

# GRADUATE STUDENT LIFE

## WEEKLY DIGEST

### Graduate Student Life Weekly Digest – Week of 10/2

#### **GRADUATE STUDENT LIFE WEEKLY DIGEST/NEWSLETTER**

This weekly digest will provide communication from the Office of Graduate Student Life on campus-wide events, opportunities, and support services for all graduate students. Share with friends who want to subscribe. Register [HERE](#).

#### **GET INVOLVED**

##### **Graduate Student Affinity Groups: Call for Graduate Student Facilitators**

*Interested in connecting with peers around shared social identities or life experiences while developing your facilitation skills? [Apply by October 29!](#)*

The [School of Graduate Studies](#) and the [Office of Graduate Student Life \(OGSL\)](#) in the Division of Student Affairs invite proposals from individual graduate students or graduate student teams at Rutgers interested in creating and facilitating discussion-based graduate student affinity groups organized around shared social identities, backgrounds, or life experiences. Open to all students in any graduate program at Rutgers-New Brunswick. We are seeking groups to increase social support among underrepresented graduate students by creating intentional spaces and opportunities for connection and conversation to discuss challenging issues, share resource navigation strategies, and provide personal and career development support. This is an opportunity for you to partner with peers to promote an inclusive culture across all the Rutgers-NB graduate schools and all academic programs. Groups will run during the Spring 2024 and Fall 2024 semesters. To review application details, program overview, and virtual info sessions for prospective applicants, visit <http://go.rutgers.edu/gradaffinity>. The first info session is [Tuesday, 10/3](#), 10 am

**For best consideration, please [apply](#) by October 29.** Questions? Please contact Briana Bivens at [briana.bivens@rutgers.edu](mailto:briana.bivens@rutgers.edu) and Ghada Endick at [gendick@echo.rutgers.edu](mailto:gendick@echo.rutgers.edu).

*This project emerged from the ideation and advocacy of graduate students on the SGS Diversity, Equity, and Inclusion Graduate Student Advisory Committee.*

#### **Scarlet Honor Council**

The Office of Student Conduct and Conflict Resolution Services seeks graduate students to join the Scarlet Honor Council. The Scarlet Honor Council is a team of undergraduate and graduate students committed to upholding Rutgers community standards and promoting a safe and civil campus environment. Membership in the council is a great opportunity to develop critical thinking and leadership skills, meet new people, and get involved in the public life of your campus. Members of the

Scarlet Honor Council serve on the University Hearing Board (hears cases of students accused of violating university policy) and the Campus Appeals Committee and provide education and outreach to the Rutgers community. For more information about the council, go to <https://bit.ly/RutgersSHC>. Applications for the Fall 2023 semester must be submitted no later than October 23rd. Apply [NOW](#). Questions? Contact the Scarlet Honor Council at [shc@echo.rutgers.edu](mailto:shc@echo.rutgers.edu).

### **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/volunteergeget-involved/violence-prevention-student-coalition>

## **EVENTS**

### **October Disability Awareness Month**

Join us in a month-long celebration of Disability Awareness this October! Disabilities take many shapes, some visible, some not. Disability Awareness Month at Rutgers is our collective chance to shed light on these diverse experiences, foster awareness, and foster a deeper understanding of the disability community. Join us in celebrating diversity, fostering inclusivity, and recognizing the unique contributions of our disabled community members. Discover many exciting upcoming events dedicated to Disability Awareness Month by visiting the [Events Calendar](#). For more information on the month, visit [HERE](#).

### **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 meet The Seeing Eye of Morristown, NJ, as they present alongside our 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](mailto:michelle.cappiello@rutgers.edu) or call 848.202.3111. For more info on Disability Awareness Month, visit [HERE](#).

### **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 the GSA Business Manager, at [help@gsa.rutgers.edu](mailto:help@gsa.rutgers.edu). RSVP [Here](#).

### **Community Engagement for Grad Students: RUengaged Platform Virtual Info Session, Thursday, October 4, 1:00- 2:00 pm**

Location: Zoom Session: Sign up to attend [HERE](#).

Graduate students interested in deepening their connections in the community are invited to join the School of Graduate Studies and the Collaborative Center for Community Engagement for an information session on the new RUengaged platform, which allows students to connect directly with community partners and existing opportunities for co-curricular community engagement. Questions? Contact Briana

Bivens at [briana.bivens@rutgers.edu](mailto:briana.bivens@rutgers.edu), Brian Kurisky at [brian.kurisky@rutgers.edu](mailto:brian.kurisky@rutgers.edu), or Claudio Mir at [isnard@odi.rutgers.edu](mailto:isnard@odi.rutgers.edu).

### **Managing Imposter Syndrome and Cultivating Self-Compassion, Wed 10/4, 1:00 pm**

Location: 675 Hoes Lane West, RWJMS Research Tower, Deans Conference Room 123, Busch Campus  
Join Rutgers Student Health, Community Based Counselor Dana Simons, along with your peers, to talk about the impact of imposter syndrome, self-image, and ways to practice self-compassion. No registration is needed. Free snacks. For a complete listing of Wellness Workshops by our graduate student community-based counselors, [download the flyer](#).

### **Throttle Down Thursday Wellbeing Workshop \* Who Am I? Knowing Why You Belong, Thursday, 10/5 11-12 p.m.**

Location: Graduate Student Lounge, 126 College Avenue

This workshop will focus on learning to acknowledge yourself, tear down the walls of imposter syndrome, and understand that you are enough, including lessons on how to show up for yourself. *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. You don't need to register. Download the [list of topics](#), descriptions, and dates for Throttle Down Thursdays to put on your calendar. For a complete listing of Wellness Workshops by our graduate student community-based counselors, [download the flyer](#).

### **Every Now and Zen: Yoga, Meditation, and Making Connections – Thursday, 10/5 5:30 – 6:30**

*These workshops are 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. Yoga mats and blocks are provided.

### **SparkNight at Zimmerli Art Museum - Thursday, 10/5, 4:30 - 8:00pm**

Location: Zimmerli Art Museum, 71 Hamilton Street, New Brunswick

Join us for a SparkNight event that doubles as the kickoff for October Disability Awareness Month! SparkNight is a free monthly art party at the Zimmerli Art Museum at Rutgers University for everyone to explore art, engage their creativity, and have fun. for more event details, visit here: [Event Details](#). You can look forward to:

- Curated playlists
- An art-making workshop
- A highlights tour of exhibitions
- Light refreshments
- Representatives from a range of community
- University partners to highlight resources and topics related to disability, access, and inclusion

Some Accessibility information include: Accessible entrance, ASL interpreter provided, Microphones used to amplify sound and Accessible seating available. For accommodations or inquiries, please contact Brandon Truett at 848-932-6766 or [btruett@zimmerli.rutgers.edu](mailto:btruett@zimmerli.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](https://careers.rutgers.edu/challenge) for more information. Please get in touch with [careers@echo.rutgers.edu](mailto:careers@echo.rutgers.edu) with accessibility or accommodation needs. Register on Handshake and visit <https://careers.rutgers.edu/vfairs>

## **STUDENT SERVICES AND SUPPORT**

### **Office of Disability Services Drop-Ins - Wednesday, 10/4, 2-4 pm**

Location: Graduate Student Lounge, 126 College Avenue

*These drop-ins are part of the [Graduate Student Lounge Event Series](#) and will be held every Wednesday 2-4 pm.*

Every Wednesday, 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](mailto:nlm108@echo.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 eight 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](mailto:jd1454@echo.rutgers.edu) along with scheduling. For more information, visit <https://vpva.rutgers.edu>

## **ACADEMIC SUPPORT**

### **Academic Coaching**

Academic coaching is your personal pathway to achieving your educational goals and mastering the essential skills for self-advocacy and lifelong learning. No matter where you are on your academic journey, our dedicated coaches are here to guide and support you. Here's what academic coaching can do for you:

- Conquer procrastination
- Prepare for exams
- Get organized
- Study more effectively
- Read more of what you read

To sign up for Academic Coaching or learn more about our services, visit [Sign Up Here](#). Make sure to select Graduate Coaching Options.

## **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/>

### **Uwill: Free immediate access to teletherapy through an easy-to-use online platform**

1. Choose a therapist based on your preferences, including issue, gender, language, and ethnicity.
2. Select a time that fits your schedule with day, night, and weekend availability.
3. Access is quick and easy. [Register and book](#) your first session using your Rutgers email.
4. Uwill is **Private. Secure. Confidential.**

### **Let's Talk Counseling Conversations – Free Private and Confidential Drop-In Conversations.**

Held with CAPS counselors who understand what graduate students are struggling with and can help you deal with stress. Download [flyer](#).

*Thursdays 10 am – 12 pm with Dana Simons, Busch Campus or Zoom*

Location: In-person in CABM Room 240 at 679 Hoes Lane West, Piscataway, OR via Zoom at this [LINK](#). No appointment is needed. If you want to talk to Dana Simons at any other time, call 848-932-7884 and press #2 to leave a message with your name, RUID, and phone number and she will call you back.

*Mondays 2 pm – 4 pm and Fridays 10 am – 12 with Shan Reeves, in person on College Avenue.*

You can see Shan on 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.

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.

If these days, times, or formats do not meet your needs, we encourage you to identify other counselors across all five campuses with varying day/time options. Our counselors are diverse in social, racial, ethnic, gender, age, and sexual identities to meet the diverse needs of our graduate population. Visit Let's Talk [OPTIONS](#).

### **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.

### **Upcoming Events:**

#### **LGBTQIA+ Advocates Network Business Meeting, Monday, October 9, 2-3:30 pm on Zoom**

Are you a staff member, faculty, or graduate student interested in learning more about LGBTQIA+ campus community, events, and resources? Join us for our first business meeting of the semester, where we will connect about our successes and ongoing advocacy needs. All are welcome regardless of identity. A Zoom link will be sent to registrants. Register [HERE](#). Sponsored by [Center for Social Justice Education & LGBT Communities](#)

#### **Graduate Student Affinity Groups: Call for Graduate Student Facilitators**

##### **Virtual Info Session Tuesday 10/10, 6 pm - 6:30 pm**

*Interested in connecting with peers around shared social identities or life experiences while developing your facilitation skills? [Apply by October 29!](#)*

To review application details, program overview, and virtual info sessions for prospective applicants, visit <http://go.rutgers.edu/gradaffinity>. Sign up for the 10/10 info session [HERE](#). Questions? Please contact Briana Bivens at [briana.bivens@rutgers.edu](mailto:briana.bivens@rutgers.edu) and Ghada Endick at [gendick@echo.rutgers.edu](mailto:gendick@echo.rutgers.edu).

#### **VPVA Workshop for Graduate Students, October 17 in person and via Zoom 4:00 - 5:15 pm**

Location: Graduate Student Lounge @ 126 College Avenue and Zoom Option

The [Office for Violence Prevention and Victim Assistance](#) (VPVA) is committed to creating a community free from violence. Learn about this valuable and confidential resource, and its services, and be aware of the common challenges faced by graduate students and how to seek out support. More information is forthcoming. Co-hosted by GSA and Office of Graduate Student Life

#### **Community Engagement for Grad Students**

##### **Ethical Community Engagement Workshop \* October 18, 11:00 - 1:00 pm**

Location: In-person and virtual options. In Person: Hatchery Innovation Studio

In this interactive workshop facilitated by the Collaborative Center for Community Engagement, graduate students will learn theories and strategies for ethical, equitable community engagement. Lunch will be provided for in-person attendees, and a virtual participation option is available. Sign up to attend in person or on Zoom. Visit [HERE](#). Questions? Contact Briana Bivens at [briana.bivens@rutgers.edu](mailto:briana.bivens@rutgers.edu), Brian Kurisky at [brian.kurisky@rutgers.edu](mailto:brian.kurisky@rutgers.edu), or Claudio Mir at [isnard@odi.rutgers.edu](mailto:isnard@odi.rutgers.edu).

**Self-Defense Workshop for Graduate Students 10/23 5:30 - 7 p.m. HOLD THE DATE**

Location: Livingston Hall, Livingston Student Center

**CLAC Graduate Student Social**

**Meet the Assistant Dean for Graduate Student Life, 10/24, 5:30 - 7:00 p.m.**

Center for Latino Arts and Culture's First Floor Conference Room, [172 College Avenue](#)  
Meet Ghada Endick, Assistant Dean for Graduate Student Life, and engage in conversation and comradery about surviving and thriving as a Latine in graduate school. Share your graduate school experience, find community and support from fellow Latinx graduate students, and learn about resources to support your graduate student journey. Free food is provided! Don't forget to RSVP to secure your spot: [RSVP Here](#). Hosted by the [Center for Latino Arts and Culture](#)

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Offices of the Dean of Students  
**Graduate Student Life**

\*Persons with disabilities who anticipate needing accommodations or who have questions about physical access may contact [gradstudentlife@echo.rutgers.edu](mailto:gradstudentlife@echo.rutgers.edu) in advance of the program