

Graduate Student Life Weekly Digest

Graduate Student Life Weekly Digest March 9, 2026

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-New Brunswick! Share with your friends and tell them to [SUBSCRIBE!](#) 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).

ANNOUNCEMENTS

Graduate Student Lounge – Spring Break Hours

The College Ave. Student Center and Graduate Student Lounge will close at 6:00pm on Friday, May 13 and will not reopen until Monday, March 16 at 8:00am. During spring break, the student center and lounge will be open for abbreviated hours: 8:00am - 5:00pm, March 16 through March 20. The student center and lounge will also be closed on Saturday, March 21. *Please note: There will be no Wellness Wednesday/Graduate Student Pilates during spring break!*

Basic Needs Center's Spring Break Hours

During Spring Break, the Basic Needs Center will only be open Tuesday, Wednesday, and Thursday from 12:00pm to 5:00pm. More information available on the website: <https://ruoffcampus.rutgers.edu/basic-needs>

Spring Break Residence Hall Closings

Many residence halls will be closed from 7:00pm on Friday, March 13, to 10:00am on Sunday, March 22. Residents leaving for break should ensure their space is clean and secure and that all items are left in a safe and proper condition. More information, including which halls remain open, resources about staying on campus, and the complete "Before-You-Go" checklist is available here: go.rutgers.edu/importantdates

Deadline to Apply for a May 2026 degree is April 1!

Please view the degree checklists if you are an eligible student on track to graduate. To ensure all information is current, please view these forms: [Ph.D. Submissions Instructions](#), [Master's With Thesis Submission Instructions](#), [Master's Without Thesis Submission Instructions](#). Important reminders: Students who wish to graduate in May 2026 must be registered during this Spring 2026 semester. April 1, 2026, is the last day to submit for a May-dated degree, though students are encouraged to submit sooner if they have all the requirements fulfilled. Dissertations and theses must follow the [SGS style guidelines](#).

Donate Used Rutgers Regalia and Summer/Spring Clothing to Basic Needs Center!

The Wear It Forward program is looking for used commencement regalia to be donated to the Basic Needs Center for students who are in need of borrowing a gown due to facing financial crisis or basic needs insecurities. If you are Rutgers Alumni or have a child or friends/family who are and would like to help out the program, you can donate regalia to the Basic Needs Center Monday – Friday 9am – 5pm, or until 7pm on Wednesday and Thursday. Mailed donations are also accepted. Currently, the highest need is for SAS gowns, master's gowns, caps, and hoods of all colors/sizes but will accept all Rutgers regalia. Learn more on their [website](#). You can also donate casual short sleeve shirts, shorts, tank tops and Spring/Summer wear only, along with any Rutgers gear. They are not currently accepting long sleeve shirts/sweaters, pants, shoes, or sweatshirts, as they are fully stocked with those items, and are currently fully stocked with professional clothing. Contact Amber L. Schreck M.Ed. at adanku@echo.rutgers.edu with any questions.

Call for Graduate Student Facilitators: Graduate Affinity Groups

Connect with peers, foster inclusivity, develop facilitation skills, and earn an Affinity Group Peer Facilitator digital badge! Apply by today, March 9. The Office of Graduate Student Life seeks proposals from graduate students to create and lead affinity groups centered on shared identities, backgrounds, or experiences. Open to all Rutgers-New Brunswick graduate programs, these groups aim to support students by fostering connection, resource sharing, and personal/professional growth. Groups will run during Fall 2026 and Spring 2027.

With institutional support from Office of Graduate Student life staff, facilitators focus on community building with peers while they are also developing professional skills in peer-facilitation, leadership, and communication. Learn more about existing groups, the application process, and virtual info sessions at: <https://go.rutgers.edu/facilitator>. Check out the Office of Graduate Student Life Instagram to hear from current graduate

affinity group facilitators about their experiences! Questions? Please contact Ghada Endick at gendick@echo.rutgers.edu or Zoey Eddy at ze26@scarletmail.rutgers.edu.

– STAY INFORMED –

Looking for more ways to stay informed? Check out the [newsletters page](#) on our website! The newsletters page is the new home for information about various newsletters and listservs that are relevant to the graduate student experience including: the Graduate Student Association, Student Volunteer Engagement, Career Exploration and Success: Doctoral Career Community, Student Basic Needs, and more!

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!

DIGEST DIRECTORY

[Events](#)

[Wellness](#)

[Academic Support](#)

[Professional Development, Funding, and Employment Opportunities](#)

[Student Resources](#)

EVENTS

– THIS WEEK! –

Free Headshots, Pizza, and Union Protections – Tuesday, March 10, 2:00pm – 4:00pm

Location: CoRE 538 (96 Frelinghuysen Rd., Piscataway, Busch Campus)

RSVP requested!

Food, drinks, and professional pics! Hear from union colleagues about how grad students can improve wages, benefits, and protections, for domestic and international students. Union reps will cover contract updates and international student protections, followed by a Q&A to answer all your questions. The first 30 students to RSVP and attend will receive a free, edited professional headshot. Please email rutgersecegsa@gmail.com with any questions!

Self Defense and Personal Safety – Tuesday, March 10, 5:00pm – 6:30pm

Location: College Avenue Gym Dance Studio, Lower Level (130 College Ave., New Brunswick, College Ave. Campus)

Registration required!

Learn how to protect yourself with RUPD's Self Defense & Personal Safety Workshops, hosted by Rutgers Recreation. This one-session course covers situational awareness, de-escalation strategies, and practical self-defense tools—no prior experience required.

Mental Health Night! Food! Crafts! Education! – Tuesday, March 10, 9:00pm – 11:00pm

Location: Busch Student Center Room 120 (604 Bartholomew Rd., Piscataway, Busch Campus)

Registration required by March 10!

Enjoy Mental Health Night! There will be lots of free food, crafts led by a Scarlet RX teaching artist, and educational slides about the dangers of substance misuse in coping with mental health. Bring your friends for a night of fun and interactive learning!

Free Hot Breakfast Program – Wednesday, March 11, 9:30am – Until Supplies Run Out

Location: Paul Robeson Cultural Center (600 Bartholomew Rd, Piscataway, Busch Campus)

No registration needed!

Join the Paul Robeson Cultural Center and Douglass Residential College for a FREE breakfast! Inspired by the Black Panther Party's free community-based program for black children in 1969, the PRCC provides free breakfast and resources once a month to support students' academic, professional, and social growth. The PRCC's Free Breakfast Program continues next week as we celebrate Women's History Month in partnership with Douglass Residential College. Through mentorship, leadership development, and hands-on service opportunities, Douglass continues to model what feminist education can look like in action. Get to know about resources offered at Douglass Residential College, and take this opportunity to de-stress, meet other students, or simply relax at the PRCC! Please [visit the website](#) for more information.

Advancing Women's Equity Through Policymaking: Q&A and Networking – Wednesday, March 11, 5:00pm – 6:30pm

Location: Edward J. Bloustein School of Planning and Public Policy, Florio Forum (33 Livingston Ave., New Brunswick, College Ave. Campus)

Registration required!

Stop by to meet former students and NJSPL alumni as they share insights into their careers in public policy and health, focusing on women's equity! This event features former NJSPL interns, teaching assistants, and research assistants, who will discuss

their careers and experience in arenas such as maternal and infant healthcare, education, and environmental policy. Light refreshments will be provided, as well as an opportunity for students to network and learn more about careers where they can make a difference in advancing policies for all people. Please [visit the website](#) for more information!

Wellness Wednesdays: Graduate Student Mat Pilates – Wednesday, March 11, 5:00pm – 6:00pm

Location: Graduate Student Lounge (126 College Ave., New Brunswick, College Ave. Campus)

No registration needed!

Join us every Wednesday of the Spring 2026 semester to take a pause from your busy week by relaxing your mind and body with your fellow graduate students. Mat Pilates builds strength, flexibility, and stability using controlled, low-impact movements that emphasize core support and proper alignment. It helps improve posture, balance, and body awareness while reducing stress on the joints, making it accessible for a wide range of fitness levels. Mats and blocks are provided, and all skill levels are welcome! Email gradstudentlife@echo.rutgers.edu with any questions. Graduate Student Pilates is hosted by Rutgers Recreation and Office of Graduate Student Life.

Brunch de Letras Graduate Writing Day – Friday, March 13, 10:00am – 1:00pm

Location: Academic Building West, Room 5190 (15 Seminary Pl., New Brunswick, College Ave. Campus)

Registration required! Seating is limited!

The Literary Studies in Spanish Organization presents “Brunch de letras” Open to all Rutgers graduate students, this event provides a space to work on your papers, connect with fellow graduate students, and enjoy coffee and snacks. Join us to boost your productivity! Please RSVP as soon as possible, as seating is limited. This event is open to ALL graduate students. Food will be provided. Please contact Paul Antonio Montjoy Forti at pam385@scarletmail.rutgers.edu with any questions!

– COMING UP! –

COMING UP! Spring 2026 Intramural Sports Registration – Opens Tuesday, March 10

Location: Virtual

Registration required by March 24!

Unleash your inner athlete! Register for an intramural sports league this spring and play with friends or make new ones by signing up as a free agent! Activities are held across Busch, College Ave, Cook/Douglass, and Livingston campuses and offer many

different outdoor sports, including Soccer, Volleyball, Softball, and more! Men's, women's, and coed teams are available to join.

COMING UP! Making Child Care Work for Student Parents – Monday, March 23, 3:00pm – 4:00pm

Location: Virtual

Registration required!

Broken child care infrastructure in the United States has received increased attention in recent years. For student parents in higher education, who sit at the nexus of higher education, labor, child care, and other policy areas that impact families, access to child care can make or break their ability to complete their credentials and achieve economic security for themselves and their children. Hear more about New America's Policy Agenda on Improving Child Care Access for Student Parents and to learn how the guest speakers expanded child care access for student parents through improved access to state subsidies, partnerships, higher education systemwide coordination, and beyond.

COMING UP! LeadHERship Social – Tuesday, March 24, 4:00pm – 6:00pm

Location: Kathleen Ludwig Global Village Living-Learning Center (9 Suydam St., New Brunswick, Douglass Campus)

Registration required!

Join Douglass Residential College and the Institute for Women's Leadership for a dynamic networking gathering celebrating Women's History Month! Connect with colleagues and university leaders across Rutgers who are engaged in exciting work and research, exchange ideas, and explore opportunities for collaboration within a community-focused environment. Please [visit the event website](#) for more information!

COMING UP! Trailblazing Women of New Brunswick – Saturday, April 4, 11:00am – 1:00pm

Location: New Brunswick Free Public Library, Carl T. Valenti Community Room (60 Livingston Ave., Downtown New Brunswick)

Registration recommended!

The New Brunswick Free Public Library and Friends invites you to this seminar, celebrating Women's History Month! Principal Librarian Jacquelyn Oshman explores the stories of women who have shaped the city throughout the years, and the many "firsts" made, from the suffragette movement to the modern day. Light refreshments will be served. With questions, please contact Jacquelyn Oshman by email at joshman@nbfppl.org or by phone at 732-745-5108 x2717.

– WELLNESS WORKSHOPS, GROUPS, & SUPPORT–

Build Skills That Matter: Mental Health First Aid (MHFA) Certification

Mental Health First Aid (MHFA) focuses on the unique experiences and needs of the college community. This 8-hour training teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders in others.

Participants will also learn how to help connect someone to appropriate care and to campus, local, & national resources. All classes are free and both virtual and in-person options are available. If this training is of interest to you, please register your interest on this form! Form link: https://rutgers.ca1.qualtrics.com/jfe/form/SV_79cOd8zpYzgtwVg

CAPS International Student Wellness Group – Tuesdays from 3:00pm – 4:00pm

Location: Asian American Cultural Center (49 Joyce Kilmer Ave., Livingston Campus)

The CAPS International Student Wellness Group is a confidential, safe virtual space designed to support international students in navigating unique challenges like cross-cultural adjustment. It provides a supportive environment to discuss concerns, share experiences, and connect with peers and meets every Tuesday, starting on February 24. Please call 848-932-7884 with any questions.

CAPS Counseling Conversations & Wellness/Therapy Groups

Visit the website for more information and schedules for all Let's Talk sessions and to learn more about individual CAPS Community Based Counselors (look for "Community Based-Counselor"). The CAPS website also lists the various available workshops and group descriptions. To get connected with any of these groups, please call 848-932-7884.

Uwill: FREE Immediate-Access to Teletherapy

Uwill provides free immediate access to teletherapy through an easy-to-use, private, secure, confidential, online platform. Choose a therapist based on your preferences, including issue, gender, language, and ethnicity. Select a time that fits your schedule, including day, night, and weekend availability. Register and book your first session using your Rutgers email.

Graduate Student Wellness Coaching – Ongoing

Make an appointment with a wellness coach!

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 the form. *As a graduate student, you will receive a coach who is a professional staff member, not a peer.*

Personal Training with Rutgers Recreation

Location: Various Locations

Ready to reach your fitness goals? Rutgers Recreation's certified personal trainers are here to guide you every step of the way—whether you're just starting out or looking to take your workouts to the next level. Choose from one-on-one or partner sessions at a time and location that fits your schedule. Our trainers will design a personalized program to help you build strength, confidence, and consistency. For more info:

<https://go.rutgers.edu/f25rurecpt>.

– ACADEMIC SUPPORT & WORKSHOPS –

How Learning Happens – Tuesday, March 10, 12:00pm – 1:00pm

Location: Virtual

Registration required by March 9!

What motivates students to invest effort, stay engaged, and take ownership of their learning? Join us to discuss how learning happens for students and how we as instructors can help support that process! This session, grounded in the science of learning, explores how prior knowledge shapes new understanding, how learners organize and retain information, and how instructors can help their students stay motivated and engaged in learning. Participants will be invited to share their own classroom experiences and discuss practical strategies for helping students strengthen metacognitive skills and become more self-directed learners. This session is part of the Improving Your Classroom Skills certificate program for graduate students and postdocs. Please email teachinginstitute@rutgers.edu with any questions!

iJOBS and CAPS Workshop: Managing Conflict and Having Difficult Conversations – Tuesday, March 10, 12:00pm – 1:00pm

Location: Robert Wood Johnson Medical School Research Tower (675 Hoes Ln. West, Piscataway, Busch Campus)

Registration required!

Learn how to start those difficult conversations such as talking with your PI on wanting to do an internship or changing something about your thesis project. You can also use the skills we will learn with your future boss about compensation packages or a project not getting completed on time. Finally, we sometimes have conflicts with our peers which need to be managed before they make the work environment uncomfortable. CAPS counselor Dana Simons will help us approach these difficult situations so that we can advocate for ourselves as well as have a pleasant and productive work environment. Lunch will be provided!

**Data Science Basics: Python Part 2 - From Basics to Data – Monday, March 9,
12:00pm – 1:00pm**

Location: Virtual

Registration required!

Once you've taken your first steps with Python, it's time to do more. In this workshop, we'll go further into how Python can help you work with information. You'll learn how to handle collections of data, write simple reusable code, and explore how to pull meaning out of datasets. By working hands-on with examples, you'll see how coding can become a useful everyday tool, not just something for computer scientists.

**Building Graduate Level Research Writing Skills, Part 2: The Revision Process –
Wednesday March 11, 7:00pm – 8:00pm**

Location: Virtual

Registration required by March 10!

This is the second of a two-part workshop which will provide graduate students with an organized approach to revising and proofreading their research papers. Attendees will be given strategies to help them improve the clarity, coherence, and organization of their content. Detailed tips on copy editing and proofreading will also be covered, so students have the necessary tools to review their own writing for accuracy before submission. Students can attend both parts of the workshop or either one, depending on their needs.

**Rutgers Libraries Workshop: StoryMaps and Integrated ArcGIS Online Apps –
Wednesday, March 11, 12:00pm – 1:00pm**

Registration required!

Most people can relate to and understand "where" when sharing information. In this short, interactive workshop, we will explore telling the story of your research using StoryMaps or another of the web applications that integrate work done in ArcGIS Online. Previous knowledge of geographic information systems (GIS) is not required.

**Graduate Writing Accountability Group Sessions – Mondays and Thursdays,
11:00am – 1:00pm (except 3/16 and 3/19)**

Registration required for each session!

Need some structure and motivation with working on your projects and assignments? Join a Graduate Writing Accountability Session hosted by the Graduate Writing Program and the Learning Centers! Using the Pomodoro method as a structure, these facilitated sessions will provide a supportive atmosphere where graduate students can sit together on Zoom and write alongside other graduate students to make progress toward their goals.

Graduate Academic Coaching at the Learning Centers

Academic Coaches at the Learning Centers are available to provide one-on-one academic coaching to graduate students, partnering with them to develop the personalized study strategies, time management habits, and self-management skills necessary to navigate university rigor and achieve academic success.

Ben Pereira is the Learning Centers' Graduate Peer Coach. Ben is a PhD candidate in Communication, an international student who comes with experience as a Graduate Mentor Fellow in the Honors College, supporting students in academic planning, project development, and long-term goal-setting. Ben is available to provide support and educational resources to assist you in your graduate academic journey. Together, Ben will work with you towards your goals and make your experience a fulfilling one. [Make a one-on-one appointment](#) with Ben or one of our Graduate Academic Coaches today! For any questions about Graduate Academic Coaching or Graduate Student Services at the Learning Centers, email Dr. Wilson Ng at wwn2@echo.rutgers.edu.

PROFESSIONAL DEVELOPMENT, FUNDING, & EMPLOYMENT OPPORTUNITIES

– PROFESSIONAL DEVELOPMENT –

Eagleton Science and Politics Fellowship

Apply by March 15 (Priority deadline) or May 17 (Final deadline)!

Are you a scientist, engineer, or healthcare professional seeking to implement your field experience and education in a new way? The Eagleton Science and Politics Fellowship gives Ph.D.-level scientists the opportunity to work alongside policy and decision-makers in New Jersey, providing scientific expertise to help develop evidence-based public policy in a variety of state government agencies through 3 program tracks: Legislative, Executive, and Climate Action.

Eagleton Graduate Fellowship Program

Apply by March 25!

Rutgers graduate students, are you interested in advancing your knowledge and skills in American politics, government, policy, and advocacy? The fellowship program provides students with unique coursework in the fall, legislative days at the New Jersey and Maryland State Houses, and a spring government internship, all the while expanding students' professional networks with program sessions, events, speakers, and more. Learn how you can make a difference. Participants receive stipend support and tuition assistance. Join info sessions Tuesday, March 10 4:30pm – 5:30pm or Thursday, March 12, 9:00am – 10:00am via [Zoom](#) (meeting ID: 342 118 9593, passcode: 196058, join by phone: +1 646 931 3860 US).

2026 New Jersey Climate Change Research Symposium

Abstract submissions due March 20!

This symposium will highlight the latest natural and social science, economics, engineering, and policy research furthering climate change understanding, evaluation, and response in New Jersey while fostering a community of climate change scholarship. Complete details are available at the [website](#).

Research Café: Showcasing Graduate Voices and Scholarship

Research Café brings together the entire graduate student community of Rutgers University-New Brunswick/Piscataway campus to strengthen scholarly literacy and interdisciplinary research communication by providing a platform for emerging researchers to connect, share their in-progress research or scholarship, and benefit from peer feedback in a friendly and low-stakes setting. Research Café fosters interdisciplinary communication, public speaking confidence, and constructive peer engagement while directly contributing to students' professional development and research communication skills... critical competencies valued both within and beyond academia. Research Café helps students practice translating complex ideas for varied audiences, network across fields, and build a stronger sense of scholarly community, all in a welcoming, low-stakes environment. Please contact Dr. Ramazan Gungor at rg835@grad.rutgers.edu with any questions about Research Cafe. Visit website for full schedule: <https://grad.rutgers.edu/professional-development/research-cafe>

– SCHOLARSHIP & FUNDING RESOURCES –

GradFund Workshop Series – Navigating the Hidden Curriculum of Graduate School as a Foundation to Winning Fellowships and Grants

This Spring Semester, [GradFund](#) invites you to join a small group workshop series focused on navigating the hidden curriculum of graduate school—the unspoken knowledge, norms, and strategies essential for success in graduate school but rarely taught in formal coursework. Based on *A Field Guide to Grad School: Uncovering the Hidden Curriculum* by Jessica Calarco, each session highlights a different chapter and topic. Participation in this series will lay the foundation for writing competitive fellowship and grant applications, while complementing GradFund's Self-Paced Guide to Fellowships and Grants on Canvas and individual advising appointments.

Facilitated by the GradFund advising team, each interactive session includes: a focused presentation on the week's topic; guided group discussion; and development of a personalized action plan. Participants will build confidence, expand their professional knowledge, and strengthen their capacity to apply for external funding.

Space is limited. Early registration is required and reflects a commitment to attend and actively participate in all sessions.

March 2026 Workshop Schedule (All sessions take place on Thursdays, 1:00–2:00 PM (ET) via Zoom.)

March 12 – Balancing Teaching, Research, Service, and Life

March 19 – No session, Spring Break

March 26 – Staying on Track in Your Program

– EMPLOYMENT OPPORTUNITIES –

STAR Summer Program

Compensation: \$3,000 stipend

Location: Hybrid, based in New Brunswick and Newark

Apply by March 16!

STAR (STEM Transformation and Advancing Retention) is a cross-institutional peer mentoring and workforce development experience that leverages cohort building and shared resources to boost the recruitment, retention, and success of students in the Geosciences and related disciplines. This is a hybrid program with a 2-4 hour commitment per week. Programming is mostly virtual but there are also field trips on and off campus (transportation provided). STARs collaborate in undergraduate-graduate teams to share strategies for persistence, resilience and academic success, and explore career pathways and professional opportunities. Please reach out to Dr. Carrie Ferraro at ferraro@sas.rutgers.edu for additional information and requirements. Applications from students from groups that are traditionally underrepresented in STEM are strongly encouraged to apply.

Graduate Student Coordinator – Institute for Teaching, Innovation, and Inclusive Pedagogy (TIIP)

Compensation: \$25 per hour, 3-5 hours per week

Location: Hybrid, based in New Brunswick

Apply by March 16, 2026!

Are you passionate about teaching and peer mentoring? The Institute for Teaching, Innovation, and Inclusive Pedagogy (TIIP) is calling all graduate student teaching assistants (TAs) interested in amplifying their expertise in college teaching and instructional design and serving in a leadership capacity! TIIP is currently accepting applications for a part-time position with hourly pay, as a Graduate Student Coordinator. Detailed information about the position can be found in TIIP's Grad/Postdoc Teaching Newsletter:

<https://mailchi.mp/7da1c893eff4/gradpostdoc-teaching-newsletter-september-3-5353346?e=ba3bfb204d>

RSS-DC Summer Program Graduate Intern – Rutgers Scarlet Service in Washington, DC

Compensation: \$5,000 stipend plus housing

Location: Hybrid, based in Washington DC

Apply by 11:59am on March 23, 2026!

Through planned programs and activities, and 1:1s and/or group mentoring, the Summer Program Graduate Intern will work to provide unique and supportive living-learning experience for the [cohort](#). This will be an 11-week commitment beginning remote in May and transitioning to in-person in Washington, DC in June and July. RSS-DC is looking for current graduate students with a minimum 3.0 GPA and experience in event planning and execution, facilitation and mediation, and strong written and verbal communications skills. Interested candidates should submit a cover letter including their enrolled Rutgers master's program, a resume, and contact information for two references to rss-dc@rutgers.edu. Please email any questions to rss-dc@rutgers.edu.

THE RESOURCE CORNER

Free Income Tax Filing Assistance for Eligible Taxpayers – February 6 – April 4

The [New Brunswick Free Public Library](#) has once again partnered with [United Way Central Jersey](#) and the Rutgers Business School's [Beta Alpha Psi](#) chapter to offer the annual [VITA](#) (Volunteer Income Tax Assistance) program. This service provides free income tax filing assistance for eligible taxpayers with incomes up to \$75,000 for the 2025 tax year. Appointments are available Fridays and Saturdays from February 6 through April 4. Call [732-745-5108](tel:732-745-5108) ext. [2725](tel:2725) for an appointment.

International Tax Information

It is tax season! International students, please refer to tax reporting requirements and Glacier Tax Prep software access instructions on the Rutgers Global Taxes [webpage](#). To learn more, join Glacier Tax Prep Live Q&A [sessions](#). Also, students who were employed on campus at any point in 2025 are encouraged to attend Rutgers' [Tax Workshop](#) for F-1 and J-1 on Thursday, February 26 at 2:00pm.

GradSense: A Financial Planning Resource Developed Specifically for Graduate Students

[GradSense](#) is a website designed specifically for grad students like you to help you make informed financial decisions throughout your grad school journey. It provides guidance on funding your degree, essential tips on managing your finances while in school, and, once you complete your degree, information on evaluating and negotiating job offers, and resources on federal loan repayment. Key Features of GradSense include 1.) Funding Options and Financial Aid: Offers guidance on finding and applying

for financial assistance; 2.) Managing Finances: Provides practical tips on budgeting and managing money while in graduate school, including an online budget calculator developed specifically for graduate students; and, 3.) After Grad School: Includes information on evaluating and negotiating job offers and resources on federal loan repayment. GradSense is free and available to anyone who is interested in financial wellness. The site is managed by the Council of Graduate Schools (CGS) and supported by TIAA. Rutgers University is a member of CGS.

Get EndNote FREE through the Rutgers Libraries!

EndNote is available to all Rutgers students, faculty, and staff through the Rutgers Libraries! EndNote is a desktop program for collecting and organizing references that allows you to create a searchable personal reference database, find full text articles, manage and annotate pdf files, cite references while writing a paper, create bibliographies in your preferred style, and more! Click [HERE](#) for more information about downloading EndNote as a Rutgers affiliate.

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. Visit the [Student Legal Services website](#) for more information.

Interstride for International Students

Interstride is an educational technology company offering an online platform for international students. The platform assists with job searches, visa procedures, work authorization, and networking, providing tools like career planning features, checklists, and a calendar. Here is the login portal: <https://student.interstride.com/dashboard>. Rutgers students get access for free. For issues, please contact yiwei.zhang@rutgers.edu!

Restorative Justice Services for Graduate Students

Graduate students can contact the Restorative Justice Program for assistance building deeper connections, developing proactive community agreements, or resolving conflicts that arise within their student organizations, study groups, and any other communities they engage with. [Learn more](#) about the Restorative Justice Program. The Restorative Justice Program can be contacted by email at restorative_justice@echo.rutgers.edu

STUDENT SERVICES & SUPPORT

Community Human Services and Health Resources

Students in need should consider NJ 211, a free and confidential service connecting individuals to local health and human services. Dial 2-1-1 or visit www.nj211.org for help with housing, food, healthcare, and more. Additionally, click [HERE](#) for a database of local food pantries by ZIP code throughout the state of New Jersey.

Rutgers Global Alerts Page

Rutgers Global Alerts are intended to provide guidance and resources to all members of the Rutgers community regarding issues related to travel advisories, immigration policies, and other regulatory updates that impact international students and scholars, as well as domestic students and faculty traveling abroad. Important notices for international students are also sent as periodic emails to the international student community at Rutgers University–New Brunswick. Visit the [Global Alerts webpage](#) for updates.

Student Basic Needs: Emergency Aid Fund

The Rutgers Emergency Aid Fund provides RU-New Brunswick students with one-time need-based financial support for unforeseen, unavoidable, and unplanned costs associated with emergencies like accidents, illnesses, fire and water damage, or the need for emergency housing or food. International and undocumented students are eligible to apply. Visit the [Basic Needs website](#) for more information and to find the application for Emergency Aid.

Resource Webpage for Pregnant and Parenting Graduate Students

The Office of Graduate Student Life, in partnership with the Office of Title IX & Compliance and the Supporting Parents & Caregivers at Rutgers (SPCR) Graduate Student Organization, recently launched a new [resource webpage for pregnant and parenting graduate students](#)! This webpage serves as a platform for helping pregnant and parenting students locate resources, policies, support services, and community engagement opportunities available at Rutgers University and in the local community.

Academic, Employment, and Student Support Resources on the Graduate Student Life Website

Looking for additional graduate student resources, services, or support? Check out the resource pages on our website! Find information on [Academic Support Resources](#), [Career & Professional Development](#), [Student Support Services & Resources](#) and more on our website!

Do you have an opportunity for graduate students that you would like to promote in the Graduate Student Life Weekly Digest? [Submit it](#) by Thursday to appear in the following week's edition!