

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest Week of January 8, 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

Get Ready for the Spring Semester!

The spring semester is just around the corner! We cannot wait to welcome our graduate students back to campus! In the meantime, check out the new resource spotlight section for focused highlights of resources available here at Rutgers!

Graduate Student Wins the Fall #Rutgersworks Free Tuition Challenge!

Congratulations to Jinwoo Rhee from the School of Graduate Studies who collected 43 stamps and won the Grand Prize of \$6,837 in the Office of Career Exploration & Success (CES) Fall 2023 #Rutgersworks Free Tuition Challenge! Be sure to check out the CES video announcement created by their talented student team on Instagram [HERE](#) and stay tuned for the launch of the Spring 2024 #Rutgersworks Free Tuition Challenge beginning January 16!

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!

– 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](#).

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 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.

Join the Student Conduct 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](#).

EVENTS

– RSVP NOW! –

Volunteers Needed: Martin Luther King Jr. Day of Service – Monday January 15, 9:30am-3pm

Location: City of New Brunswick, transportation provided from the College Avenue Student Center

Register [HERE](#) by Tuesday January 9th!

Rutgers University- New Brunswick and the Division of Student Affairs have partnered with the City of New Brunswick to honor Martin Luther King Jr. through this indoor day of service. Lunch and transportation (from the College Avenue Student Center) will be provided to volunteers who register by Tuesday, January 9th. Please contact volunteer@echo.rutgers.edu with any questions.

– THIS WEEK! –

Shopping Trip Sign-Up – International Students – Saturday January 13, 10am-1pm

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

Reserve Your spot on the January 13th 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](#).

– PROFESSIONAL & PERSONAL DEVELOPMENT –

Now Accepting Applications – Part-Time Position: Art Bridges Fellow for Bilingual Museum (at the Zimmerli)

Apply by 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-1:30pm on Zoom (Register [HERE](#)) to hear from current and past fellows and supervisors or visit the fellowship webpage [HERE](#).

Louis Bevier Dissertation Completion Fellowship Competition!

Apply by January 22, 2024 [HERE!](#)

School of Graduate Studies Doctoral students in their final year of dissertation research and writing and plan to receive their degree in 2025 are eligible to apply for the School of Graduate Studies & Louis Bevier Dissertation Completion Fellowship. The fellowship provides a stipend of \$25,000, health insurance, and tuition remission for up to 2 research credits per semester to allow students to concentrate fully on completing their dissertation. Click [HERE](#) to learn more about the fellowship and [HERE](#) to access the application. Please contact sgs_awards@grad.rutgers.edu with any questions.

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 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](#).

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 –

Receive a “Temporary” or “Incomplete” Grade? Schedule Completion Coaching!

The Rutgers Learning Centers offers completion coaching to any student who receives a “temporary” or “incomplete” grade in any of their courses this semester. A professional academic coach will work with you to create a practical plan for completing remaining coursework and meeting your academic goals. Coaching sessions are 1 on 1, scheduled for approximately 45 minutes, and offered in-person and virtually. Please email academiccoaches@echo.rutgers.edu with any questions or to schedule completion coaching.

Graduate Writing Program (GWP) Spring 2024 Courses: Spots still available!

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, click [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.

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

Title IX Legal Protections for Pregnant and Parenting Students

Schools that receive federal funds must not discriminate against students on the basis of sex, including a student's pregnancy, childbirth, false pregnancy, termination, or subsequent recovery. Schools also must provide equal access to school programs and extracurricular activities to students who might be, are, or have been pregnant. The team at the Title IX office are here to help you. Click [HERE](#) to learn more about resources, accommodations, or support.

Sexual Health & Wellness Services Provided by Rutgers Student Health Services

Rutgers Student Health Services provides a comprehensive range of sexual health and wellness services including: gynecological visits, male sexual health visits, STI screening and treatment, contraceptive consultation and prescription (options for hormonal and Long Acting Reversible Contraception devices such as an Implant or Intrauterine Device), along with pregnancy counseling and referral services for prenatal care and pregnancy termination. To learn more about the sexual health and wellness services provided by Rutgers Student Health Services, click [HERE](#) for further information including frequently asked questions about sexual health services, insurance, and billing, click [HERE](#). You can contact Rutgers Student Health Services by phone at 848-932-7402 or email at health@rutgers.edu.

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.

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 (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 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](#).