

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest Week of November 13

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! Share with your friends and tell them to subscribe [HERE!](#) 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). Learn more about the Office of Graduate Student Life by visiting our website [HERE!](#)

ANNOUNCEMENTS

– GET INVOLVED –

Explore Involvement in Graduate Student Organizations (GSOs)!

Explore the official directory of Graduate Student Organizations (GSOs) recognized by the Graduate Student Association (GSA) and discover graduate involvement opportunities on campus. GSOs are a fantastic way to meet other graduate students and participate in campus activities. Connect to GSOs through the directory by pressing the “+” by their name and signing up for their getINVOLVED list so you never miss an upcoming event! Find the GSO directory [HERE](#).

Subscribe to the Graduate Student Association (GSA) Mailing Lists!

Learn more about and subscribe to the GSA Weekly Event Newsletter and GSA Market mailing lists [HERE!](#)

Subscribe to the Career Exploration and Success Doctoral Career Community Newsletter

The weekly career community email newsletter is for *all graduate students at the masters and doctoral level*. It displays tailored events, alumni mentors, career outcomes, and resources related to being a graduate student. You can select this [Doctoral Students Career Community](#) through your Rutgers Handshake career interest profile. This newsletter will be sent on the 1st, 8th, 15th, and 22nd days of the month. Visit the CES newsletter [archive](#) to view career-related information for students who selected the Doctoral Students career community within their Rutgers Handshake profile. Click [HERE](#) to access and set up your Handshake account. Check out this [video](#) to assist you in the setup of Handshake and a [video](#) on updating your career community.

Schedule an appointment with Rudrani Gangopadhyay, the Doctoral Student Career Advisor, today by visiting Handshake. On the Advising Category screen in Handshake, select "Student Community-Specific Questions" and then "Doctoral Students: Career Advising" or email Rudrani at rudrani.g@rutgers.edu. These instructions can always be accessed on the this [website](#).

Volunteer Opportunity – Stem Grads Giving Back: Upward Bound Math-Science, Sat March 23, 11 am

Sign up [HERE](#)

Attention Rutgers Graduate Students! Are you passionate about science and eager to make a positive impact on the future? The School of Graduate Studies (SGS) at Rutgers is thrilled to partner with a pre-college program designed to assist and motivate first generation and low-income students to successfully graduate from high school, prepare for college admission, and complete their baccalaureate degree in STEM. We are seeking 5 female graduate students (she/her, she/they, they/them) to join the panel for high school students and talk about doing research, being a grad student, and a female scientist. This opportunity takes place on Saturday, March 23, at 11 am. Contact Janet Alder janet.alder@rutgers.edu with questions and suggestions.

EVENTS

– RSVP NOW! –

Global Jamboree – Tuesday, November 14, 6-8pm

Location: College Avenue Student Center MPR (126 College Ave, New Brunswick), College Ave Campus.

RSVP [HERE!](#)

Join RU Global at the Global Jamboree to celebrate International Education Week! Mingle with other students interested in global topics, learn about campus resources for international students, and enjoy fall themed crafts, trivia games, and prizes. There will be food and pie! Click [HERE](#) for more information.

RSVP NOW! Global Grads: Friendsgiving Gathering – Monday, November 20, 11:30am-1pm

Location: Busch Student Center Cove (604 Bartholomew Rd, Piscataway), Busch Campus

Register [HERE!](#) Only 75 spots available!

All international graduate students are invited to RSVP for the Global Grads Friendsgiving Gathering with food provided by Efes Mediterranean Grill! Presented by the Office of Graduate Student Life and Rutgers Global. Contact gradstudentlife@echo.rutgers.edu with any questions.

RSVP NOW! Mental Health Workshop for International Students: Stress Management – Thursday, November 30, 5-6:30 pm

RSVP [HERE!](#) BEFORE Thursday 11/23!

Location: Rutgers Global ISSS (180 College Ave, New Brunswick) College Ave Campus

Join RU Global and CAPS for a free interactive workshop on stress management specifically for international students. Come learn strategies to manage stress during an especially busy time in the academic year and meet other international students while enjoying pizza and beverages! RSVP by 11/23, seats are limited! Contact gradstudentlife@echo.rutgers.edu with any questions.

Respira! A CLAC Wellness Program: Monthly Reiki Healing Edition Wednesday, November 15

Location: CLAC, 172 College Avenue

[RSVP HERE](#) and join us!

Would you like to learn more about the healing benefits of Reiki? Join the CLAC and Master Reiki Practitioners Annmarie Burg and Karen Ardizzone for a monthly wellness program at the CLAC. There will be two different times so that more students can take advantage of this service.

- Annmarie, 11 AM-12 PM
- Karen, 3-4 PM

*Please note Reiki treatments are done in 10-minute intervals on a first come/first serve basis. Times are subject to change without notice. For more information on Reiki healing, please visit this website.

– THIS WEEK! –

Interfaith Processing: Speaking Together in Delicate Moments, Monday, November 13th, 7:00pm

Location: New Brunswick Theological Seminary, 35 Seminary Place, New Brunswick

All graduate and undergraduate students of all faiths are welcome to attend

Join us for an evening of Interfaith Processing with Reverend Katrina Jenkins Chaplain Kaiser Aslam and Fr. Scott Russell at the New Brunswick Theological Seminary. Sponsored by Off-Campus Living & Community Partnerships and The Alliance to Advance Interfaith Collaborations at Rutgers, this event offers a safe space for reflections, explanations, and unfinished thoughts for dialogue and growth. Don't miss the opportunity to engage in thoughtful conversations and build bridges of understanding within our community. Halal pizza will be served.

International Education Week at Rutgers University 2023 - November 13th - November 17th!

International Education Week is a joint initiative of the U.S. Department of State and the U.S. Department of Education that celebrates the benefits of international education and exchange worldwide. Rutgers Global and other university units and departments host on-campus events recognizing International Education Week. Click [HERE](#) to learn about Rutgers events for International Education Week.

Hunger and Homelessness Week, November 11th - November 18th

Events all week for you to volunteer as well as bring awareness to food and housing insecurity issue that impacts all students at Rutgers. Visit [HERE](#) for more information. For questions email: ruoffcampus@echo.rutgers.edu

World Kindness Day: 5 Days of Gratitude and Kindness Challenge, November 13th - 17th

This November, Rutgers Student Health – Office of Health, Outreach, Promotion and Education (HOPE) strives to cultivate more gratitude and kindness across campus and they welcome all graduate students to participate in the 5 Days of Gratitude & Kindness Challenge! Check the Rutgers Student Health Instagram, [rustudenthealth](#), each day next week for that day's challenge and the rules. If you have any questions, DM @nikita.cuvilje

World Kindness Day: Information Table, Tuesday November 14, 6-8pm

Location: College Avenue Student Center, 126 College Avenue

Stop by the student center to Spin the Wellness Wheel, answer questions about how you can be compassionate to yourself and others, and receive a giveaway from [HOPE](#).

Research Café – Wednesday, November 15, 3:00pm – 4:00 pm

Location: Hatchery Innovation Studio, Alexander Library, (169 College Ave and Zoom option

Register [HERE!](#)

Research Café is a monthly (every third Wednesday) gathering place for graduate students across disciplinary areas to share their research and benefit from peer feedback and support in a friendly, low-stakes setting. Please register in advance to attend in person or on Zoom. To view the complete schedule of presentations, go to <https://grad.rutgers.edu/research-cafe>. In-person participation will be at the Hatchery Innovation Studio in the Alexander Library at 169 College Ave. Questions? Contact bb770@grad.rutgers.edu. Future dates: December 13, and January 24, 2024.

2023 Rutgers Trivia Bowl – Wednesday November 15th, 8pm

Location: College Ave Gymnasium (130 College Ave, New Brunswick), College Ave Campus

Register [HERE](#) by 11/14!

Don't miss your chance to be part of the Annual Trivia Bowl hosted by Rutgers Recreation! This year, the event will be held on Wed, Nov 15 at the College Ave Gymnasium at 8:00pm (check-in by 7:30pm). Sign up in teams of 3. At least one person on the team must be a Rutgers affiliate (students, fac/staff, alumni), friends and family are welcome! There are a ton of prizes and giveaways and best part, it is free! You can sign up your team [HERE](#). Sign up by 5pm on 11/14 to get an additional 500 bonus points!

The AACC Presents: Family, Navigating Family Pressures with Mei-Ling – Thursday, November 16, 5-6:30 pm

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

Join the Asian American Cultural Center and CAPS Community Based Counselor Mei-Ling Cheng to learn about navigating family pressures. Snacks provided! Email gradstudentlife@echo.rutgers.edu with any questions.

Graduate Student Yoga – Thursday, November 16, 5:30 – 6:30

These workshops are part of the [Graduate Student Lounge Event Series](#) and will be held every Thursday.

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus

Take a pause from your busy week to practice Yoga and relax your mind and body with your fellow graduate students. Hosted by Rutgers Recreation and Office of Graduate Student Life. No Registration Needed. Yoga mats and blocks are provided.

GSA Game Night – Thursday, November 16, 7-8:30 pm

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus

RSVP [HERE!](#)

Come out to the Graduate Student Lounge over at 126 College Ave for an action packed night of some of your favorite classic card and board games. This is a great time to decompress after the work day and have a lot of fun and meet some new people. There will be delicious snacks! Be sure to RSVP and we'll see you there! Contact events@gsa.rutgers.edu with any questions.

– WELLNESS WORKSHOPS AND GROUPS–

Wellbeing Workshop *Sense of Self* Thursday, 11/16, 11am-12 pm

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

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus

This workshop explores the five senses (Sight, Hearing, Taste, Touch, and Smell) to assist in mindfulness and relaxation.

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. For a complete [list of topics](#), descriptions, and dates, visit [HERE](#).

FLOW Weekly Workshop Friday, November 17 1:00-2:30 pm

Location: Walters Hall Room 240 (4 Chapel Dr. New Brunswick), Cook/Douglass Campus

Register in Advance: [HERE!](#)

This workshop is part of the CAPS Fall Wellness Series and is held every Friday.

The essence of this recurring workshop is to promote healthy coping through the use of creativity, art, music, storytelling, sound healing, drumming, and dance. The intention is to reduce anxiety and stress, increase joy and provide an opportunity to connect with others through creativity and self-expression. No prior experience is needed! Hosted by CAPS Community Based Counselor Reyna Dowling and other CAPS Colleagues.

International Students Wellness Group (Virtual) - Fridays, 11:00-12:30 pm

Location: Virtual, contact 848-932-7884 for more details

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.

– PROFESSIONAL/PERSONAL DEVELOPMENT –

Smart Careers Beyond the Academia: Workshops for Non-Academic Pathways (Virtual) – Monday, November 13, 2pm

Location: Virtual,

Register [HERE!](#)

ImaginePhD is a free career exploration and planning tool for PhD students and postdoctoral scholars in the humanities and social sciences. This workshop will focus on how humanities and social sciences PhD students can use the tools and resources on this platform to: assess their career-related skills, interests, and values, explore career paths linked to their disciplines, create self-defined goals, and map out the next steps in their successful career and professional development. Please be sure to create an ImaginePhD account [HERE](#) before attending the event. Contact Ramazan Güngör, PhD at rg835@grad.rutgers.edu with any questions about this event.

Off-Campus Employment Workshop for F-1 Students by RU Global ISSS – Thursday 11/16, 3:30-5pm

Location: Academic Building, Seminar Room 2400, College Ave Campus

Learn about the CPT and OPT process, eligibility, what forms to fill out with Rutgers Global, procedures, important dates, and filing your OPT application with the USCIS. This workshop is presented by the RU Global Office of International Scholar and Student Services. Click [HERE](#) or contact iss-students@global.rutgers.edu for more information.

Wellness Coaching Appointments

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 this [FORM](#). As a graduate student, you will receive a coach who is a professional staff member, not a peer. For more information visit [HERE](#).

– ACADEMIC SUPPORT

Graduate Writing Program (GWP) Spring 2024 Courses: Registration Open

The GWP helps students master the genres and styles of academic writing and develop professional writing habits, including techniques for time management, goal setting, and resilience. Graduate students at all levels are welcome. For a listing of courses, visit [HERE](#). For more information on the Graduate Writing Program, visit [HERE](#). While GWP courses appear on students' transcripts, they are free, carry zero credits, and entail no additional work other than the writing students are already doing in their programs. For questions, contact Mark DiGiacomo markjd@english.rutgers.edu

Academic Coaching from Learning Centers

Academic Coaching is available to students from freshmen to Ph.D. candidates and can be particularly helpful to graduate students who would benefit from talking through motivation challenges, breaking down larger tasks into more approachable segments, and seeking accountability for productivity. Several of the Rutgers Academic Coaches support graduate students specifically. [Click here](#) to download the Penji scheduling app. Once in the app, join the Academic Coaching community; then, in "Topics", click on "SEE ALL GRADUATE STUDENT COACHING" to access open appointments with these coaches. Any problems registering or questions, please contact academiccoaches@echo.rutgers.edu

Graduate Workshop Series: Reading and Selecting Journal Articles – Wednesday 11/15, 4-5pm.

Location: Zoom

Register [HERE!](#)

Register for the [Learning Centers'](#) Graduate Workshop Series on Zoom! Wednesday's workshop will cover reading and selecting journal articles for graduate students. Email Lucille Leung at llu@echo.rutgers.edu with any questions!

Graduate Workshop Series: Getting Started with Research Writing Part 2 - The Revision Process – Wednesday 11/15, 6 pm.

Location: Zoom

Register [HERE!](#)

Register for the [Learning Centers'](#) Graduate Workshop Series on Zoom! Wednesday's workshop is the second of two research writing workshops for graduate students and covers the revision process. Email Lucille Leung at llu@echo.rutgers.edu with any questions!

Graduate Workshop Series: Unleash Your Productivity – Thursday 11/17, 11am-12pm.

Location: Zoom

Register [HERE!](#)

Register for the [Learning Centers'](#) Graduate Workshop Series on Zoom! Thursday's workshop will focus on helping graduate students unleash their productivity. Email Lucille Leung at llu@echo.rutgers.edu with any questions!

STUDENT SERVICES AND SUPPORT

OFFICE OF DISABILITY SERVICES

Office of Disability Services Drop-In Hours – Wednesday, 11/8, 2-4 pm

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus

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)

Counseling Services (CAPS)

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/>. Here is a chart of resources for **students and employees who need emotional and mental health support**.

- CAPS (Counseling, ADAP, and Psychiatric Services) 848-932-7884
- Crisis Text Line (Text 741-741 anytime 24/7)

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. Including 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.**

Uwill has a recovery and empowerment focus and, therefore, is not intended for sharing traumatic experiences in detail. For more information about the TREM group, contact CAPS at 848-932-7884]. 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.

Interfaith Prayer & Meditation Spaces & Rutgers Affiliated Chaplaincies

A list of all Interfaith prayer/meditation spaces and all Rutgers affiliated chaplaincies is on this [WEBSITE](#).

Advocacy, Outreach and Support

- Please email gradstudentlife@echo.rutgers.edu if you are struggling to get connected to services or unsure of who to speak to concerning non-academic challenges you are facing.

Off-Campus Living and Community Initiatives & Community Faith Based Supports

- Faith & Spirituality Initiatives –Rev. Katrina Jenkins (Katrina.e.jenkins@rutgers.edu)
- Rutgers Chabad - [Rutgers Chabad | Your Home Away From Home \(wordpress.com\)](#)
- Rutgers Hillel - [Rutgers Hillel Home Page - Jewish Campus Life and Learning](#)

- Rutgers Jewish Experience - [Home | Rutgers Jewish Xperience | Inspiring, educating, & empowering \(rutgersjx.com\)](#)
- Center for Islamic Life at Rutgers – [Center for Islamic Life at Rutgers](#)

University Support for International Students Rutgers Global: ISSS

- <https://global.rutgers.edu/international-scholars-students/students> Call: 848-932-7015

Cultural Centers

- **Paul Robeson Cultural Center** <http://prcc.rutgers.edu/>
Call: 848-445-3545
Email: prccrutgers@echo.rutgers.edu
- **Center for Latino Arts and Culture** <http://clac.rutgers.edu/>
Call: 848-932-1263
Book an appointment with a CLAC staff member: [HERE](#)
- **Center for Social Justice Education and LGBT Communities** <http://socialjustice.rutgers.edu/>
Call: 848-445-4141
Email: sje@echo.rutgers.edu
- **Asian American Cultural Center** <http://aacc.rutgers.edu/>
Call: 848-445-8043
Email: aacc@rutgers.edu

Let's Talk Drop In Counseling Conversations

Free Private and Confidential Drop-In Conversations. Available in-person, telehealth or phone. To schedule an appointment, call [848-932-7884](tel:848-932-7884) and choose option 2. For all options, Mon-Friday visit [HERE](#)

Days/times for our graduate-focused counselors, Dana and Shan

- **Thursdays 10 am – 12 pm with Dana Simons, Busch Campus or [Zoom](#)**

In-person in CABM Room 240 at 679 Hoes Lane West, Piscataway, OR via [Zoom](#)

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 – 12pm with Shan Reeves, in person on College Avenue or [Zoom](#)**

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 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. To see other Let's Talk options, visit [HERE](#).

Trauma Recovery and Empowerment Group (TREM)

Are you struggling to cope with trauma? CAPS Trauma Recovery and Empowerment (TREM) group provides healing and support through community. Other components of the TREM group include skills training in self-regulation, boundary maintenance, and communication, psychoeducation around trauma and trauma symptoms. This gr