

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest – Week of October 23

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!](#)

Academic Support

Graduate Workshop Series: Lit Review 101 - Monday, 10/23, 3 - 4 pm.

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

Register for the [Learning Centers'](#) Graduate Workshop Series on Zoom! Monday's workshop will be on literature review for graduate students. Email Lucille Leung at llu@echo.rutgers.edu with any questions!

Writing Productivity Session - Thursday, November 9, 12-4 pm REGISTRATION OPEN!

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus.
RSVP [here](#)

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! Questions, please email: gradstudentlife@echo.rutgers.edu

GET INVOLVED (personal and professional development)

INFO SESSION: Graduate Student Affinity Groups: Call for Graduate Student Facilitators - Wednesday, 10/25, 12:00 - 12:30 pm

Location: Zoom (Drop In session), Join [HERE](#).

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, backgrounds, or life experiences. To review application details, program overview, and virtual info sessions for prospective applicants, visit <http://go.rutgers.edu/gradaffinity>.

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.

First Generation Graduate Student Gatherings (in person and Zoom options) Friday 10/27

- First-Gen Fuel Up Friday (in person), 9 am - 11 am * Free Breakfast
- First-Gen Fuel Up Friday (Zoom), 12:30 pm - 1:30 pm

In person Location: Graduate Student Lounge, 126 College Ave

Attention First-gen Graduate and Professional students! Join the Office of Graduate Student Life for a breakfast gathering (bagels, coffee, and juice) to engage in conversation and camaraderie about thriving as a first-generation graduate student. Share your graduate school experience and find community and support from fellow first-generation graduate students. Please RSVP so we can plan accordingly for food.

For the Zoom option, bring your lunch to the meeting. A link will be sent the day before.

For questions, please email gradstudentlife@echo.rutgers.edu. RSVP Link: <https://go.rutgers.edu/fuelup>

Virtual Career and Internship Fair for Graduate Students by Rutgers Career Exploration and Success Friday, October 27 from 12-3pm

Location: on Zoom, Login and Register [HERE](#)

The Office of Career Exploration and Success (CES) invites you to the Rutgers Virtual Career and Internship Fair for Master's & Doctoral Program Students. Actively recruiting employers will be available to virtually network with candidates to discuss full-time, part-time, and internship opportunities, including in-person, virtual, or hybrid roles. For more information about the fair and to schedule one-on-one conversations with employers, visit [THIS LINK](#). Please contact the CES Industry and Student Connections Team with any questions by email at careerfairs@echo.rutgers.edu or phone at 848-445-7287.

International Students: Signature Career Event, Monday 11/6, 5 pm - 8:30 pm

Registration closes 10/30. Sign up NOW! FREE EVENT

Location: Busch Student Center, Multipurpose Room

If you're an international student interested in finding an internship or job in the United States, this event is for you! You will learn how the Office of Career Exploration and Student Success and Rutgers Global support you, the resources available, and employment options on F1 or J1 student visas. In an interactive session, you'll have the opportunity to learn networking etiquette and personal branding, or if you're already comfortable with networking, attend a session that will equip you with strategies and language to tackle questions about visa statuses & employment. You pick the session you'd like to attend! During the catered dinner, you'll hear from Rutgers International Student alumni from various disciplines who secured positions in the United States and how they did it! Not only will attendance give you the competitive edge, but it also earns you FOUR stamps toward the #Rutgersworks Free Tuition Challenge. Questions? Email: careers@echo.rutgers.edu

Key Highlights:

- **Beyond OPT: Visas After Graduation Session with Klasko Immigration Law Partners, LLP**
- Developing Your Personal Brand and Networking OR Honing in Your Visa Status Elevator Pitch
- Panel of International Student Alumni
- Professional Padfolio

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 available to all Rutgers students.

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)

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](#)**
 - o 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.**

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](#).

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

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 have the knowledge and skills to protect yourself.

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

RSVP: <https://rutgers.campuslabs.com/engage/event/9479927>

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

Meet the Assistant Dean for Graduate Student Life, 10/24, 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 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](#)

Farmer's Market outside the College Avenue Student Center - 10/26, 11 - 3 p.m.

Location: on Morrell Street

Don't miss your chance to savor the flavors of the season! Mark your calendars for October 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. Questions? Email Amber Danku, adanku@echo.rutgers.edu

**Unmasking Your Potential: Conquering Imposter Syndrome in Graduate School Workshop
Thursday, October 26, 4:30-5:30 pm**

Location: Hickman Hall 6th Floor Roberta Sigel Lounge (Room 612), Douglas Campus

Join CAPS Community Based Counselor Dana Simons and Assistant Dean for Graduate Student Life Ghada Endick for a transformative career workshop designed exclusively for graduate students.

Imposter syndrome can be a common and crippling obstacle to academic and professional success. This workshop will provide the tools and strategies to overcome self-doubt, build confidence, and unlock your true potential. Hosted by the M.A. Program in Political Science - United Nations and Global Policy Studies. Email dilafuz.nazarova@rutgers.edu with any questions. **RSVP [HERE!](#)**

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

Wednesday, October 25, 4-5 pm

Location: Zoom (Join [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.

**Throttle Down Thursday Wellbeing Workshop * [Too Stressed to Test: Managing Anxiety](#) * Thursday
10/26, 11-12 pm**

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

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

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 Graduate Wellness Workshops by our graduate student community-based counselors, [download this flyer](#).

Every Now and Zen: Yoga, Meditation, and Making Connections – Thursday, 10/26 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. Hosted by Rutgers Recreation and Office of Graduate Student Life. No Registration Needed. Yoga mats and blocks are provided.

FLOW Weekly Workshop - Friday 10/27, 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.

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](#)

Shopping Trip Sign-Up – International Students Saturday, October 28 and Thursday, November 2

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 28, 5-8pm](#)
- [November 2, 5-8pm](#)

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

STUDENT SERVICES AND SUPPORT

Office of Disability Services Drop-In - Wednesday, 10/25, 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/>

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 Monday, 10/9 and Friday, 10/13, College Avenue Campus (Every Monday and Fridays in the Fall Semester)

Let's Talk are FREE private and confidential drop-in conversations with Shan Reeves, a CAPS counselor who understands what graduate students are struggling with and can help you deal with stress. They are held on Mondays and Fridays in person. 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. They are on a 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. To see other Let's Talk options, visit: <http://health.rutgers.edu/medical-counseling-services/counseling/therapy/community-based-counseling/>

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, <http://health.rutgers.edu/medical-counseling-services/counseling/therapy/>

Graduate Group Sessions (grad students only) - Fridays, 1:00-2:30 pm

Location: Offered In-Person on the College Ave Campus

This graduate group aims to provide a safe space and supportive setting for members. Its goal is to help participants gain a better understanding of themselves and their relationship with others, particularly in the context of the graduate school experience. Students will have the opportunity to explore and share issues, concerns, and feelings they may have. Topics may include, among others, social adjustment and loneliness, romantic relationships, handling conflicts with peers and professors, feelings of inadequacy, assertiveness, stress management and balancing family life and academics. 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.

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. Questions? gradstudentlife@echo.rutgers.edu 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.

Upcoming Events:

Working through Anger, Resentment, and Conflict - Wednesday, November 1st, 2:00 pm

Location: 675 Hoes Lane West, RWJMS Research Tower, Dean's Conference Room 123, Busch Campus
Join Dana, along with your peers as we discuss techniques and strategies to address conflict and let go of resentment. We will talk about anger as a healthy emotion and discuss various ways we can express and discharge angry feelings in a productive way. Presented by CAPS Community-Based Counselor Dana Simons. Free Snacks Provided! Email gradstudentlife@echo.rutgers.edu with any questions.

Shopping Trip Sign-Up – International Students Thursday, November 2

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 28, 5-8pm](#)
- [November 2, 5-8pm](#)

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

Every Now and Zen: Yoga, Meditation, and Making Connections – Thursday, 11/2, 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. Hosted by Rutgers Recreation and Office of Graduate Student Life. No Registration Needed. Yoga mats and blocks are provided.

Nurturing Inclusive Communities Workshop (Virtual) - Friday 11/3, 11 a.m. - 12 p.m.

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

This workshop will address ways to create, foster, and contribute to an inclusive campus community. Hosted by CAPS Community Based Counselors Kia Alexander and Wil Vargas.

FLOW Weekly Workshop FRIDAYS 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/>

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 Friday, Coffee and Conversation, RU Global, Friday 11/3, 4 p.m. - 5 p.m.

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), 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 to meet other students, relax, and enjoy a cup of coffee and some snacks! For more info, click [HERE](#). Hosted by Rutgers Global. No registration required