



Graduate Student Life Weekly Digest – Week of September 25

The mission of the Office of Graduate Student Life (OGSL) is to enhance the educational experience and quality of life for RU-NB graduate and professional students by serving diverse needs, fostering community, and helping students navigate Rutgers resources.

RESOURCE GUIDE

Graduate Student Resource Guide

The Graduate Student Welcome Reception and Resource Fair was held on Thursday, 9/14, and had representation from over 25 university departments and eight affinity and/or non-academic-based GSOs. This guide is a helpful "go to" resource for all graduate students to reference for questions and helpful contacts: [Download Guide](#)

GET INVOLVED

Join The VPVA Student Coalition!

The VPVA Student Coalition is here for students and student organizations to engage with violence prevention, hear from community leaders, and learn how to incorporate anti-violence into their campus and organizations! They will meet the first Thursday of every month starting on October 5, 2023. Meetings will occur at Bishop House, Room 211, College Ave Campus. For more information, follow the @ruvpva Instagram or visit the [website](#). No registration is required! For more information, visit:

<https://vpva.rutgers.edu/volunteerget-involved/violence-prevention-student-coalition>

EVENTS

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

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

Please join us and our amazing panelist members for a conversation about the graduate student parent experience and what support tools are needed to ensure parents have equal opportunities to succeed in academia. Panelists include representation from current & former grad students, international, first-generation students, and professors. All are welcome to join! Looking for parents, caregivers, pregnant people, allies, or anyone who wants to learn how to support student parents better.

RSVP: <https://rutgers.campuslabs.com/engage/event/9352325>.

Questions: rutgersgradparents@gmail.com

GSA Game Night

Wednesday, September 27th, 7 PM-8:30 PM

Location: Graduate Student Lounge, 126 College Avenue

Join us for a night of laughter, strategy, and camaraderie at our Board Games Night!

Whether you're a seasoned board game enthusiast or a curious beginner, this is your chance to relax, unwind, and have fun. Grab your friends, bring your competitive spirit, and be prepared for an unforgettable evening of games, snacks, and good times. Don't miss out on the chance to make memories and forge new friendships over classic and modern board games! RSVP here:

<https://rutgers.campuslabs.com/engage/event/9272401>. Questions? Email GSA Business Manager, at help@gsa.rutgers.edu

Managing Anxiety Workshop * Thursday, 9/28 11-12 pm

This session is for students to discuss the things that cause them anxiety and its impact on their lives. Students will receive support with coping skills to manage their anxiety better.

These workshops are part of the Graduate Student Lounge Event Series and will be held every Thursday.

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

Every Now and Zen: Yoga, Meditation, and Making Connections – Thursday, 9/28 5:30 – 6:30

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

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

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

gradstudentlife@echo.rutgers.edu

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

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

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

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

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

Here: <https://forms.gle/kERtRhoyg1KxWQCVA>

Grads on the Ground: Day of Service – Registration closed Wednesday, 9/27 at midnight

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

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

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

Chop Day: Rutgers vs. Wagner @ SHI Stadium * Cost \$10 (Includes ticket + Pregame Pizza Gathering

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

Looking to attend a Rutgers game and have some Scarlet Knight fun? The fee of \$10 includes a game day ticket and a complimentary pre-game pizza party. Sign Up: <https://forms.gle/HnvXnVhsVsNrYoHWA>. Pre-game lunch will be at the Graduate Student Lounge from 11:30 a.m. - 1:00 p.m. Then you can hop on a bus at the College Avenue Student Center to head to the stadium for boardwalk fun.

STUDENT SERVICES

Office of Disability Services Drop-In - Wednesday, 9/27 2-4 pm

These drop-in sessions are part of the Graduate Student Lounge Event Series and will be offered every Wednesday

Every Wednesday, 2-4 p.m. at the Graduate Student Lounge, 126 College Avenue, Nychey Michel, Office of Disabilities Services (ODS) will offer drop-in hours just for graduate students. Come stop by and meet Nychey. She can be reached at (848)-202-3111 or nlm108@echo.rutgers.edu

Counseling, Alcohol and Other Drug Assistance Program & Psychiatric Services

CAPS is your university mental health support service that provides counseling services. Services include crisis intervention, individual therapy, group therapy, workshops, alcohol and other drug assistance programs, psychiatric care (medication management), and community referrals. Overview of services visit: <http://health.rutgers.edu/medical-counseling-services/counseling/>

Group Therapy Options for Graduate Students* Fall 2023

Being a member of a group allows you to interact with peers who are not part of your everyday life. These interactions, along with those of the therapist, can give you helpful feedback that you may not get from friends or family. Group is also a safe environment where you can safely try different ways of interacting with others. Groups are offered for students struggling with anxiety (including social anxiety), depression, emotional regulation, eating issues, grief and loss, sexual identity, and general interpersonal issues for both undergraduate and graduate students. For a complete listing of group therapy options to meet your needs, <http://health.rutgers.edu/medical-counseling-services/counseling/therapy/>

Graduate Group Sessions (grad students only)

Fridays, 1:00-2:30 pm (In Person, CAC)

This graduate group aims to provide a safe space and supportive setting for members. Its goal is to help participants gain a better understanding of themselves and their relationship with others, particularly in the context of the graduate school experience. Students will have the opportunity to explore and share issues, concerns, and feelings they may have, Topics may include, among others, social adjustment and loneliness, romantic relationships, handling conflicts with peers and professors, feelings of inadequacy, assertiveness, stress management and balancing family life and academics. The first step in joining a group is to schedule a phone screening at 848-932-7884 to discuss what group may be right for you.

International Students Wellness Group

Fridays, 11:00-12:30 pm (Virtual)

Meet Counselor Mei-ling Cheng: <http://health.rutgers.edu/about-us/staff/staff-member/mei-ling-cheng/>

Are you an international student? Many international students face unique challenges due to cross-cultural adjustment. Some experience homesickness, loneliness, language barriers, discrimination, and different levels of acculturative stress socially and academically. CAPS' International Student Wellness Group is here to support you by providing a safe and confidential virtual space to discuss

various concerns and to help you connect with each other. If enough graduate students enroll, we can look to create a separate group. The first step in joining a group is to schedule a phone screening at 848-932-7884 to discuss what group may be right for you.

**Let's Talk Counseling Conversations Monday, 9/25 and Friday, 9/29
(Every Monday and Fridays in the Fall Semester)**

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

UPCOMING EVENTS

Seeing Eye Dogs Guiding the Way (Disability Awareness Month) Wednesday 10/4 12:30 pm

Location: Graduate Student Lounge 126 College Avenue

October is Blindness Awareness Month. The Office of Disability Services and The Office of Graduate Student Life are teaming up to bring awareness to the visually impaired community. Come out and meet The Seeing Eye of Morristown, NJ as they present alongside our very own Rutgers Seeing Eye Puppy Raiser Club! You will hear from a graduate of the Seeing Eye with her working guide dog, Brooke. There will also be a live demonstration with the RUSEPRC puppies in training! Questions: Email Michelle Cappiello at michelle.cappiello@rutgers.edu or call 848.202.3111. For more info on Disability Awareness Month, visit: <https://newbrunswick.rutgers.edu/disability-awareness-month>

GSA Coffee and Breakfast Wednesday 10/4 * 9-11 am

Location: Graduate Student Lounge, 126 College Avenue

Join us for a delightful morning of warmth, conversation, and scrumptious delights at our Coffee and Breakfast event. Whether you're here to kickstart your day or savor a leisurely morning, GSA would be delighted to host you! Questions? Email GSA Business Manager, at help@gsa.rutgers.edu.

Virtual Trauma Processing Yoga Group - Starts Friday 10/6 * 10:30 - Noon

These yoga sessions are hosted by Violence Prevention and Victim Assistance to help you discover inner peace and rejuvenate your mind and body. This group will combine mindfulness, trauma psychoeducation, verbal processing, and light yoga movement. It is open to all people/genders who have experienced interpersonal victimization. They will be held over Zoom for 8 weeks starting on October 6, 2023, from 10:30 AM to 12:00 PM. Prescreening is required prior to scheduling and can be done by reaching out to Joyce Darakcioglu at jd1454@echo.rutgers.edu along with scheduling. For more information, visit: <https://vpva.rutgers.edu>

Rutgers Virtual Career and Internship Fair: Masters & Doctoral Students Friday 10/6 * 12-3pm

Actively recruiting employers will be available to virtually network with candidates to discuss full-time, part-time, and internship opportunities, including in-person, virtual, or hybrid roles for candidates who have received or are pursuing an advanced degree. This career and internship fair is open to all Rutgers University students and alumni. This event is part of the #Rutgersworks Free Tuition Challenge. Current students attending this virtual event will earn two stamps toward their Fall 2023 gameboard. Graduate students are eligible to win! Visit careers.rutgers.edu/challenge for more information. Please get in touch with careers@echo.rutgers.edu with accessibility or accommodation needs. Register on Handshake and visit <https://careers.rutgers.edu/vfairs>

GRADUATE STUDENT LIFE WEEKLY DIGEST/NEWSLETTER

This weekly digest will provide communication from the Office of Graduate Student Life on events, opportunities, and support services for all graduate students. Share with friends who want to subscribe: https://rutgers.ca1.qualtrics.com/jfe/form/SV_3q66sDweCTiRhsy