

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest – Week of November 6

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! Subscription [LINK!](#)

Featured Newsletters

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!](#)

EVENT REGISTRATION/RSVPs NOW OPEN!

RSVP ENDS TODAY (11/6) for APPETIZERS ON US! LGBTQIA+ Graduate Student Social @ Esquina Latina – Wednesday, November 8, 5-7pm

Location: Esquina Latina (25 Liberty St, New Brunswick, NJ 08901)

Register [HERE](#) by Monday, November 6 at 11:59 pm!

Appetizers on us! Join the Center for Social Justice Education & LGBT Communities and your fellow LGBTQIA+ graduate students for free appetizers and non-alcoholic beverages at Esquina Latina in New Brunswick. Come for the food, stay for the community! Appetizers and non-alcoholic beverages are limited, so please RSVP by 11:59pm on Monday, November 6. Any questions? Contact SJE via Instagram: [@rusjelgbt](#) or email at sje@echo.rutgers.edu.

Smart Careers Beyond the Academia: Workshops for Non-Academic Pathways (Virtual) – Tuesday, November 7, 1pm and Monday, November 13, 2pm

Location: Virtual, Register for Tuesday 11/7 @1pm [HERE](#); Monday 11/13 @2pm [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. Multiple sessions are planned to allow busy graduate students to attend; please join the most convenient session for you! 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.

GSA Coffee and Breakfast – Wednesday, November 8, 9 am-11 am

Location: Food Science Building, Room 102 (65 Dudley Rd, New Brunswick) Cook/Douglass Campus
RSVP [HERE!](#)

Join the GSA for coffee & breakfast in room 102 of the Food Science Building on Wednesday, Nov 8th to get your day started off on the right foot! The more, the merrier! Please RSVP in advance, we look forward to seeing you there! Contact events@gsa.rutgers.edu with any questions.

GSA Game Night – Thursday, November 9, 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.

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.

Libraries Workshop Series for Literature Reviews, Systematic or Scoping Reviews in Social Sciences

Workshop Title: So You're Writing a Social Science Systematic Review: An Overview of the Process

Date: Thursday, November 9, 3:00pm - 4:30 pm

Location: Zoom. Register at <https://libcal.rutgers.edu/event/10997593>

Are you a social science graduate student or faculty member that is considering writing a Scoping review? This workshop is for you! This workshop provides participants with valuable tools and resources to help them approach their projects with confidence. For more information, contact julia.maxwell@rutgers.edu. Sponsored by Rutgers-New Brunswick Libraries

Volunteer at Rutgers Gardens – Monday, November 13th, 9:30am-12pm

Location: Rutgers Gardens Student Farm
Register [HERE!](#)

This event is part of Hunger and Homelessness week (November 11th-18th) sponsored by the Office of Student Basic Needs: Off-Campus Living and Community Initiatives.

Sign up to Volunteer on November 13th to help harvest or clean up at Rutgers Gardens. Learn about harvesting their in-season vegetables or clean out plants for the season along with the Basic Needs Team at the Rutgers Student Farm. The Food Pantry receives donated fresh produce during the harvest season directly from the student farm to our students in need. Help us give back! Work may include navigating muddy or rocky surfaces, bending, and lifting, so please wear clothing and shoes that are able to get dirty. We will meet at 9:30am and Volunteer from 10am-12pm. Please indicate on the registration form if you need transportation to and from the Rutgers Gardens Student Farm.

Navigating Difficult Conversations About the Middle East Workshop (Virtual) – Wednesday, November 8, 12pm -1:30pm

Register in Advance [HERE!](#)

This workshop is hosted by Interfaith Philadelphia and utilizes a \$10-100 sliding scale program fee structure. Click [HERE](#) for guidance on determining the right fee for your circumstances.

Have you found that the unfolding Middle East crisis has left you wondering how to approach family, friends, and colleagues who are directly or indirectly impacted? Navigating Difficult Conversations is a

virtual workshop presented by Interfaith Philadelphia that can help you practice skills for engaging with sensitive and challenging topics. The goal of this workshop is to help you develop skills to bring empathy, understanding, and curiosity to conversations about the Middle East that you wish to have with others. Consider spending two hours sharing stories and learning tips for honest and authentic exchanges, whether at home or in the workplace! Learn more [HERE](#).

The SNAP Challenge – November 13-17th

Register [HERE!](#)

This event is part of Hunger and Homelessness week (November 11th-18th) sponsored by the Office of Student Basic Needs: Off-Campus Living and Community Initiatives.

The Snap challenge gives participants a view of the struggle to obtain adequate food that is faced by millions of low-income Americans. By living on the average SNAP benefit, challenge participants find themselves forced to make food shopping choices on a limited budget and learn how difficult it is to avoid hunger, afford nutritious foods and stay healthy. Students can only spend \$21 dollars from Nov 13-Nov 17 (\$4.20 per day). Participants who complete the challenge and survey will receive Food Pantry swag.

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

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

Register [HERE!](#)

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 11/14, 5pm, to get an additional 500 bonus points!

REPLENISH Tour & Windows of Understanding – Friday, November 17th 10:45am-12pm

Location: REPLENISH: East Brunswick (28 Kennedy Blvd Suite 850, East Brunswick)

Register [HERE](#) by Wednesday November 15

This event is part of Hunger and Homelessness week (November 11th-18th) sponsored by the Office of Student Basic Needs: Off-Campus Living and Community Initiatives.

REPLENISH is a collaboration of many partnerships working together to end hunger which helps support the Rutgers Food Pantry. Sign up to learn more about their food insecurity mural and tour their facility and find out how to get involved. All participants must register by 11.15.23. We will meet at the College Ave Student Center at 10:45am and visit REPLENISH from 11am-12pm. Transportation and light refreshments provided.

Academic Support

Graduate Writing Productivity Session, Thursday 11/9, 12 pm – 4 pm

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus
Hosted by the Office of [Graduate Student Life](#), the [Graduate Student Association](#), and the [Graduate Writing Program](#); this session is designed to boost your writing productivity and create a supportive environment for graduate students. Whether you're working on academic or professional writing projects, this write-in event is the perfect opportunity to sit down, focus, and be productive. English faculty members from the Graduate Writing Program, a support service offered in partnership with the

Learning Centers in the Office of the Provost, will be available for consultations to provide guidance and support. **RSVP [HERE](#)**. LUNCH AND REFRESHMENTS will be provided! Questions: gradstudentlife@echo.rutgers.edu

Virtual Graduate Workshop Series Presented by the Learning Centers!

These events are part of the Graduate Workshop Series presented by the Learning Centers

- Lit Review 101 (Virtual) – Tuesday 11/7, 6 pm - 7 pm. Location: Zoom (Register [HERE](#))
- Reading and Selecting Journal Articles – Wednesday 11/15, 4pm - 5pm. Register [HERE!](#)
- Getting Started with Research Writing Part 2 - The Revision Process – Wednesday 11/15, 6pm - 7pm. Register [HERE!](#)
- Unleash Your Productivity – Thursday 11/17, 11am - 12pm. Register [HERE!](#)

Email Lucille Leung at llu@echo.rutgers.edu with any questions.

STUDENT SUPPORT RESOURCES FOR STUDENTS IMPACTED BY THE CRISIS IN ISRAEL AND GAZA

The traumatic circumstances of the crisis in Israel and Gaza are impacting many members of the Rutgers community on a local, global, and personal level. Below is a list of support resources and services available to all Rutgers students. **Please review the resources Rutgers offers for [students](#) and [employees](#) who need emotional and mental health 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](#).

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/>

- 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.**

CAPS Community-Based Counseling -- Let's Talk Counseling Conversations

- Free Private and Confidential Drop-In Conversations. Available in-person or by 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

o, **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](#)

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.

- o **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](#).

Offices of the Dean of Students:

- **Advocacy, Outreach and Support**

- o Please email deanofstudents@echo.rutgers.edu or call (848)-932-2300 to connect with a staff member. Or email gradstudentlife@echo.rutgers.edu to set up an appointment with the Assistant Dean for Graduate Student Life.
- o Virtual drop-in-hours Monday-Thursday afternoons from 1:30pm-4:30pm (the link on the right hand side of website provides information on how to connect via drop-ins, scheduling and appointment, or for Absence and Verification Notices - <https://studentsupport.rutgers.edu>).

- **Off-Campus Living and Community Initiatives/Community Faith Based Supports**

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

EVENTS

He Said YES: An Intersectional Conversation on HIV, Healthy Relationships, and Love – Monday, November 6, 7 - 9pm

Location: Livingston Student Center Gathering Lounge (84 Joyce Kilmer Rd, Piscataway), Livingston Campus

Join the Center for Social Justice Education (SJE) for an engaging facilitated discussion with newly engaged couple John A. Gibson and Willy Chanes Martinez to talk about intersectional identities and navigating healthy HIV discussions while being grounded in love! Refreshments will be provided. For more information, click [HERE](#).

Rutgers CARES – Wednesday, November 8, 6-7:30 pm

Location: Honors College, Druskin (South) Lounge (5 Seminary Pl. New Brunswick) College Ave Campus
Rutgers CARES stands for “Creating Allies to provide Resources and Empower Survivors.” This program will give information on how trauma survivors can react after an assault as well as tools to effectively respond to friends who disclose and provide resources. You will also learn which resources you can access after you’ve interacted with a survivor. Hosted by the Office of Violence Prevention and Victim Assistance (VPVA) and the Honors College. Presented by Marjolein Zijdel, Manager of Student Involvement for VPVA. Contact Marjolein Zijdel at mzijdel@echo.rutgers.edu with any questions.

Throttle Down Thursday Wellbeing Workshop * Don’t Tip the Scale: Work Life Balance * Thursday 11/9 11-12 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

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. 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](#).

Graduate Student Yoga – Thursday, 11/9, 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.

Navigating Difficult Conversations Workshop: Holiday Edition (Virtual) – Wednesday, November 15, 12:00 pm - 1:30 pm

Register [HERE](#)!

This workshop is hosted by Interfaith Philadelphia and utilizes a \$10-100 sliding scale program fee structure. Click [HERE](#) for guidance on determining the right fee for your circumstances.

As families come together during the winter holidays, many wonder how to have difficult conversations regarding hot-button issues while preserving their relationships. In this training presented by Interfaith Philadelphia, participants will hone their skills for engaging in — and facilitating—interactions and discussions intended to deepen our understanding of one another, especially ‘when things get tough.’

Participants will practice listening deeply and staying present through difficult conversations. Learn more [HERE](#).

FLOW Weekly Workshop Friday, 11/10 1:00-2:30 pm

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

Register in Advance: <http://health.rutgers.edu/caps-wellness-series/>

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.

Friendship Fridays: Game Night, RU Global – Friday 11/10, 4-5pm

Location: Rutgers Global Main Office, (30 College Ave, New Brunswick), College Ave Campus

Friendship Fridays are open to all Rutgers students, both domestic and international, from 4:00-5:00 pm.

Each week, there will be a different theme where attendees can enjoy games, activities, and conversation - all while making new friends from around the world. This week, join us for fun and games! Feel free to bring your favorite game to share with others or play one of the many games we have on hand! For more info, click [HERE](#). Hosted by Rutgers Global. No registration required

Shopping Trip Sign-Up – International Students – Saturday November 11

Location: Shuttle pick-ups are from Bevier Road on Busch Campus & 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. For more information about the Shopping Shuttle Service, click [HERE](#). To reserve your spot on the November 11 shuttle (10am-1pm) click [HERE](#).

PERSONAL AND PROFESSIONAL DEVELOPMENT

Smart Careers Beyond the Academia: Workshops for Non-Academic Pathways (Virtual) – Tuesday, November 7, 1pm and Monday, November 13, 2pm

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Technology Transfer Trainee Program

Rutgers Office for Research is launching its 2023-2024 Technology Transfer Trainee Program. This Trainee Program is designed for postdocs and graduate students interested in pursuing careers in Intellectual

Property Law, Business Development, and/or Academic Technology Transfer. If you are interested, please review the program details, send your CV and a brief statement on the nature of your interest and fill out the form by Tuesday, 11/7: <https://go.rutgers.edu/TechTransferTrainee>. Send to: shemaila.sultana@rutgers.edu. The program will start on 11/13/2023 at 9 a.m.

STUDENT SERVICES AND SUPPORT

Office of Disability Services Drop-In – 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 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/>

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

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

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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.

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.

SAVE THE DATES: UPCOMING EVENTS

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

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 more about International Education Week and [HERE](#) to learn about Rutgers events for International Education Week.

Research Café – Wednesday, November 15, 3pm – 4pm Register [HERE](#)!

Location: the Hatchery Innovation Studio, Alexander Library (169 College Ave, New Brunswick), College Ave Campus. View the full presentation schedule [HERE](#). Contact Briana Bivens at bb770@grad.rutgers.edu with any questions.

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.

Navigating Difficult Conversations Workshop: Holiday Edition (Virtual) – Wednesday, November 15, 12:00 pm - 1:30 pm

Register [HERE](#)!

This workshop is hosted by Interfaith Philadelphia and utilizes a \$10-100 sliding scale program fee structure. Click [HERE](#) for guidance on determining the right fee for your circumstances.

As families come together during the winter holidays, many wonder how to have difficult conversations regarding hot-button issues while preserving their relationships. In this training presented by Interfaith Philadelphia, participants will hone their skills for engaging in — and facilitating—interactions and discussions intended to deepen our understanding of one another, especially ‘when things get tough.’ Participants will practice listening deeply and staying present through difficult conversations. Learn more [HERE](#).

November 11th – November 18th is Hunger and Homelessness Week 2023

These events are part of Hunger and Homelessness Week sponsored by the Office of Student Basic Needs: Off-Campus Living and Community Initiatives. Visit basicneeds.rutgers.edu for more information

- **The SNAP Challenge – November 13-17th**

Register [HERE!](#)

The Snap challenge gives participants a view of the struggle to obtain adequate food that is faced by millions of low-income Americans. By living on the average SNAP benefit, challenge participants find themselves forced to make food shopping choices on a limited budget and learn how difficult it is to avoid hunger, afford nutritious foods and stay healthy. Students can only spend \$21 dollars from Nov 13-Nov 17 (\$4.20 per day). Participants who complete the challenge and survey will receive Food Pantry swag.

- **Empty Plates Display – 11/11 to 11/18, All Day**

Location: College Avenue Student Center Atrium, (126 College Ave

The Office of Off-campus Living and Community Initiatives will display plates in the College Avenue Student Center Atrium. Stop by and view our display to increase awareness of hunger and food insecurity and give support to our fellow students!

- **Volunteer at Rutgers Gardens – Monday, November 13th, 9:30am-12pm**

Location: Rutgers Gardens Student Farm

Register [HERE!](#)

Sign up to Volunteer on November 13th to help harvest or clean up at Rutgers Gardens. Learn about harvesting their in-season vegetables or clean out plants for the season along with the Basic Needs Team at the Rutgers Student Farm. The Food Pantry receives donated fresh produce during the harvest season directly from the student farm to our students in need. Help us give back! Work may include navigating muddy or rocky surfaces, bending, and lifting, so please wear clothing and shoes that are able to get dirty. We will meet at 9:30am and Volunteer from 10am-12pm. Please indicate on the registration form if you need transportation to and from the Rutgers Gardens Student Farm.

- **The Food Dating Game, Tuesday, November 14th**

Location: Livingston Student Center (Tables)

Time: 11:30am-1:30pm

Visit the Basic Needs table and play our trivia game to win some prizes. Which of these food items and containers are still considered good to consume? What does a best-by date really mean? Stop by and receive a free cheat sheet to keep in your pantry!

- **Sock Collection for Elijah's promise with Sigma Phi Epsilon, Wednesday, November 15th**

Collect a pair of new socks and donate it at Sigma Phi Epsilon's sock drive collection location on campus. All sizes of socks are needed and if you can't make it to this table for collection, they can also be donated by the end of the week by contacting basicneeds@rutgers.edu to coordinate.

Location: College Avenue Student Center (Tabling)

Time: 2pm-4pm

- **Grocery Bingo, Thursday, November 16th**

Location: Busch Student Center MPR

Time: 11am-3pm

Get ready to shout "BINGO!" and win some amazing food-themed prizes at this fun-filled event. Our professional Bingo caller will guide you through multiple rounds of the classic game, and there will be plenty of opportunities to win big!

- **REPLENISH Tour & Windows of Understanding – Friday, November 17th 10:45am-12pm**

Location: REPLENISH: East Brunswick (28 Kennedy Blvd Suite 850, East Brunswick)

Register [HERE](#) by Wednesday November 15

REPLENISH is a collaboration of many partnerships working together to end hunger which helps support the Rutgers Food Pantry. Sign up to learn more about their food insecurity mural and tour their facility and find out how to get involved. All participants must register by 11.15.23.

We will meet at the College Ave Student Center at 10:45am and visit REPLENISH from 11am-12pm. Transportation and light refreshments provided.