

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest Week of November 20

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

Happy Thanksgiving Break from the Office of Graduate Student Life!

The Office of Graduate Student Life wishes you a restful and relaxing Thanksgiving break! We invite you to take a moment to breathe with us, our offices will be closed on Thursday 11/23 and Friday 11/24 and will return to campus Monday 11/27. Enjoy your the break!

– 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 this [website](#).

– BE WELL –

Low Cost ADHD Assessments through the Rutgers Center for Youth Social Emotional Wellness and the Graduate School of Applied & Professional Psychology Center for Psychological Services

The Rutgers Center for Youth Social Emotional Wellness (CYSEW) in partnership with the Graduate School of Applied & Professional Psychology Center for Psychological Services (GSAPP) is now offering low cost psychological assessments to all Rutgers Students. Assessments are \$150 and include a comprehensive screening for ADHD, anxiety, and depression, a detailed diagnostic report with resources, and a feedback session. To request a virtual assessment scheduled at your convenience, click [HERE](#). Contact the GSAPP Center for Psychological Services by calling 848-445-6111 or by emailing cysew@gsapp.rutgers.edu.

EVENTS

– RSVP NOW! –

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.

– WELLNESS WORKSHOPS AND GROUPS–

NEXT WEEK! Emotional Regulation, Stress Management, and Cultivating Resilience Workshop – Tuesday, November 28 1-3pm

Location: Center for Latino Arts and Culture (CLAC), First Floor Conference Room (172 College Ave, New Brunswick) College Ave Campus

This workshop will address skills for recognizing, understanding and managing stress and emotions, and increasing resilience. Presented by CAPS Community Based Counselors, Dom Paz and Dana Simons. Click [HERE](#) for more information.

– PROFESSIONAL/PERSONAL DEVELOPMENT –

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](#).

Now Accepting Applications – IBUILD Fellowship

Apply [HERE](#) by 11:59pm on December 1, 2023!

The Innovation in Buildings (IBUILD) Graduate Research Fellowship is accepting applications for the 2024 cohort. The U.S. Department of Energy, [Building Technologies Office \(BTO\)](#) IBUILD Graduate Research Fellowship is managed by Oak Ridge National Laboratory and leads a network of research and industry partners to develop cost-effective decarbonization solutions. Graduate students conducting STEM research relevant to building energy efficiency who are currently enrolled in (or intending to enroll in) a PhD program are welcome to apply. IBUILD Fellows receive research and educational support to conduct innovative research at their home institution in an area with demonstrated relevance to building energy efficiency. The fellowship also provides professional development, mentoring, and networking opportunities. Click [HERE](#) to learn more about the IBUILD Fellowship.

Students who plan to apply are strongly encouraged to schedule a [GradFund](#) appointment for application assistance [HERE](#). Click [HERE](#) for more information on booking a GradFund appointment through their WOnline site. GradFund offers additional guidance on developing a competitive fellowship application in their GradFund Self-Paced Guide to Fellowships and Grants on Canvas. Use [THIS](#) link to self-enroll in the Canvas site. Contact GradFund Fellowship Advising Team fellowship_advisor@gradfund.rutgers.edu with any questions.

Now Accepting Applications – Frontera Fellowship

Apply by February 6, 2024!

The Frontera fellowship program provides a year-long opportunity for talented graduate students to compute on the most powerful academic supercomputer in the world and collaborate with experts at the Texas Advanced Computing Center. Current PhD students from any discipline whose work involves a significant computational element and who have at least one remaining year of graduate study are welcome to apply. More details on the Frontera Fellowship can be found [HERE](#).

Students who plan to apply are strongly encouraged to schedule a [GradFund](#) appointment for application assistance [HERE](#). Click [HERE](#) for more information on booking a GradFund appointment through their WOnline site. GradFund offers additional guidance on developing a competitive fellowship application in their GradFund Self-Paced Guide to Fellowships and Grants on Canvas. Use [THIS](#) link to self-enroll in the Canvas site. Contact Contact GradFund Fellowship Advising Team fellowship_advisor@gradfund.rutgers.edu with any questions.

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

Register [HERE](#)! **Only 5 Spots!**

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 and non-binary identifying graduate students 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.

– 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 large 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, under "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.

STUDENT SERVICES AND SUPPORT

Interfaith Prayer & Meditation Spaces & Rutgers Affiliated Chaplaincies

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

Offices of the Dean of Students

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 \(wordpress.com\)](http://RutgersChabad.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

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.**

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** 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 group 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.