



# GRADUATE STUDENT LIFE

## WEEKLY DIGEST

### GRADUATE & PROFESSIONAL STUDENT APPRECIATION WEEK MENTAL HEALTH AND WELLNESS WEEK

## Graduate Student Life Weekly Digest Special Edition: Graduate & Professional Student Appreciation & Mental Health and Wellness Weeks

[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.

[Mental Health and Wellness Week](#) (April 13 - April 20) focuses on your mental health needs, calling attention to available resources for students and employees. Make self-care a priority this week by participating in campus-wide wellness events! The Office of Graduate Student Life is collaborating with partners across the university to host a variety of programs from April 13 - April 20 to give you a chance to recharge, reconnect, and discover essential wellness tips and resources.

### **RSVP NOW For the Signature Event of the Week!**

#### **Knight at the Museum: Graduate and Professional Student Appreciation Reception – Wednesday, April 8, 4:30pm - 7:30pm**

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

#### **Register to attend!**

Join the Office of Graduate Student Life and the Graduate Student Association (GSA) for the signature event of Graduate and Professional Student Appreciation Week! You won't want to miss this spectacular evening filled with food, live music, and an opportunity to explore the Zimmerli Art Museum while mingling with your fellow graduate students!

#### **Thank-A-Grad for Graduate and Professional Student Appreciation Week!**

Thank-A-Grad is an initiative organized by the Office of Graduate Student Life in the Division of Student Affairs during Graduate and Professional Student Appreciation Week. From now until April 11, faculty, staff, and students from across Rutgers-New

Brunswick are invited to submit letters of gratitude to recognize the outstanding graduate and professional students in their lives. Click [HERE](#) to recognize an outstanding graduate or professional student in your life with a Thank-A-Grad message during Graduate and Professional Student Appreciation Week 2026!

## ***APPRECIATION EVENTS***

**– Monday 4/6 –**

**Bagels and Backpacks: #GRADitude Breakfast and Giveaway – Monday, April 6, 9:00am – 11:00am**

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

**No registration necessary!**

Drop in to the Graduate Student Lounge to kickoff Graduate and Professional Student Appreciation Week with yummy bagels, coffee and juice! Attendees will receive an appreciation gift. Scarlet Arts Rx will also be on hand doing henna (see below)! This event is hosted by the Office of Graduate Student Life.

**Ink and Unwind: Henna in the GSL – Monday, April 6, 9:00am – 11:00am & 12:00pm – 2:30pm**

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

**No registration necessary!**

Drop by on Monday to kickoff Graduate and Professional Student Appreciation Week and unwind with some henna. The henna artist can translate your springtime wellness intentions into a free, custom design on your hand! This event is hosted by the Office of Graduate Student Life in collaboration with Scarlet Arts Rx.

**SGS/Biomedical and Health Sciences: Graduate Student Appreciation Lunch – Monday, April 6, 12:00pm – 2:00pm**

**Register to attend!**

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

In honor of Graduate Student Appreciation Week, come enjoy a relaxing 10 minute chair massage and eat some delicious Efes Mediterranean food! Hosted by the School of Graduate Studies - Biomedical and Health Sciences and sponsored by the Molecular Biosciences GSO, Rutgers Graduate Student Association and the Office of Graduate Student Life.

**- Tuesday 4/7 -**

**Scoop There It Is! Grad Student Ice Cream Social – Tuesday, April 7, 12:00pm – 2:00pm**

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

**No registration necessary!**

Take a well-deserved break and treat yourself during Graduate Student Appreciation Week! Join the Office of Graduate Student Life for an ice cream social filled with sweet treats, good vibes, and even better company. Stop by the Graduate Student Lounge on Tuesday, April 7 from 12:00pm–2:00pm to build your own ice cream creation, connect with fellow graduate students, and celebrate all the hard work you do. Whether you're looking to unwind, meet new people, or just grab a scoop (or two!), this is the perfect mid-day pick-me-up. No RSVP needed—just bring your sweet tooth!

**Plastic Free Life: Sustainable Wellness for Asian, Pacific Islander, Desi, and Arab (APIDA) Graduate Students – Tuesday April 7, 12:00pm**

**Register to attend! Limited spots available!**

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

Asian, Pacific, Islander, Desi and Arab (APIDA) graduate students are invited to join the Asian American Cultural Center and the Office of Graduate Student Life Rutgers for an APIDA Graduate Student Social for a plastic-free sustainable wellness program! Join your fellow graduate and professional students at the Asian American Cultural Center to enjoy amazing cultural food, beeswax candle making and organic tea blending activities led by Scarlet Arts Rx artist and appreciation giveaways. Please contact Naima Chowdhury at [naimach@echo.rutgers.edu](mailto:naimach@echo.rutgers.edu) with any questions.

**School of Management and Labor Relations Pizza Networking Event – Tuesday, April 7, 4:00pm – 6:00pm**

**Register to attend! SMLR students only!**

Location: Janice H. Levin Building Student Lounge, Room 101 (94 Rockefeller Rd., Piscataway, Livingston Campus)

The School of Management and Labor Relations (SMLR) is hosting a networking and giveaway event for all SMLR graduate students. Drop by to meet up with all master level program directors, faculty, staff and network with other SMLR graduate students. Don't miss out on pizza and giveaways! Advance registration encouraged! Please contact Ann Marie Fiorella-Mullen at [amf322@smlr.rutgers.edu](mailto:amf322@smlr.rutgers.edu) with any questions.

**– Wednesday 4/8 –**

**Kawaii Portraits in the GSL – Wednesday, April 6, 12:00pm – 2:00pm**

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

**No registration necessary!**

Graduate students: drop by the Graduate Student Lounge and get a kawaii portrait as a token of appreciation during Graduate and Professional Student Appreciation Week! This event is hosted by the Office of Graduate Student Life in collaboration with Scarlet Arts Rx.

**Knight at the Museum: Graduate and Professional Student Appreciation Reception – Wednesday, April 8, 4:30pm – 7:30pm**

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

**Register to attend!**

Join the Office of Graduate Student Life and the Graduate Student Association (GSA) for the signature event of Graduate and Professional Student Appreciation Week! You won't want to miss this spectacular evening filled with food, live music, and an opportunity to explore the Zimmerli Art Museum while mingling with your fellow graduate students!

**Wellness Wednesday: Graduate Student Mat Pilates with Appreciation Gift – Wednesday, April 8, 5:00pm – 6:00pm**

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

**No registration necessary!**

Join us 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](mailto:gradstudentlife@echo.rutgers.edu) with any questions. Graduate Student Pilates is hosted by Rutgers Recreation and Office of Graduate Student Life. All graduate students who attend on 4/8 will receive an appreciation gift for Graduate and Professional Student Appreciation Week!

**- Thursday 4/9 -**

**Mini Rage Piñata + Pizza Party – Thursday, 4/9 12:00pm – 2:00pm**

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

**No registration necessary!**

Relax, enjoy some candy, eat some pizza and create mini rage piñatas with Scarlet Arts Rx! These tiny piñatas can be kept on desks and smashed whenever frustration strikes. All supplies, including candy for filling, will be provided. Come destress, eat candy, and feel better! Pizza will be provided.

**Create-a-Tote for Graduate Student Appreciation Week – Thursday, April 9, 2:00pm – 4:00pm**

Location: Lucy Stone Hall, 1st Floor Lobby, Suite A145 (54 Joyce Kilmer Ave., Piscataway, Livingston Campus)

**Register to attend!**

The Office of Disability Services is hosting a wellness break for graduate and undergraduate students with disabilities and disability allies. Take a moment to step away from your routine to create your own canvas tote using ready-to-press vinyl heat transfers. Before you go, fill your tote with study snacks. Registration is required as supplies and space are limited. Totes, vinyl transfers, and snacks while supplies last. Do you have any questions or accommodation requests specific to this event? Please email [dsoffice@echo.rutgers.edu](mailto:dsoffice@echo.rutgers.edu), call [848-202-3111](tel:848-202-3111), or visit ODS in Lucy Stone Hall, Suite A145 on Livingston Campus.

**- Friday 4/10 -**

**Sense of Self with Community-Based Counselor Shan Reeves - Friday, April 10, 12:00pm - 1:00pm**

Location: Virtual

Join CAPS Community Based Counselor Shan Reeves at this mindfulness workshop for graduate students in which you learn to navigate the 5 senses! Please call [848-932-7884](tel:848-932-7884) with any questions.

**- Saturday 4/11 -**

**Student Parents & Caregivers at RU Presents: “The Things We Hold” Workshop – Saturday, April 11, 1:00pm – 3:00pm**

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

**Register to attend! Space limited to 12 families!**

Join SPCR for the workshop "The Things We Hold" to explore the experiences of working mothers, the multitasking, the invisible labor, and the things we carry in our daily lives. This workshop will be kid-friendly, and participants will create a bag and fill it with the things they carry. Refreshments and beverages are also provided!

*"The Things We Hold" is a creative, reflective workshop that invites mothers and children to explore what they carry in their lives, both tangible and invisible. Inspired by Ursula K. Le Guin's idea that the first human tool might have been a bag, participants create personalized "carrier bags" filled with objects, memories, feelings, responsibilities, dreams, and routines. Through drawing, writing, decorating, and collaborative conversation, families reflect on what sustains, burdens, or delights them. The process encourages curiosity, empathy, and dialogue, prompting questions like "Who carries this more?" or "Is this heavy or light?" The workshop concludes with a sharing circle and portrait documentation, offering space to acknowledge both the visible and invisible parts of our daily lives, and to consider what we might wish to carry less of.*

### **– Other Events, Open to ALL Students –**

#### **Mini Rage Piñatas: Make 'Em, Stuff 'Em Drop-in Event – Monday, April 6, 12:00pm – 2:00pm**

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

#### **No registration necessary!**

Make and stuff a free mini rage pinata. Break when needed to destress! All supplies and candy supplies! Guided by a Scarlet Arts Rx student teaching artist. Free snacks (take them to go, to eat outside of library) and prizes! Contact Pickle Almosd at palmosd@mgsa.rutgers.edu with any questions.

#### **Cross-Cultural Communication Workshop: Building Community, Empowering Supportive Campus Environments – Wednesday, April 8, 8:30am – 12:00pm**

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

#### **Register to attend!**

Build community and appreciate cross-cultural communication! This year's featured presenter is Dr. Sangeeta Lamba, Vice Chancellor for Engagement and Teaching Excellence at Rutgers Health. Participants will share best practices for creating supportive campus environments for international scholars and earn a digital badge upon completion.

#### **Felt Succulent Drop-in – Tuesday, April 8, 12:00pm – 3:00pm**

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

**No registration necessary!**

Create a felt succulent with Scarlet Arts Rx! Contact Pickle Almost at [palmosd@mgsa.rutgers.edu](mailto:palmosd@mgsa.rutgers.edu) with any questions.

## **WELLNESS EVENTS**

**– Monday 4/13 –**

**Beyond the Academy: Finding and Securing Internships in the Humanities and Social Sciences – Monday, April 13, 12:00pm – 1:00pm**

Location: Virtual

**Register to attend!**

**Dimension of Wellness: OCCUPATIONAL & INTELLECTUAL**

This talk introduces graduate students in the humanities and social sciences to the value, process, and possibilities of pursuing internships during their doctoral studies. Drawing on early content from a new Internship Toolkit currently in development on Canvas, the session will help participants understand how internships can enhance their scholarly and professional development, expand their career options, and support meaningful public engagement. The talk will explore identifying and aligning internship opportunities with personal values, skills, and goals, using tools like ImaginePhD. It will also cover where and how to find internships beyond traditional job boards, as well as strategies for securing competitive, paid positions. Whether you're exploring non-academic career paths or seeking to amplify the impact of your research, this session will provide practical guidance and inspiration.

**Raíces y Comunidad: A Latinx Graduate Student Gathering, Monday, April 13, 6:00pm – 8:00pm**

Location: Center for Latino Arts and Culture, 172 College Avenue, New Brunswick

**Register to attend!**

*Please RSVP even if you cannot attend and we will send you information!*

**Dimension of Wellness: SOCIAL & EMOTIONAL**

Join us for Raíces y Comunidad, a Latinx Graduate Student Gathering centered on connection, community, and wellness. Hosted at the Center for Latino Arts and Culture, this gathering is an opportunity to unwind, connect with fellow graduate students, and get to know a cultural space on campus that is here for you. Throughout the evening, you will enjoy good food and have the chance to meet staff from the Center for Latino Arts and Culture and the Office of Graduate Student Life and learn about resources and opportunities available to support you. Children are welcome. This event is part of Mental Health & Wellness Week and will include empanadas, arepas and desert from Merrey's Venezuelan Restaurant, a mini wellness station, community reflection wall, and music! Come as you are, bring a friend, and take a moment to recharge in community. First 40 students will receive swag from the Office of Graduate of Student Life!

**– Tuesday 4/14 –**

**Sweet Dreams Station: Make Your Own Sleep Kit – Tuesday, April 14, 12:00pm – 2:00pm**

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

**No registration necessary!**

**Dimension of Wellness: EMOTIONAL & ENVIRONMENTAL**

Stop in and join Rutgers Health, Outreach, Promotion & Education, along with your peers, as we examine how changes to our nightly routine can improve sleep habits naturally. Have fun creating soothing sleep masks and a sleep kit to help you relax and get some quality zzzzzz time! All attendees will receive free swag, a sweet treat and coffee! Sponsored by Rutgers Student Health, Office of Health, Outreach, Promotion & Education. No RSVP necessary

**Working Through Anger, Resentment, and Conflict – Tuesday, April 14, 1:00pm – 2:00pm**

Location: Virtual

**No registration necessary!**

**Dimension of Wellness: EMOTIONAL**

Join Dana, along with your peers as we discuss techniques and strategies to address conflict and let go of resentment. We will talk about anger as a healthy emotion, and discuss various ways we can express and discharge angry feelings in a productive way.

**– Wednesday 4/15 –**

**Basic Needs Open House for Graduate Students – 4/15, 9:00am – 2:00pm**

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

**No registration necessary!**

**Dimension of Wellness: PHYSICAL & ENVIRONMENTAL**

Feel free to stop by and discover the support available to you at the Rutgers Basic Needs Center! This drop-in tour is a quick, no-pressure way to explore resources like the food pantry, available free hygiene supplies, and emergency assistance programs designed to help students thrive. Come at your convenience and learn how easy it is to access the services you need... whether for yourself or a friend. Come curious and leave empowered with tools to support your well-being and success at Rutgers! Free swag to any graduate student who stops by!

**Wellness Rocks: Paint, Pause, Recharge – Wednesday, April 15, 12:00pm – 2:00pm**

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

**No registration necessary!**

**Dimension of Wellness: EMOTIONAL & SOCIAL**

Take a break, get creative, and reconnect with yourself at Wellness Rocks! Join us for a relaxed, drop-in wellness experience where graduate students can paint, decorate, or share a rock as a simple act of self-care and expression. Whether you're unwinding between deadlines or just looking for a mindful moment, this is your space to slow down, create, and recharge. No artistic experience needed—just come as you are. All supplies will be provided, along with snacks and refreshments to keep you fueled and refreshed. You can take your rock with you as a reminder of your resilience or leave it behind to inspire others in the graduate community. Hosted by Megan Lotts, Art Librarian.

**Wellness Wednesday: Graduate Student Pilates & Social – Wednesday, April 15, 5:00pm – 6:30pm**

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

**No registration necessary!**

**Dimension of Wellness: PHYSICAL & SOCIAL**

Join us to take a pause from your busy week by relaxing your mind and body with your fellow graduate students during Wellness Week. 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](mailto:gradstudentlife@echo.rutgers.edu) with any questions. Stay afterwards and mingle with

other graduate students with healthy snacks and refreshments! ! Hosted by Rutgers Recreation in collaboration with the Office of Graduate Student Life.

**– Thursday 4/16 –**

**Sing-Along Intro to Grad Spin – Thursday, April 16, 4:00pm – 4:45pm**

Location: Werblin Recreation Center Cycle Studio (656 Bartholomew Rd., Piscataway, Busch Campus)

**Register to attend!**

**Dimension of Wellness: PHYSICAL & SOCIAL**

Spinning is a great low-impact cardiovascular workout where you control your own intensity and pace. Our instructor will guide and motivate you through a Sing-Along themed class featuring all the songs you know the words to. Open to all fitness and experience levels. In this beginner friendly class, the instructor will explain the basics of spinning and teach you to adjust your bike to a proper and comfortable fit. The cycle studio is a private classroom located at the Sonny Werblin Recreation Center Cycle Studio. There are 25 bikes available. Class will be the following: 5 minutes of bike set up, 10 minutes warm up, 20-minute ride, and a 10-minute cool down and stretch. Participants are encouraged to wear comfortable clothing and sneakers and bring a water bottle. Please arrive 5-10 minutes before class to claim your bike. Bikes will be made available to participants on standby 5 minutes before the start of class.

**– Friday 4/17 –**

**Playing With Food: A Creative Play Event for Parenting Graduate Students & Their Children – Friday, April 17, 4:00pm – 6:00pm**

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

Email [gradstudentlife@echo.rutgers.edu](mailto:gradstudentlife@echo.rutgers.edu) to register!

**Dimension of Wellness: PHYSICAL & SOCIAL**

The Office of Graduate Student Life and SPCR invite parenting graduate students and their children out to a creative play event. Scarlet Arts Rx artist and author Rediet will read her new coloring book. Afterwards, families are invited to stay for coloring time, related clay play, and customizing mini bear t-shirts for their new teddy bear reading buddies. Rutgers Health, Outreach, Promotion, & Education will be on hand to discuss healthy snacks with parenting students, and how we can make nutritious meals on a budget!

**– Other Events, Open to ALL Students –**

**Crafter Noon: Felt Flower Keychains – Monday, April 13, 12:30pm – 1:30pm**

Location: Lucy Stone Hall, 1st Floor Lobby, Suite A145 (54 Joyce Kilmer Ave., Piscataway, Livingston Campus)

**Register to attend!**

**Dimension of Wellness: SOCIAL**

Stress less at Crafter Noon with Scarlet Arts Rx! As part of Rutgers-NB Mental Health and Wellness Week, the Office of Disability Services is hosting a social crafting hour for graduate and undergraduate students with disabilities and disability allies. Take a break from your day to relax and create felt key chains. Do you have any questions or accommodation requests specific to this event? Please email [dsoffice@echo.rutgers.edu](mailto:dsoffice@echo.rutgers.edu), call 848-202-3111, or visit ODS in Lucy Stone Hall, Suite A145 on Livingston Campus.

**Mental Health and Wellness Week Book Swap – Tuesday, April 14, 8:00am – 10:00am**

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

**Register to attend! Space is Limited!**

**Dimension of Wellness: INTELLECTUAL**

Take a pause during Mental Health & Wellness Week and connect with colleagues through the joy of reading. The ScarletWell Book Swap, hosted in partnership with Student Basic Needs, invites Rutgers staff and faculty to bring three books they have enjoyed and exchange them with others. Participants are encouraged to bring up to three gently used books to share with fellow readers. In return, you can browse the swap table and select up to three books to take home and enjoy. This relaxed, drop-in gathering celebrates intellectual wellness, community, and connection. It is a chance to discover new authors, revisit forgotten favorites, and engage in informal conversations about books with colleagues from across the Rutgers community. To add a personal touch, we invite participants to tuck a short note inside each book they bring, sharing why they recommend it or what made it meaningful to them. These small notes often become part of the story the next reader experiences.

**Coffee, Condoms, and Collegiate Recovery – Tuesday, April 14, 12:00pm – 3:00pm**

Location: Voorhees Mall, Outside of Scott Hall (43 College Ave. #330, New Brunswick, College Ave. Campus)

**No registration necessary!**

**Dimension of Wellness: EMOTIONAL**

Come join The Vicious Cycle and HOPE for an event filled with free coffee, giveaways, and great conversations. The Vicious Cycle will be serving cold brew coffee from its

coffee bike while HOPE is hosting a pop-up shop for RU WRAPPED. Win prizes by participating in our trivia games or condom relay race!

### **Floating Sound Bath – Tuesday, April 14, 4:30pm – 6:00pm**

Location: Cook/Douglass Recreation Center Indoor Pool (50 Biel Rd., New Brunswick, Cook Campus)

**Register to attend!**

#### **Dimension of Wellness: EMOTIONAL**

Relax to the sounds of a crystal bowl sound bath while floating on water! Destress from your day, let your worries float away. Floating mats, circular inner tubes, and life vests will be provided so you can float in different ways. You can also float on your own. Wear swim clothes OR athletic clothing made of synthetic material (e.g., nylon or polyester, short or full length okay). This pool is indoors (and heated to a comfortable temperature), so this event happens rain or shine. This event is run by Rutgers CAPS therapist & sound bath artist Reyna Dowling in collaboration with Rutgers Recreation and Scarlet Arts Rx! For questions about the sound bath itself, contact [reynad@echo.rutgers.edu](mailto:reynad@echo.rutgers.edu). For other questions about the event that aren't answered by visiting the C/D Recreation Center website listed above, contact [pw337@mgsa.rutgers.edu](mailto:pw337@mgsa.rutgers.edu).

### **CAPS Open House – Wednesday, April 15, 11:00am – 4:00pm**

Location: CAPS (17 Senior St., New Brunswick, College Ave. Campus)

**Register to attend!**

#### **Dimension of Wellness: EMOTIONAL & SOCIAL**

Join CAPS Counselors and Student Wellness Champions for an amazing interactive event to promote your wellness! Feel free to stop by 17 Senior Street to learn about CAPS mental wellness offerings and create your own wells kit. There will be snacks, activities, giveaways, a DJ, and an opportunity to meet CAPS counselors.

### **Digital Safety for the Campus Community: Protect Your Presence – Wednesday, April 15, 12:00pm – 2:30pm**

Location: Livingston Student Center, Room 202ABC (84 Joyce Kilmer Ave., Piscataway, Busch Campus)

**Register to attend!**

#### **Dimension of Wellness: INTELLECTUAL & ENVIRONMENTAL**

From Tyler's tragic experience being cyberbullied 15 years ago to the online doxing of faculty and students for their scholarship and speech today, our digital safety is an ongoing, ever evolving concern for our collective well-being, dignity, and accessibility within academic life. The Tyler Clementi Center is proud to host Digital Safety for the Campus Community: Protect Your Presence. Presented in partnership with the Honors College LGBTQ+ Learning Collaborative, this event features E.C. Pizarro III, the former executive director of an international transgender tech organization. Combining

technical guidance and lived experience, participants will implement safeguards that reduce risk, protect personal data, and counteract online bullying and harassment. Implement digital safeguards used by the former executive director of an international transgender tech organization. Learn strategies to reduce risks like hacking and doxing. Understand how to navigate online targeting and data exposure backed by lived experience. Lunch will be served and seating will be limited to 40 guests!

**International Scholar Speaker Series: Trust Your Gut, The Science Behind the Saying – Wednesday, April 15, 1:30pm – 2:30pm**

Location: Virtual

**Register to attend!**

Join us for this virtual event where Dr. Lucia Herrera, Dr. Rachana Rao Battaje, and Dr. Liisa Veerus will explain how the microbiomes within our bodies and in the ecosystems we inhabit illuminate a One Health approach linking human, environmental, and microbial well-being.

**Teddies & Tees with AACC and Scarlet Arts Rx – Wednesday, April 15, 3:00pm – 5:00pm**

**Register to attend!**

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

Scarlet Knights, you are bear-y welcome to join the AACC and Scarlet Arts Rx at this fun event! Customize a new study buddy to bring home with you. Make studying a little bit sweeter and, well, bear-able! We will have 100 adorable bears waiting for you!.Please contact Naima Chowdhury at [naimach@echo.rutgers.edu](mailto:naimach@echo.rutgers.edu) with any questions.

**Work It Out: Clay and Massage Workshop – Wednesday, April 15, 4:30pm – 6:30pm**

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

**Register to attend!**

**Dimension of Wellness: PHYSICAL & SOCIAL**

Free clay workshop led by a Mason Gross sculpture instructor with 10-minute chair massages by Rutgers Recreation. Perfect way to work out some end-of-semester stress!

### **Let's Talk with Art – Thursday, April 16, 2:00pm – 4:00pm**

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

**No registration necessary!**

**Dimension of Wellness: EMOTIONAL**

Join us for a creative space where students can explore self-expression through art. Each session offers guided prompts as well as the freedom to create in your own style and medium—whether drawing, painting, writing, or any other form of artistic expression. This group encourages open dialogue, reflection, and connection while using art as a tool for self-discovery and communication.

### **Energy Efficiency: Developing Strategies to Manage One's Time and Energy Output – Friday, April 17, 12:00pm – 1:00pm**

Location: [Virtual](#)

**No registration necessary!**

**Dimension of Wellness: OCCUPATIONAL**

Join Community Based Counselor Shan Reeves for a virtual workshop titled, "Energy Efficiency" which covers how to develop strategies to manage your time and energy output!

### **30 Under 30 Art Party – Friday, April 17, 5:00pm – 7:00pm**

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

**Register to attend ([members only](#))!**

**Dimension of Wellness: SOCIAL**

In collaboration with Scarlet Arts Rx, we invite members and their friends to a special private opening to celebrate the reinstallation of the American Art gallery, a presentation of the permanent collection, as part of this season's closeout 30 Under 30 event. The Zimmerli Art Museum offers an exciting programming lineup for 30 Under 30 members in collaboration with Scarlet Arts Rx. Scarlet Arts Rx offers students the chance to redeem a complimentary 30 Under 30 membership from the Zimmerli Art Museum while available. This offer is limited to Rutgers University students. Please email [pw337@mgsa.rutgers.edu](mailto:pw337@mgsa.rutgers.edu) with any questions.

### **Move with Meaning, Saturday, April 18, 11:30am – 1:00pm**

Location: Cook/Douglass Recreation Center (50 Biel Rd., New Brunswick, Cook Campus)

**[Register](#) to attend!**

**Dimension of Wellness: PHYSICAL AND INTELLECTUAL**

Move with Meaning is a wellness experience that blends movement, reflection, and community. This special session will feature a guided poetry workshop led by Susana Cuartas-Ordoñez, author of Midnight Café, whose work explores the depth of

expressing both joy and vulnerability. The session will also include a light Pilates flow focused on breath and body awareness, along with journaling and group reflection to create space to slow down and reconnect with yourself. Rooted in the 8 Dimensions of Wellness, this experience goes beyond just exercise; it supports mental well-being, fosters connection, and makes wellness feel accessible for everyone. Whether you come for the movement, the poetry, or simply a moment to breathe, this is a space where you can show up as you are and leave feeling more grounded. Healthy snacks and refreshments will be provided. Sponsored by the ScarletWell Grant Program.

### **Rutgers Tree Planting Festival, Saturday, April 18, 10:00 AM – 5:00 PM**

Location: Postal Plaza (Between Road 3 & Road 1, Piscataway, Livingston Campus)

**Register to attend!**

#### **Dimension of Wellness: PHYSICAL & INTELLECTUAL**

Please join us on April 18, 2026 for the Rutgers Tree Planting Festival, where we will be planting 3000 trees using the Miyawaki Method in place of an abandoned roadway that was removed last year by Rutgers Institutional Planning and Operations. The goal of this event is to build community by collectively contributing to the environment and giving students first-hand experience in tree planting. There will be trees, art, and music! This event is open to all members of the Rutgers community! Sign up for the 10:00am-12:00pm, 12:00pm-2:00pm, or 2:00pm-5:00pm. You can come and go as you please!

### **Slime Day with Scarlet Arts Rx – Monday, April 20, 12:00pm – 2:00pm**

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

**No registration necessary!**

#### **Dimension of Wellness: EMOTIONAL**

Customize your slime with scents, sprinkles, and charms! Drop in at any time. Contact Pickle Almost at [palmosd@mgsa.rutgers.edu](mailto:palmosd@mgsa.rutgers.edu) with any questions.

### **Disordered Gambling Training from The Council on Compulsive Gambling of New Jersey (CCGNJ) – Ongoing**

Location: Virtual

**See description for registration details!**

#### **Dimension of Wellness: FINANCIAL**

Leonard Brazer, Treatment Coordinator for The Council on Compulsive Gambling of New Jersey (CCGNJ) can assist students with enrollment for the 30-hour virtual training course on disordered gambling. As a New Jersey resident you are eligible to take the 30-hour course free of charge. To receive a coupon code, proof of New Jersey residency is required (e.g. a driver's license or utility bill reflecting your name and address). To proceed with your course registration, students would need to provide the following (via email to [leonard@800gambler.org](mailto:leonard@800gambler.org)): a brief narrative as to why you wish to

take the training AND proof of New Jersey residency (if applicable). Be sure to review all requirements before proceeding and contact Leonard with any questions. Please note that the completion of the 30-hour training is the first step in the process of becoming an International Certified Gambling Counselor (ICGC-I or II). Please see the International Problem Gambling and Gaming Certification Organization's web site [ipggc.org](http://ipggc.org) for their requirements for these certifications. This does not automatically make you eligible to be part of the CCGNJ Treatment Provider Network. For more information on becoming a Network Provider this information is available on the [800gambler.org](http://800gambler.org) website under the For Professionals tab (Become a CCGNJ Treatment Provider).