

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest Week of November 27

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

Only Two More Sessions of Graduate Student Yoga for the Fall Semester!

Join us for the last two sessions of Graduate Student Yoga on Thursday 11/30 and 12/7 from 5:30-6:30 in the Graduate Student Lounge (126 College Ave, behind Panera Bread). Yoga mats and blocks provided!

– 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. 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

Subscribe to the CES weekly career community email newsletter for all masters and doctoral students for tailored information about events, alumni mentors, career outcomes, and resources for graduate students through Handshake. Learn more about the Doctoral Students Career Community (open to masters and doctoral students) [HERE](#). Visit [THIS](#) webpage for detailed directions on how to add the Doctoral Students Career Community to your Rutgers Handshake career interest profile. Click [THIS](#) link to access the archive of past issues of the Career Community Newsletters.

Student Conduct Seeks Graduate Students for 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 students committed to upholding Rutgers community standards and promoting a safe and civil campus environment. Members of the Scarlet Honor Council serve on the University Hearing Board and the Campus Appeals Committee and provide education and outreach to the Rutgers community. Learn more and submit an application [HERE](#).

– 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! –

Sundaes & Studies - LGBTQIA+ Graduate Student Social, Wednesday, December 6th, 5:00-7:00 pm

Location: Paul Robeson Cultural Center (Busch Campus)

RSVP: [HERE!](#)

Join the Center for Social Justice Education & LGBT Communities for our LAST LGBTQIA+ Graduate Student Social of the semester! With final exams and papers creeping up, we're providing a relaxing and affirming space to help you push through to winter break. On Wednesday, December 6th from 5 - 7 pm, bring your assignments, study materials, and study groups to the Paul Robeson Cultural Center on Busch Campus. Free ice cream sundaes will be served on a first-come, first-served basis while supplies last! Please RSVP at go.rutgers.edu/sje-grad-dec.

SIGN UP NOW! The Big Chill 5K, December 9, 10 am

Location: College Avenue Gym (130 College Ave. New Brunswick), College Ave Campus -OR- Virtual

Sign Up [HERE!](#) Race is limited to only 3,000 participants!

Join Rutgers Recreation for the 21st Annual Big Chill Rutgers 5k! The in person race will take place on December 9th and starts at 10:00AM at the College Ave Gym (Check in from 8-9:30am) and requires a \$25 entry fee and \$10 toy donation. The virtual race runs from December 4th to December 11th with a \$25 entry fee. Race fee for in person and virtual racers includes a long sleeve t-shirt and donations benefit the No Hungry Knights Scholarship Fund. Click [HERE](#) to register or learn more!

REGISTER NOW! Research Café – Wednesday, December 13, 3:00pm – 4:00 pm

Location: Hatchery Innovation Studio, Alexander Library, (169 College Ave, New Brunswick), College Ave Campus and Zoom

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, click [HERE](#). In-person participation will be at the Hatchery Innovation Studio in the Alexander Library at 169 College Ave. Questions? Contact Briana Bivens at bb770@grad.rutgers.edu. Next date: January 24, 2024.

RSVP NOW! GSA Holiday Party Wednesday, December 13, 6-9 pm

Location: Livingston Student Center, Livingston Hall (84 Joyce Kilmer Rd. Piscataway), Livingston Campus

RSVP: [HERE!](#)

'Tis the season to be jolly! The GSA invites you to their spectacular Holiday Party and can't wait to celebrate with you! Don't miss out on this magical gathering. RSVP now and join the GSA in celebrating the holidays and creating lasting memories together! Free food provided! Email events@gsa.rutgers.edu with any questions.

– THIS WEEK! –

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

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.

Friendship Fridays: Chocolate and Coloring – Friday, December 1, 4pm-5pm

Location: Livingston Student Center, Collaborative Learning Center (84 Joyce Kilmer Rd, Piscataway), Livingston Campus

Join Rutgers Global at the Livingston Student Center: Collaborative Learning Center for the final Friendship Friday of the semester! Spend the hour chatting with fellow students as you color stress away and enjoy a variety of chocolate snacks! For more information about Friendship Fridays, click [HERE](#) or email gradstudentlife@echo.rutgers.edu.

Shopping Trip Sign-Up – International Students – Saturday December 2, 10am-1pm

Location: Pick-ups are from Bevier Road on Busch Campus & the College Avenue Student Center

Rutgers Global–International Student and Scholar Services arrange shopping shuttles to local stores throughout the semester and summer so students can purchase groceries and other living essentials.

You should sign up to reserve your spot on the shuttle. International students and scholars who have signed up will be given preference to ride on the shuttle. To view the full schedule of shopping trips and learn more information about the Shopping Shuttle Service, click [HERE](#). To reserve your spot on the December 11 shuttle (10am-1pm) click [HERE](#).

– WELLNESS WORKSHOPS AND GROUPS–

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.

Wellbeing Workshop *Too Stressed to Test: Managing Anxiety* Thursday, 11/30, 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 is a space for students to discuss the things that cause them anxiety, explore how it impacts their life, and receive support with coping skills.

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. No registration required. For a complete [list of topics](#), descriptions, and dates, visit [HERE](#).

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

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! Open to those who RSVPed in advance. Contact gradstudentlife@echo.rutgers.edu with any questions.

FLOW Weekly Workshop Friday, December 1 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

Learn more about Counselor Mei-ling Cheng [HERE!](#)

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.

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.

– PROFESSIONAL & PERSONAL DEVELOPMENT –

HAPPENING TODAY! Online Webinar - Resources for Teaching and Student Support: Responding to Needs During the Israel-Hamas War, Monday, November 27, 12-1 pm

Location: Zoom

Register [HERE!](#)

The panel presentation will provide faculty and TA/GAs with suggestions, skills, and tools for student support and teaching in light of the stresses caused by the ongoing conflict. Emphasis will be placed on specific tools and suggested actions instructors can take to support students and to think about pedagogical issues raised across many of our classes by the conflict's impact on US campuses and Rutgers in particular. Learn more about this webinar [HERE](#).

FREE Professional Development with LinkedIn Learning

All Rutgers graduate students have free access to LinkedIn Learning, an online professional development tool with thousands of video tutorials, courses, and training resources taught by industry experts. Click [HERE](#) to learn more about LinkedIn Learning and set up your free account through Rutgers University.

Weekly LinkedIn Learning Spotlight: *How to Engage Meaningfully in Allyship and Anti-Racism Learning Path*. In this LinkedIn Learning path curated by Rutgers University Equity and Inclusion (UEI), experts teach the foundational skills you need to be an effective ally and champion for antiracism within your organization: mindset, communication, and advocacy. You will learn to identify: bias, prejudice, discrimination, and oppression, to apply a framework that sparks a constructive dialogue about race, and to advocate for a more inclusive environment. Click [HERE](#) for more information or to access the learning path.

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](#).

LAST CALL! 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 the 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 & WORKSHOPS –

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.

REGISTER NOW! Rutgers Libraries Virtual Workshop for Systematic and Scopic Review Writers in the Social Sciences, Thursday December 7, 3-4:30 pm

Location: Virtual, attendance link will be sent to registrants via email.

Register [HERE!](#) Seats are limited!

Are you a social science graduate student or faculty member that is embarking on a systematic or scoping review project? Are you wondering how to begin writing your search strategy? This workshop is for you! Participants will engage with different search techniques, databases, and tools that will allow them to tackle a search strategy with confidence. This workshop is open to all graduate students at Rutgers University whether they are just starting their journey or are in the advanced stages of their research in the social and behavioral sciences. Contact Julia Maxwell at julia.maxwell@rutgers.edu with any questions.

STUDENT SERVICES AND SUPPORT

OFFICE OF DISABILITY SERVICES

Office of Disability Services Drop-In Hours – Wednesday, 11/29, 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

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](http://RutgersHillel.com)
- Rutgers Jewish Experience - [Home | Rutgers Jewish Xperience | Inspiring, educating, & empowering \(rutgersjx.com\)](http://RutgersJewishExperience.com)
- Center for Islamic Life at Rutgers – [Center for Islamic Life at Rutgers](http://CenterforIslamicLife.com)

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](#).