

# GRADUATE STUDENT LIFE

## WEEKLY DIGEST

### Graduate Student Life Weekly Digest Week of January 29, 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

##### APPLICATIONS CLOSING! No Hungry Knights Meal Plan Initiative

Apply [HERE](#) By February 4, 2024!

The No Hungry Knights Meal Plan Initiative is a need-based award program that provides full and partial meal plans to students in need. Rutgers- New Brunswick students who are struggling to afford adequate nutrition may be eligible. The No Hungry Knights Meal Plan Initiative is administered by the Offices of the Deans of Students and award recipients will be provided with comprehensive support to help address the underlying causes of their food insecurity and help determine their eligibility for any additional awards. Please email [sascholarships@echo.rutgers.edu](mailto:sascholarships@echo.rutgers.edu) with any questions. Click [HERE](#) to apply for the No Hungry Knights Meal Plan Initiative.

##### Join a Graduate Affinity Group!

Register [HERE](#) By 12pm (Noon) on February 9, 2024!

Join a Graduate Affinity Group and build community with peers who share similar experiences, backgrounds, and social identities! The following peer-led affinity groups will run during the spring and fall 2024 semesters: Bisexual+ Support, BIPOC LGBTQIA2S+ Students, Chinese Students, Eastern European Students, International Graduate Students, African Graduate Students, Neurodivergent Graduate Students. Click [HERE](#) to learn more and to read descriptions for each Graduate Affinity group! Contact Dr. Briana Bivens [briana.bivens@rutgers.edu](mailto:briana.bivens@rutgers.edu) or Dean Ghada Endick [gendick@echo.rutgers.edu](mailto:gendick@echo.rutgers.edu) with any questions.

##### 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 [@rgradstudentlife!](#) 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! –

#### **NEXT WEEK! Research Café – Wednesday, February 7, 3:00 pm – 4:00 pm**

Location: Zoom

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

Join PhD Candidates Jackie Stanmyre, Niki Natarajan, and Rachel Acosta for their exciting research presentations “A Latent Class Analysis of Problem Gambling Risk Factors Among Athletes who Gamble,” “How Teens Negotiate Social Media Algorithms,” and “Betwixt and Between’ Returning to the Office.” and 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 full schedule of presentations taking place this semester, click [HERE](#). Contact Dr. Briana Bivens [briana.bivens@rutgers.edu](mailto:briana.bivens@rutgers.edu) with any questions.

#### **REGISTER NOW! Graduate Student Signature Career Event – Tuesday February 27, 4pm-7pm**

Location: Busch Student Center, Multipurpose Room (604 Bartholomew Rd, Piscataway, Busch Campus)

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

Masters and doctoral students from all disciplines are invited to join the Office of Career Exploration & Success at their **FREE** Graduate Student Signature Career Event! Learn to leverage ChatGPT in your career, become empowered to present your best self while being authentic and transparent, discover the variety of career tools the Rutgers Libraries has to offer, and learn to navigate the industry and academic job markets. Don't miss out on exciting workshop sessions, resources, and networking opportunities accompanied by appetizers and beverages! The Career Exploration and Success Career Studio will be offering professional headshots from 3:00pm-4:00pm and from 7:00pm-9:00pm. Click [HERE](#) for more information and contact Tamara Peters [tamara.peters@rutgers.edu](mailto:tamara.peters@rutgers.edu) with any questions.

### **– THIS WEEK! –**

#### **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 free Jersey Mike's sub sandwiches. Give back to your community and help save a life! Appointments are recommended.

#### **Indoor Winter Farmers Market – Tuesday January 30, 11am-3pm**

Location: College Ave Student Center, Multipurpose Room (126 College Ave, College Ave Campus)

Stop by the College Avenue Student Center where the Basic Needs team will be hosting vendors from the New Brunswick Community Farmers Market and purchase fresh produce for the week, right on campus! Students, staff, faculty, and the local community are all welcome to browse and engage with community partners promoting health and wellness, events, and volunteer opportunities. Please contact Amber Danku [adanku@rutgers.edu](mailto:adanku@rutgers.edu) with any questions.

#### **Office of Disability Services Graduate Student Drop-In Hours – Wednesday, 1/31, 2-4 pm**

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

*These sessions are part of the [Life @ The Graduate Student Lounge Event Series](#) and will be offered every Wednesday.*

Every Wednesday, 2-4 p.m. at the Graduate Student Lounge, 126 College Avenue, Nychey Michel, Office of Disabilities Services (ODS) will offer drop-in hours just for graduate students. Come stop by and meet Nychey. She can be reached at (848)-202-3111 or [nlm108@echo.rutgers.edu](mailto:nlm108@echo.rutgers.edu). Click [HERE](#) for more information.

#### **Virtual Open Session – The Roles, Responsibilities, and Expectations of Graduate Students & Postdoctoral Scholars: The Current Landscape and History of Graduate Student and Postdoctoral Scholar Labor Movements – Wednesday, 1/31, 3-4:30 pm**

Location: Virtual, Click [HERE](#) to view the livestream!

The Roundtable on Mentorship, Well-being, and Professional Development will be holding an open session on the roles, responsibilities, expectations, and benefits that science, technology, engineering, and mathematics (STEM) graduate students and postdoctoral scholars serve and receive across the U.S. STEM enterprise. Through this session, the Roundtable is hoping to explore the current landscape and history of graduate student and postdoctoral scholar labor movements. Click [HERE](#) for more information and contact Melissa E. Wynn [bhew@nas.edu](mailto:bhew@nas.edu) with any questions.

### **Graduate Student Yoga – Wednesday, January 31, 5–6pm**

*Graduate Yoga is part of the [Life @ The Graduate Student Lounge Event Series](#) and will be held every Wednesday.*

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

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.

### **SparkNight at the Zimmerli Art Museum: Celebrating Black History Month! – Thursday February 1, 4:30pm-8pm**

Location: Zimmerli Art Museum (71 Hamilton Street, New Brunswick)

Celebrate Black History Month at the Zimmerli Art Museum with an exciting night of music, art, and culture! Discover culturally rich exhibitions, captivating live performances, and interactive art making workshops, or participate in raffle drawings for prizes from some of your favorite New Brunswick venues! Complimentary light refreshments will be provided and food will be available for purchase from the Chef Deluxe Me food truck. Click [HERE](#) for more details including free parking information. Contact [education@zimmerli.rutgers.edu](mailto:education@zimmerli.rutgers.edu) with any questions.

### **Shopping Trip Sign-Up – International Students – Thursday February 1, 5pm-8pm**

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

**Reserve Your spot on the February 1st 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 AND GROUPS–**

### **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. Click [HERE](#) to view the full schedule of graduate student wellness workshops offered this semester!

### **International Student Wellness Group – Every Friday, 1-2:30pm**

Location: **Zoom**. Call 848-932-7884 to complete the CAPS wellness group screening process or talk to your CAPS Clinician about a referral to this wellness group.

Join this International Student Wellness group designed to support international students through the unique challenges of cross-cultural adjustment. This group provides a supportive, confidential, virtual safe space to discuss various concerns such as microaggressions and discrimination, family pressures, or homesickness. If you are interested in joining the International Student Wellness Group, call 848-932-7884 or talk to your CAPS Clinician about a referral to this wellness group. Click [HERE](#) to see options for other CAPS Wellness groups and for more information about the International Student Wellness Group.

### **Graduate Student Wellness Group – Every Friday, 1-2:30pm**

Location: In-Person, please call 848-932-7884 for exact location details, Call 848-932-7884 to complete the CAPS wellness group screening process or talk to your CAPS Clinician about a referral to this wellness group.

The Graduate Student Group aims to provide a safe and supportive space to help members gain a better understanding of themselves and their relationships with others in the context of the graduate school experience. Students will have the opportunity to explore and share concerns and feelings they may be experiencing such as: social adjustments, loneliness, romantic relationships, handling conflicts with peers and professors, feelings of inadequacy, anxiety, struggles with assertiveness, stress management, and balancing family life with academics. If you are interested in joining the Graduate Student Group, call 848-932-7884 or talk to your CAPS Clinician about a referral to this wellness group. Click [HERE](#) to see options for other CAPS Wellness groups and for more information about the Graduate Student Group.

### **Weekly Let's Talk Drop In Counseling Conversations – Mondays, Thursdays, Fridays**

Locations: Zoom, Busch Campus, College Ave Campus

Free Private and Confidential Drop-In Conversations with licensed mental health professionals are available in-person or virtual. Click [HERE](#) for more information about drop-in Let's Talk sessions with our graduate student-focused counselors Dana and Shan! Click [HERE](#) for information about Let's Talk sessions with other CAPS Community Based-Counselors.

## **– PROFESSIONAL & PERSONAL DEVELOPMENT –**

### **SUBMIT YOUR ABSTRACT NOW! Rutgers Rising Stars in Graduate Research Conference – March 7, 9am-4pm**

**SUBMIT YOUR ABSTRACT [HERE](#) BY FEBRUARY 5, 2024!**

Location: Busch Student Center, Multipurpose Room (604 Bartholomew Rd, Piscataway, Busch Campus)

Phd students in all research based-fields (from natural sciences to sociology) are encouraged to submit abstracts to the Rutgers Rising Stars in Graduate Research Conference! This conference is designed to provide an accessible and authentic scientific presentation platform for PhD students who have no or minimal prior conference experience. Attendees will develop their presentation and networking skills while gaining a better understanding of conference guidelines and expectations to prepare them for future experiences. The conference schedule includes plenary talks, poster sessions, platform talks from selected applicants, a vendor show from industry partners, and robust networking opportunities.

Attending and presenting at this conference is free of charge for Rutgers students and travel grants to accommodate hosting Rutgers graduate students from other campuses are available. Lunch and refreshments will be provided. Those who are interested in presenting should submit abstracts by February 5th, selected posters and talks will be announced by February 19th. Contact [rising\\_stars@cabm.rutgers.edu](mailto:rising_stars@cabm.rutgers.edu), Shawn Rumrill [srr131@rutgers.edu](mailto:srr131@rutgers.edu), or Liisa Veerus [lv273@cabm.rutgers.edu](mailto:lv273@cabm.rutgers.edu) with any questions.

### **APPLICATIONS OPEN! Associate Alumnae of Douglass College Alumnae Fellowship**

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

The Associate Alumnae of Douglass College (AADC) awards fellowships to support alumnae of Douglass Residential College in their pursuit of graduate-level studies. These awards are solely to provide financial support and do not involve a service component. Award recipients are selected primarily on the basis of their academic achievements or aspirations in their chosen field of study and secondarily on the basis of need. Click [HERE](#) or email Susan Wallace [swallace@douglassalumnae.org](mailto:swallace@douglassalumnae.org) for more information on the AADC Alumnae Fellowship.

### **APPLICATIONS OPEN! Dr. Cheryl A. Wall Memorial Fellowship**

Apply [HERE](#) By April 7, 2024!

Rutgers- New Brunswick Ph.D candidates conducting research in African American or Black literature, Black Feminism, or interdisciplinary studies are encouraged to apply for the Dr. Cheryl A. Wall Memorial Fellowship. Dr. Cheryl A. Wall was a prominent scholar of Black women writers and a longtime Rutgers professor who championed racial diversity in both the curriculum and the classroom. The Dr. Cheryl A. Wall Memorial Fellowship honors Dr. Wall's legacy by providing \$2,000 annually to doctoral students conducting research in African American or Black literature, Black Feminism, or interdisciplinary studies. Click [HERE](#) for more information about the Dr. Cheryl A. Wall Memorial Scholarship and click [HERE](#) to apply.

### **CLOSING SOON! School of Graduate Studies Conference and Research Travel Award Program**

Apply [HERE](#) By February 9, 2024!

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! Students may apply for retroactive funding to support a conference or research activity back to July 1, 2023 or prospectively up to June 30, 2024. Applications will be accepted **UNTIL FEBRUARY 9**. 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**

### **Free Professional Legal Services For Rutgers Students!**

Rutgers University Student Legal Services offers professional legal advice and assistance to eligible Rutgers– New Brunswick students at no cost by attorneys licensed to practice in New Jersey! Student Legal Services offers legal consultations on various matters including: tenant/landlord disputes, domestic violence, traffic violations, intellectual property, immigration/INS/DACA, civil suits, and more. They also provide notary services, attorney referrals, community outreach & education, and pre-law advising

services. Click [HERE](#) for more information about the services offered by Rutgers University Student Legal Services.

### **Title IX Legal Protections for Pregnant and Parenting Students**

Students experiencing pregnancy or a related condition, including childbirth, false pregnancy, loss, termination, and subsequent recovery are entitled to equal access to education, employment, and university programs and activities. Students experiencing pregnancy or a related condition (including partners, foster, and adoptive parents) are encouraged to reach out to the team at the Title IX office to discuss their rights to reasonable accommodations using [THIS](#) form, emailing [nbtitleix@rutgers.edu](mailto:nbtitleix@rutgers.edu), or by calling 848-932-8200. The Team at the Title IX Office are here to help you. Click [HERE](#) to learn more about resources, accommodations, or support available to pregnant and parenting students.

## ***STUDENT SERVICES & SUPPORT***

Looking for graduate student resources, services, or support? Check out the [University Resources page](#) on our website! The University Resources page is our new central hub for information pertaining to graduate student support services at Rutgers!