

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest – Week of October 16

LEARNING CENTERS GRADUATE STUDENT WORKSHOP SERIES

Registration is open for the [Learning Centers' Graduate Workshop Series on Zoom!](#)

- **Getting Started with Research Writing - Part 1 (Drafting)**
Held on Zoom, Wednesday, 10/18, 6 - 7 pm. Register [HERE](#).
Wednesday's workshop will be the first of two research writing workshops for graduate students and will cover the drafting process. Questions? Email Lucille Leung at llu@echo.rutgers.edu
- **Unleash Your Productivity**
Held on Zoom, Thursday, 10/19, 4 - 5 pm. 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!

All Graduate Student Workshops hosted by the Learning Centers will be held online via zoom and are open to all students and free to attend. We're facilitating one cycle in October and one in November for each workshop. Zoom links will be sent one day before the workshop.

EVENTS

CLAC Graduate Student Social and Dinner, RSVP NOW Open!

Tuesday, October 24, 5:30 - 7:00 p.m.

Location: Center for Latino Arts and Culture's First Floor Conference Room, [172 College Avenue](#)
Meet Ghada Endick, Assistant Dean for Graduate Student Life and recent Latinx doctoral student graduates and engage in conversation and camaraderie about surviving and thriving as a Latine in graduate school. Share your graduate school experience, find community and support from fellow Latinx graduate students, and learn about resources to support your graduate student journey. **Free food is provided!** RSVP to secure your spot: [RSVP HERE](#). Hosted by the [Center for Latino Arts and Culture](#)

Self-Defense Workshop for Graduate Students, RSVP NOW OPEN!

Monday, October 23rd, 5:30-7:00 pm

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

Register in Advance: [HERE](#)

Come be a part of this interactive session hosted by the Rutgers University Police Department. This workshop will provide essential safety tips and techniques. Whether on or off campus, we aim to ensure you're equipped with the knowledge and skills to protect yourself.

Hosted by RUPD, Office of Student Involvement and Leadership, Office of Graduate Student Life

Here is a link to RSVP: <https://rutgers.campuslabs.com/engage/event/9479927>

How Financial Stress Impacts Student Success (Virtual)

Open to Graduate and Undergraduate students

Tuesday, October 17, 2-3 pm

Location: Zoom (Register in Advance [HERE](#))

Many Students experience stress and anxiety due to personal finances. In this workshop, we will discuss how there is a direct correlation between financial literacy and student success. Learn about the Scarlet \$ense Financial Literacy Program, a great resource that promotes financial literacy and provides a wealth of information on personal finance topics. Hosted by the Office of Financial Aid, Kendrick Myles, and Linda Salivarria. For a full list of workshops, visit: <http://health.rutgers.edu/caps-wellness-series/>

VPVA Workshop for Graduate Students + Dinner

Tuesday, October 17th, 4:00 - 5:15 pm

Location: Graduate Student Lounge AND via Zoom

Free Dinner included. [RSVP HERE](#) ASAP!

Professional relationships in academia are unique to other professional or corporate settings. The relationships between advisors and graduate students or among trainees are predicated on defined power dynamics. Navigating conflict among colleagues who often also feel like friends can be challenging. If you find yourself increasingly feeling that something is amiss in your workplace, avoiding interacting with colleagues, and feeling emotional unsafety – know that this is a common challenge faced by graduate students, and there are resources on campus available to help!

Learn how to navigate these challenges at our graduate student workshop facilitated by VPVA. VPVA is committed to creating a community free from violence, and they are a confidential resource that provides services to all Rutgers students. This event is co-sponsored by the Graduate Student Association and the Office of Graduate Student Life. Dinner will be provided for in-person participants. Please RSVP [HERE](#). Zoom link will be sent on the morning of 10/17. Email gradstudentlife@echo.rutgers.edu with any questions.

Research Café – Wednesday, October 18, 3:00 pm – 4:00 pm (Zoom or in-person options)

Location: In-person participation at the Hatchery Innovation Studio, Alexander Library, 169 College Ave. 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. Registration [LINK](#). To view the complete schedule of presentations, go to <https://grad.rutgers.edu/research-cafe>. Questions? Contact bb770@grad.rutgers.edu. Future Research Café dates: November 15 and December 13, and January 24, 2024

LGBTQIA+ Graduate Student Social: Halloween Craft Night

Wednesday, October 18, 5 p.m. - 6:30

Location: Graduate Student Lounge, 126 College Avenue

Free Food and Supplies Provided with [RSVP!](#)

Let's get into the Halloween spirit! Join other LGBTQIA+ graduate students at our relaxing Halloween Crafts event where we'll be making paper crafts in time for spooky season. This is an evening of creative expression in an affirming space of community and belonging. Free food and supplies will be guaranteed to those who RSVP. Check us out on Instagram [@RUSJELGBT](#) for more updates. See you there! Hosted by Center for Social Justice Education & LGBT Communities. [RSVP HERE!](#)

Why Grad School? Demand for Diversity in STEM

Wednesday, October 18, 7 - 8 pm

Location: Zoom

SGS is pleased to invite STEM graduate students to an exciting virtual info session to learn more about the GEM Fellowship Program. Attendees will receive guidance on applying for a fellowship, which provides not only funding but also paid internship opportunities at corporate and national laboratories.

Masters students considering a PhD and current PhD students in their 1st, 2nd, and 3rd years are eligible to apply for a GEM Fellowship. US citizenship or permanent residency is required. The info session will feature representatives from the National GEM Consortium and current GEM Graduate Fellows at Rutgers, who will discuss their experiences and answer questions.

GEM is committed to increasing the participation of underrepresented groups in graduate education and the workforce. If you want to attend the Zoom info session, email gradstudentlife@echo.rutgers.edu to receive a registration link. Learn more about GEM at <https://www.gemfellowship.org/>.

Throttle Down Thursday Wellbeing Workshop * Sense of Self Workshop

Thursday, October 19, 11-12 pm

Location: Graduate Student Lounge, 126 College Avenue

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

These workshops are part of the [Graduate Student Lounge Event Series](#) and will be held every Thursday from 11am -12pm.

These one-hour weekly workshops are hosted by Rutgers Student Health Community-Based Counselor Shan Reeves. 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](#).

Farmer's Market on College Ave

Thursday, October 19, 11am - 3 pm

Location: College Avenue Student Center on Morrell Street

Don't miss your chance to savor the flavors of the season! Mark your calendars for October 19th and 26th, and stop by the Farmers Market at the College Ave Student Center. The Farmers Market offers a variety of fresh produce, including crisp vegetables, juicy fruits, and vibrant fall flowers. It will be open from 11 am to 3 pm on both days. Questions? Email Amber Danku, adanku@echo.rutgers.edu

Graduate Student Association (GSA) Game Night

Wednesday, October 19th, 7 PM-8:30 PM

Location: Graduate Student Lounge, 126 College Avenue

Join us for a night of laughter, strategy, and camaraderie at our Board Games Night!

Whether you're a seasoned board game enthusiast or a curious beginner, this is your chance to relax,

unwind, and have fun. Grab your friends, bring your competitive spirit, and be prepared for an unforgettable evening of games, snacks, and good times. Don't miss out on the chance to make memories and forge new friendships over classic and modern board games! RSVP [HERE](#). Questions? Email Shawn, the GSA Business Manager, at help@gsa.rutgers.edu.

Psychology of Money Workshop (Virtual)

Thursday, October 19, 2-3 pm

Location: Zoom ([Register in Advance](#))

This workshop will strengthen your understanding of why we handle money the way we do, while receiving insightful information on how to budget, save, and invest. Let's discuss how having a better understanding of your psychology of money helps you better manage your financial wellness. Hosted by the Office of Financial Aid, Kendrick Myles, and Linda Salivarria. For a full list of workshops, visit:

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

Shopping Trip Sign-Up – International Students

Thursday, October 19, and Saturday, October 28

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.

To reserve your spot, visit the links below:

- [October 19, 5-8pm](#)
- [October 28, 5-8pm](#)

For More Information About the Shopping Shuttle Service: Visit [HERE](#)

Every Now and Zen: Yoga, Meditation, and Making Connections – Thursday, 10/19, 5:30 – 6:30

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

Graduate Student Lounge, 126 College Avenue 5:30 - 6:30 pm

Take a pause from your busy week to practice Yoga and relax your mind and body. Hosted by Rutgers Recreation and Office of Graduate Student Life. No Registration Needed. Yoga mats and blocks are provided. Questions? gradstudentlife@echo.rutgers.edu

FLOW Weekly Workshop

Every Friday, 1:00-2:30 pm

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

Register in Advance: [HERE](#)

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. For a full list of workshops, visit: <http://health.rutgers.edu/caps-wellness-series/>

GET INVOLVED (personal and professional development)

Graduate Student Affinity Groups: Call for Graduate Student Facilitators

Last Virtual Info Session 10/25, 12:00 -12:30. SIGN UP [HERE](#)

Interested in connecting with peers around shared social identities or life experiences while developing your facilitation skills? Apply NOW to be a Graduate Student Affinity Group Facilitator!

The School of Graduate Studies and the Office of Graduate Student Life (OGSL) in the Division of Student Affairs invite proposals from individual graduate students or graduate student teams at Rutgers interested in creating and facilitating discussion-based graduate student affinity groups organized around shared social identities, characteristics, or life experiences. Open to all students in any graduate program at Rutgers-New Brunswick.

We are seeking groups to increase social support among underrepresented graduate students by creating intentional spaces and opportunities for connection and conversation to discuss challenging issues, share resource navigation strategies, and provide personal and career development support. This is an opportunity for you to partner with like-minded peers to promote an inclusive culture across all the Rutgers-NB graduate schools and all academic programs. Groups will run for Spring 2024 and Fall 2024. To review application details, program overview, and virtual info sessions for prospective applicants, visit <http://go.rutgers.edu/gradaffinity> for more information.

For best consideration, please apply by October 29

Questions? Please contact Briana Bivens at briana.bivens@rutgers.edu and Ghada Endick at gendick@echo.rutgers.edu.

STUDENT SERVICES AND SUPPORT

Office of Disability Services Drop-In - Wednesday, 10/12, 2-4 pm

These drop-in sessions are part of the Graduate Student Lounge Event Series and will be offered every Wednesday from 2-4 pm

Location: 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. For an overview of services visit [HERE](#).

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

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

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

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

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

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

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

You can see Shan on Mondays 2 PM - 4 PM at 5 Seminary Pl (Honors College), Room E125, and Fridays 10 AM - 12 PM at 15 Seminary Pl (Academic Building) West Building, Room 5050. First-come, first-serve basis. Walk-ins are welcomed, but appointments can be made. If you want to schedule an appointment for Let's Talk, call 848-932-7884, option 2.

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

Group Therapy Options for Graduate Students* Fall 2023

Being a member of a group allows you to interact with peers who are not part of your everyday life. These interactions, along with those of the therapist, can give you helpful feedback that you may not get from friends or family. Group is also a safe environment where you can safely try different ways of interacting with others. Groups are offered for students struggling with anxiety (including social anxiety), depression, emotional regulation, eating issues, grief and loss, sexual identity, and general interpersonal issues for both undergraduate and graduate students. For a complete listing of group therapy options to meet your needs, visit [HERE](#).

Upcoming Events

Self-Defense Workshop for Graduate Students

Monday, October 23rd, 5:30-7:00 pm

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

Register in Advance: [HERE](#)

Come be a part of this interactive session hosted by the Rutgers University Police Department. This workshop will provide essential safety tips and techniques. Whether on or off campus, we aim to ensure you're equipped with the knowledge and skills to protect yourself.

Hosted by RUPD, Office of Student Involvement and Leadership, Office of Graduate Student Life

Here is a link to RSVP: <https://rutgers.campuslabs.com/engage/event/9479927>

Graduate Workshop Series: Lit Review 101

Monday, October 23, 3 pm - 4 pm.

Location: Zoom. Register [HERE](#).

Register now for the [Learning Centers](#)' Graduate Workshop Series on Zoom! Email Lucille Leung at llu@echo.rutgers.edu with any questions!

GRADient In-Person Welcome Meeting and Game Night!

Monday, October 23, 6:30-7:30 pm

Location: Graduate Student Lounge on College Avenue

Join the Rutgers GRADient Graduate Student Organization for an exciting and inclusive event: the "In-Person Welcome Meeting and Games Night!" This event is scheduled for Monday, October 23, from 6:30 PM to 7:30 PM, and it will take place in the Graduate Student Lounge on College Avenue. This gathering marks our first in-person meeting of the semester, and we're thrilled to welcome you to an evening of connection and fun. If you're an LGBTQIA+ graduate student at Rutgers, this is the perfect opportunity to meet other like-minded individuals, engage in meaningful conversations about the graduate student experience at Rutgers, and unwind with some board games and delicious pizza. **To learn more about and register for this event, please visit [HERE](#).**

CLAC Graduate Student Social and Dinner RSVP Open!

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

Center for Latino Arts and Culture's First Floor Conference Room, [172 College Avenue](#)

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

INFO SESSION: Graduate Student Affinity Groups: Call for Graduate Student Facilitators

Wednesday, 10/25, 12:00 - 12:30 pm

Drop In Zoom session, click [HERE](#).

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

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

Dealing with Brain Fog: Yes, it's a Real Thing! Wellness Workshop (Virtual)

Wednesday, October 25, 4-5 pm

Location: Zoom (Join [Zoom HERE](#))

This workshop will answer questions about brain fog and strategies to support coping with it. Hosted by Lucille Leung and Sarah Kravits from the Learning Centers in collaboration with the Office of Disability Services and CAPS. Email Lucille Leung at llu@echo.rutgers.edu with any questions!

Farmer's Market on College Avenue Student Center on Morrell Street, - 10/26, 11 - 3 p.m.

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Every Now and Zen: Yoga, Meditation, and Making Connections – Thursday, 10/26, 5:30 – 6:30

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

GSA Halloween Party

Friday, October 27, 6-10 pm

Location: Great Hall, 675 Hoes Lane, Busch Campus

Get set to let out your inner werewolf and groove with the ghosts because our Halloween bash has arrived! Come for a night filled with creepy delights, ghostly snacks, and haunting tunes.

Questions? Email GSA Business Manager at help@gsa.rutgers.edu. RSVP [HERE](#)

FLOW Weekly Workshop

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To reserve your spot, visit the links below:

- [October 19, 5-8pm](#)
- [October 28, 5-8pm](#)

For More Information About the Shopping Shuttle Service: Visit [HERE](#) or call the Rutgers Global Office of International Student and Scholar Services at (848)-932-7015

Writing Productivity Session

Thursday, November 9, 12-4 pm

Location: Graduate Student Lounge, 126 College Avenue

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. Lunch and refreshments will also be included! RSVP now [here](#) or reach out to us at gradstudentlife@echo.rutgers.edu for more information.

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!](#)



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Offices of the Dean of Students
Graduate Student Life

*Persons with disabilities who anticipate needing accommodations or who have questions about physical access may contact gradstudentlife@echo.rutgers.edu in advance of the program