



Graduate Student Life Weekly Digest – Week of September 18th

Research Café – Wednesday, 9/20, 3:00pm – 4:00 pm

Research Café is a monthly (every third Wednesday) gathering place for graduate students across disciplinary areas to share their research and benefit from peer feedback and support in a friendly, low-stakes setting. Please register in advance to attend in person or on Zoom: https://rutgers.ca1.qualtrics.com/jfe/form/SV_8piDVyfWLgYMAQu. To view the complete schedule of presentations, go to <https://grad.rutgers.edu/research-cafe>. In-person participation will be at the Hatchery Innovation Studio in the Alexander Library at 169 College Ave. Questions? Contact bb770@grad.rutgers.edu

Office of Disability Services Drop-Ins (Every Wednesday in the Fall Semester) - This Wednesday, 9/20 2-4 pm

These drop-in sessions are part of 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

Every Now and Zen: Yoga, Meditation, and Making Connections – Thursday, 9/20, 5:30 – 6:30

This event is part of the Graduate Student Lounge Event Series and will be held every Thursday.

Graduate Student Lounge, 126 College Avenue 5:30 - 6:30 pm

Take a pause from your busy week to practice Yoga and relax your mind and body. Hosted by Rutgers Recreation and Office of Graduate Student Life. No Registration Needed.

Let's Talk Counseling Conversations (Mondays and Fridays in the Fall Semester)

Let's Talk are FREE private and confidential drop-in conversations with Shan Reeves, a CAPS counselor who understands what graduate students are struggling with and can help you deal with stress. They are held on Mondays and Fridays in person. Mondays 2 PM - 4 PM at 5 Seminary Pl (Honors College), Room E125, and Fridays 10 AM - 12 PM at 15 Seminary Pl (Academic Building) West Building Room 5050. They are on a first-come, first-serve basis. Walk-ins are welcomed, but appointments can be made. If you want to schedule an appointment for Let's Talk, call 848-932-7884, option 2. To see other Let's Talk options, visit: <http://health.rutgers.edu/medical-counseling-services/counseling/therapy/community-based-counseling/>

Throttle Down Thursday Wellbeing Workshops (Every Thursday in Fall Semester) * Thursday, 9/21 Sense of Self Workshop 11-12 pm

This workshop explores the five senses (Sight, Hearing, Taste, Touch, and Smell) to assist in mindfulness and relaxation.

These workshops are part of the Graduate Student Lounge Event Series and will be held every Thursday. These one-hour weekly workshops are hosted by Rutgers Student Health Community-Based Counselor Shan Reeves. They are held every Thursday 11 am - 12 pm at the Graduate Student Lounge, 126 College Avenue. You don't need to register. For a complete list of topics, descriptions, and dates, visit <https://graduatestudentlife.rutgers.edu/programs-getting-involved/life-graduate-student-lounge>

Workshops include:

- Sense of Self Workshop; Dates Offered: (September 21st, October 19th, November 16th, December 21st)
- Managing Anxiety; Dates Offered: (September 28th, October 26th, November 30th)
- Who am I? Knowing Why You Belong (Imposter Syndrome); Dates Offered: (October 5th, November 2nd, December 7th)
- Work-Life Balance; Dates Offered: (October 12th, November 9th, December 14th)

Grads on the Ground: Day of Service – Register NOW

Join fellow grad students and engage in service together. Registration is currently Open.

Link to register: <https://forms.gle/DfREz5nMnPUw9m4h8>

Scarlet Day of Service is a day-long service event at Rutgers University-New Brunswick hosted by @rupapresents and will be held Saturday, 10/21 8:30 am – 4:30 pm. This event will allow undergraduate, graduate, and alumni to serve New Jersey by cleaning up communities, revitalizing outdoor spaces, working with youth and older adults, and more. The Office of Graduate Student Life will organize graduate student-only service teams! If you are a graduate student interested in service and meeting other graduate students, join us. Breakfast and Lunch are provided.

Upcoming Events:

Fuel Up Fridays – 9/29 9 am-11 am * Guest is GradFund

Learn How to Apply for fellowships and external grants. RSVP Now!

Location/Time: Graduate Student Lounge, 126 College Avenue * 9:00 am - 11:00 am

This event is part of the Graduate Student Lounge Event Series and will be held on the last Friday of every month.

Join us for a light breakfast (bagels and coffee), connect with fellow grads, learn about grad student resources, and meet Rutgers staff. The first event will feature Assistant Dean and Director Teresa M. Delcorso-Ellmann of GradFund -- Learn more about applying for fellowships and external grants. RSVP Here: <https://forms.gle/kERtRhoYg1KxWQCVA>

Supporting Parents & Caregivers at Rutgers (SPCR) Welcome Breakfast Thursday, 9/28 10-11 am

Location: Food Science & Nutritional Science Building on Cook Campus (FS-120)

Connect with graduate student parents and caregivers across departments for social connection and mutual support and help advocate for the needs of grad student parents and caregivers. Looking for parents, caregivers, pregnant people, allies, or anyone who wants to help a small group grow! RSVP: <https://rutgers.campuslabs.com/engage/event/9352325>.

Questions: rutgersgradparents@gmail.com

Chop Day: Rutgers vs. Wagner @ SHI Stadium + \$10 Tix and Lunch Gathering

Saturday, September 30, 2023 Game Time: 3:30pm

Looking to attend a Rutgers game with fellow graduate students and have some Scarlet Knight fun? JOIN US! \$10 tickets to the game and includes a complimentary lunch gathering. Sign

Up: <https://forms.gle/HnvXnVhsVsNrYoHWA>. Pre-game lunch will be at the Graduate Student Lounge from 11:30 a.m. - 1:00 p.m. Then you can hop on a bus at the College Avenue Student Center to head to the stadium for boardwalk fun and another Chop Day.