 247 (160 Frelinghuysen Rd, Piscataway, Busch Campus)

**Register [HERE](#) by Tuesday January 23!**

The Rutgers University SACNAS (Society for the Advancement of Chicanos/Hispanics and Native Americans in Science) invites graduate students in their 3rd year or above to participate as panelists in our Research Speed Networking Event! This event provides an informal setting for our undergraduate students to network with graduate students. Graduate student panelists will be asked to give a short 3 minute elevator pitch on their research and experiences in graduate school to their paired undergraduate students for the first hour and answer questions from undergraduate students. The second half of the event will be dedicated to more in depth conversation. Dinner is provided! Please contact Cathy Rojas [cr786@scarletmail.rutgers.edu](mailto:cr786@scarletmail.rutgers.edu) with any questions.

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

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 Tuesday, January 30 from 10:30am-4:30pm! Donors will receive a \$5 coffee gift card and sandwiches. Give back to your community and help save a life! Appointments are recommended.

### **– THIS 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.

#### **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 to attend on Zoom. To view the complete schedule of presentations, click [HERE](#). Contact Dr. Briana Bivens [briana.bivens@rutgers.edu](mailto:briana.bivens@rutgers.edu) with any questions.

### **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 on Wednesdays 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 welcome! Email [gradstudentlife@echo.rutgers.edu](mailto:gradstudentlife@echo.rutgers.edu) with any questions.

### **Volunteers Needed! MLK Day of Service – Friday, January 26, 1-4 pm**

Location: Second Reformed Thrift Shop, College Avenue Community Church (8 Stone St, New Brunswick)

**Register [HERE](#) by Wednesday, January 24!**

MLK Day of Service Volunteers Needed! Volunteer with the Second Reformed Thrift Shop at the College Avenue Community Church and assist with sorting donations and arranging the thrift shop for clients. 1.5 hour or 3 hour shifts are available. Please contact the Office of Student Volunteer Engagement [volunteer@echo.rutgers.edu](mailto:volunteer@echo.rutgers.edu) with any questions! Click [HERE](#) to learn more about the Office of Student Volunteer Engagement!

### **Shopping Trip Sign-Up – International Students – Saturday January 27, 10am-1pm**

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

**Reserve Your spot on the January 27th Shuttle (10am-1pm) [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 AND GROUPS–**

### **Graduate Wellness Workshop: Sense of Self – Thursday, January 25, 11am-12pm**

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

This workshop, hosted by CAPS Community Counselor Shan Reeves, explores the five senses (Sight, Hearing, Taste, Touch, and Smell) to assist in mindfulness and relaxation. There are five different breathing exercises that will use each of your senses to meditate. This workshop does require that you have access to a flavored beverage or snack, a fragrance of your liking, a tactile object that you like to touch, and pencil and paper.

### **NEXT WEEK! Graduate Wellness Workshop: Managing Imposter Syndrome and Cultivating Self-Compassion – Tuesday, January 30, 2-3pm**

Location: Zoom, Join Meeting [HERE](#) (Meeting ID: 932 9928 9441, Password: 746850)

Join CAPS Community Based Counselor Dana and your peers for this Graduate Wellness Workshop to talk about the impact of imposter syndrome, self-image, and ways to practice self-compassion.

### – PROFESSIONAL & PERSONAL DEVELOPMENT –

#### **LAST CHANCE! 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](mailto:jesssmith@echo.rutgers.edu) with any questions.

#### **APPLICATIONS OPEN! American Center of Research – Jordan: Fellowships, Scholarships, and Awards**

**Apply [HERE](#) By February 15, 2024!**

Postdocs, Masters, PhD students studying in the humanities, social, and natural sciences are encouraged to apply to a variety of fellowships, scholarships, and awards through the American Center of Research in Amman Jordan by February 15th! Eligibility requirements vary by award, click [HERE](#) for additional details! Feel free to contact [fellowships@acorjordan.org](mailto:fellowships@acorjordan.org) with any questions.

#### **APPLICATIONS OPEN! American Political Science Association Diversity Fellowship Program**

**Apply [HERE](#) By March 1, 2024!**

The Spring American Political Science Association Diversity Fellowship Program (APSA DFP) competition is for individuals from underrepresented backgrounds in the early stages of doctoral programs in political science. Each spring, the DFP offers a one-time \$2,000 fellowship award (depending on funding availability) to graduate students in the pre-dissertation stage of their doctoral program. Click [HERE](#) for more information on the APSA DFP.

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

Doctoral students enrolled in School of Graduate Studies programs can apply for funding through the SGS Conference and Research Travel Award Program to offset the cost of presenting at an academic conference or traveling for an off-campus research activity! The application portal has opened 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](#).

### – 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](mailto:academiccoaches@echo.rutgers.edu).

## **THE RESOURCE CORNER**

### **Build a Fellowship Plan with GradFund!**

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.

## **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 ([nbtitleix@rutgers.edu](mailto:nbtitleix@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.**

### TogetherAll: a FREE support community where you can:

Access peer-to-peer groups through the TogetherAll app! Click [HERE](#) to learn more or join!

Choose your community based on your preferences.

Interact with peers anonymously

Find a 24/7 online community with self-help courses and assessments covering topics such as anxiety, sleep, depression, and more.

Licensed and registered mental health practitioners monitor the community to ensure the safety and anonymity of all members.

### 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](#).