

Graduate Student Life

Weekly Digest

Graduate Student Life Weekly Digest

March 30, 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 and Professional Student Appreciation Week Starts Next Monday!

[Graduate and Professional Student Appreciation Week](#) (April 6 - April 11) is a recognition and celebration of the excellence and outstanding contributions and accomplishments of YOU, our graduate and professional students! The Office of Graduate Student Life is collaborating with partners across the university to host a variety of programs from April 6 - April 11 to show appreciation for our graduate and professional students. A special edition of the digest will be coming to you April 1.

Are You a First-Generation Graduate Student Seeking to Build a Community for Your Peers?

The Office of Graduate Student Life is seeking a first-generation graduate student facilitator(s) for a new First-Generation Graduate Student Affinity Group for 2026-2027. With the support of the Office of Graduate Student Life staff, facilitators plan and host monthly meetings for the affinity group. This is a voluntary position. The First-Generation Graduate Student Affinity group will be a group for all first-generation graduate students, including those who are the first in their immediate family (parents, guardians, or primary caregivers) to earn a Bachelor's degree, enter graduate school, enter graduate school in the United States, and/or navigate the grad school process, with limited or no access to the knowledge of navigating grad school, even if they have a family member who earned a graduate degree. This group will offer an intentional,

supportive space for students with first-generation identities or experiences to connect and build community. If you are interested in becoming a facilitator for this group for the 2026-2027 academic year, please [apply](#) on the website by Friday April 3. For more information about Graduate Affinity Groups visit the OGSL [website](#).

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.

Your Voice on the Banks: Graduate Students Speak on Bias & Belonging, April 3!

Location: Basic Needs Center, Room 115 (College Ave. Student Center, 126 College Ave., College Ave. Campus, New Brunswick)

Share your perspective and help shape a more inclusive Rutgers community! The Bias Education Team in the Division of Student Affairs is seeking a small group of graduate students from diverse populations across the Rutgers campus to share their experiences in a short video project focused on two important questions: (a) What does bias mean to you? (b) What kind of campus community would you like to see here “on the banks”? [Sign up](#) for a slot between 9:00am and 12:00pm! To help represent the Rutgers community, participants are asked to wear Rutgers-branded apparel or plain clothing without other college or university logos. Interested in sharing your perspective? Questions? Email Dr. Amy Miele at al905@echo.rutgers.edu.

Complete the Rutgers Quality of Life Survey

You are being asked to take part in research conducted by Gianna Darrow who is the Executive Director in the Dept. of Data Analytics and Campus Planning. The purpose of this research is to understand how the University can help Rutgers students be successful during their time in college. If you do complete the [survey](#), you will be entered into a drawing where you could win one of ten \$100 Mastercards. The drawing winners will be contacted by May 5, 2026.

– 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

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EVENTS

– THIS WEEK! –

Muslim Ally Zone Training – Tuesday, March 31, 10:00am – 12:00pm

Location: New Brunswick Theological Seminary, Hegeman Hall (600 George St., New Brunswick, College Ave. Campus)

Registration required!

Develop informed support for Muslim individuals and communities, learn about Islamic traditions, and confront Islamophobia. Questions? Email the Tyler Clementi Center at tylerclemctr@rutgers.edu.

The Night Science Workshop – Tuesday, March 31, 9:00am – 5:00pm

Location: RWJMS Research Tower, Deans Conference Room 123 (675 Hoes Ln. West, Piscataway, Busch Campus)

Registration required!

You don't want to miss this very innovative workshop which will help you reconnect to the creative side of your research process! This interactive and engaging program will be delivered by [Oliver Bogler, PhD](#) who is a former Program Officer at the NIH. In this full day event, you will: explore the creative side of research, learn tools to generate new questions, balance openness and rigor, embrace uncertainty, understand how scientific ideas emerge before formal hypothesis testing begins. Space is limited! Contact Janet Alder at janet.alder@rutgers.edu with any questions.

Artist Lecture: Susana Lei'ataua – Tuesday, March 31, 4:00pm – 5:30pm

Location: Civic Square Building, Room 406 (33 Livingston Ave., New Brunswick, College Ave. Campus)

Registration recommended!

Susana Lei'ataua is a socially engaged artist from the Lei'ataua and Taupa'u families of Manono, Samoa. In this presentation and discussion, she will speak about her work as the founding director of LAKA in Auckland, which champions heritage and contemporary art and culture of the Pacific region. Lei'ataua is also a journalist and broadcaster with Radio New Zealand. If you anticipate needing any type of accommodation or have questions about the access provided, please email education@zimmerli.rutgers.edu in advance of your participation.

Grad Fair – Wednesday, April 1 & Thursday, April 2, 10:00am – 6:00pm

Location: Barnes and Noble Bookstore at Rutgers (100 Somerset St., New Brunswick, College Ave. Campus)

No registration required!

Go to the bookstore for regalia pick up and purchasing, Spin the Wheel, raffles, free samples from the cafe, a “Decorate your Cap” station, and more! You can email the bookstore with questions at sm660@bncollege.com!

Decoden Mirrors – Wednesday, April 1, 3:00pm – 5:00pm

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

No registration required!

Create a charmed mirror with AACC and Scarlets Arts Rx! Contact Pickle Almosd palmosd@mgsa.rutgers.edu with any questions.

Wellness Wednesdays: Graduate Student Mat Pilates – Wednesday, April 1, 5:00pm – 6:00pm

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

No registration required!

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.

Let's Talk with Art – Thursday, April 2, 2:00pm – 4:00pm

Location: The Hatchery, Downstairs in Alexander Library (169 College Ave., New Brunswick, College Ave. Campus)

No registration required!

Join CAPS and Scarlet Arts Rx for a painting de-stress event! Free painting and free snacks! Contact Pickle Almost palmosd@mgsa.rutgers.edu with any questions.

SparkNight: Queer Pride featuring Papi Juice – Thursday, April 2, 5:00pm – 8:00pm

Location: Zimmerli Art Museum (71 Hamilton St., New Brunswick, College Ave. Campus)

RSVP recommended!

The Brooklyn-based art collective Papi Juice takes over the Zimmerli for a night of dancing and learning, featuring DJ sets, performance-lectures, and poetry readings. Join us as we celebrate queer art and joy through activations of the refreshed American Art Gallery and the special exhibition "Andy Warhol: On Repeat"! Complimentary light refreshments. If you anticipate needing any type of accommodation or have questions about the access provided, please call Nicole Simpson, Access Coordinator, at 848-932-6178 or email nsimpson@zimmerli.rutgers.edu in advance of your participation.

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@nbfpl.org or by phone at 732-745-5108 x2717.

Mini Rage Pinatas: Make 'Em, Stuff 'Em – Monday, April 6, 12:00pm – 2:00pm

Location: The Hatchery, Downstairs in Alexander Library (169 College Ave., New Brunswick, College Ave. Campus)

No registration required!

Make a mini rage pinata! More than 1,000 made to date by Knights! Free candy to stuff them, plus snacks and prizes! Fun, casual atmosphere. Guided by a Scarlet Arts Rx student teaching artist. Visit Scarlet Arts Rx's [Instagram](#) for examples! Contact Pickle Almost palmosd@mgsa.rutgers.edu with any questions.

– COMING UP! –

COMING UP! Graduate and Professional Student Appreciation Week, April 6 – 10

Graduate and Professional Student Appreciation Week is a recognition and celebration of the excellence and outstanding contributions and accomplishments of YOU, our graduate and professional students! The Office of Graduate Student Life is collaborating with partners across the university to host a variety of programs from April 6 - April 11 to show appreciation for our graduate and professional students. A special edition of the digest will be coming to you on April 1. Email gradstudentlife@echo.rutgers.edu with any questions.

COMING UP! Felt Succulent Drop in – Tuesday, April 8, 12:00pm – 3:00pm

Location: Alexander Library, The Hatchery downstairs (169 College Ave., New Brunswick, College Ave. Campus)

Create a Felt succulent with Scarlet Arts Rx! Contact Pickle Almost palmosd@mgsa.rutgers.edu with any questions.

– 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., Piscataway, 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.*

– ACADEMIC SUPPORT & WORKSHOPS –

Graduate Writing Accountability Group Sessions – Mondays and Thursdays, 11:00am – 1:00pm

[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 –

Public Informatics, Data Analytics & AI Panel and Career Event – Wednesday, April 1, 4:30pm – 5:30pm

Location: Bloustein School, First Floor (33 Livingston Ave., New Brunswick, College Ave. Campus)

Register to attend!

Joining attendees will be four (4) Bloustein Alumni/Employer Partners: Fedak Arashi (BS, Health Administration), a Sales Operations Business Partner at Huntress which is a cyber security firm that helps the globe's most under resourced businesses defend against today's cyberthreats; Jonathan Internicola (MCRP), a COO at Fleet which is a software development company that supports universal allowances for transit, parking, bikes, e-bikes, scooters, rideshare, and vanpools; Gavin Rozzi, the Director of Data Center Administration at New Jersey Department of Community Affairs - Division of Housing and Community Resources (Gavin is a former Bloustein Lecturer and Research Specialist/Data Scientist at the Rutgers Urban & Civic Informatics Lab); And Yingchen Zhang (MPP/MPI), a Data Scientist at Meta. TIME: Please arrive between 4:00pm and 4:30pm to connect with fellow students and panelists.

Eagleton Science and Politics Fellowship

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

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.

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 – Thursdays, 1:00pm – 2:00pm

Location: Virtual

Register to attend!

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.

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

April 2 – Going to Conferences

April 9 – Writing about Your Research

April 16 – Publishing and Promoting

April 23 – Navigating the Job Market

– EMPLOYMENT OPPORTUNITIES –

Graduate Research Assistant – The Office of Institutional Research

Compensation: \$20/hr

Apply by April 17 at 11:59pm

The Office of Institutional Research at Rutgers University New Brunswick Old Queens campus is seeking a motivated and detail-oriented Graduate Research Assistant to join their team. The successful candidate will work closely with the Senior Analyst on survey administration, data collection, data analysis, and reporting. This position offers an excellent opportunity to gain hands-on experience in research and data management while contributing to meaningful institutional projects. Key responsibilities include: assist in the design, distribution, and management of surveys using Qualtrics. Collect, clean, and organize data for analysis. Conduct quantitative data analyses using tools such as R or SPSS or Tableau. Prepare reports and visualizations to summarize findings. Collaborate with team members to support survey-related projects and initiatives. Applicants must be a current graduate student working toward a Master's or Doctoral degree, and must be able to maintain valid Rutgers student status at least through May 2027 (preferably through December 2027). Please address questions to Ting Wang at t.wang@irap.rutgers.edu.

THE RESOURCE CORNER

Post-doc Opportunities Board

The [Postdoc Opportunities Board](#) is a free resource to help you find a postdoc position where you will thrive and succeed. The board features positions at 18 world-leading institutions across eleven different states. Visit the site to find: 1.) Postdoc Positions: dozens of open positions across all disciplines and available to U.S. citizens, permanent residents, and visa-holders, 2.) Career Advice: how to identify the right faculty mentor; tips on navigating postdoc interviews and job offers, 3.) Funding Information: learn about funding opportunities for each stage of your postdoc, 4.) Institution Profiles: easy access to information on each participating institution, including links to benefits resources and postdoc offices, 5.) Recruitment Events:

upcoming virtual and in-person events showcasing the research and training available at different institutions. Go to <https://pob.wisc.edu/> to get started.

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.

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!