

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest – Week of October 30

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 Writing Productivity Session, Thursday 11/9, 12 pm – 4 pm REGISTRATION OPEN!!

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

GET INVOLVED (personal and professional development)

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

REGISTRATION CLOSES TODAY MONDAY, 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

GRADUATE STUDENT AFFINITY GROUPS: CALL FOR GRADUATE STUDENT FACILITATORS

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.

Priority consideration was 10/29. We will continue to take applications until Friday, November 3rd Noon.

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

EMPLOYMENT OPPORTUNITY! ODS HIRING PROCTORS – Apply by November 9

The Office of Disability Services (ODS) is hiring graduate students as proctors to administer exams to undergraduate students. ODS works collaboratively with students, faculty, and staff in order to provide guidance, support, resources, and academic accommodations to ensure equal opportunity and access. By working as a proctor with ODS, you will gain excellent professional experience while improving time management skills, self-discipline, and responsibility. To apply as a proctor or learn more information, click [HERE](#) before November 9. Questions? Please call 848-445-4477 or email Bethsaida Perez at beth.perez@rutgers.edu.

Explore Graduate Student Organizations (GSOs)!

Explore the official directory of Graduate Student Organizations (GSOs) recognized by the Graduate Student Association (GSA) and discover graduate involvement opportunities on campus. GSOs are a fantastic way to meet other graduate students and participate in campus activities. Connect to GSOs through the directory by pressing the “+” by their name and signing up for their getINVOLVED list so you never miss an upcoming event! Find the GSO directory [HERE](#).

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](#)**

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

Working through Anger, Resentment, and Conflict Wellness Workshop – Wednesday, November 1st, 2:00pm

Location: RWJMS Research Tower, Dean's Conference Room 123 (675 Hoes Lane West) Busch Campus
Join CAPS Community-Based Counselor Dana Simons, and your peers to 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.

Throttle Down Thursday Wellbeing Workshop * Who Aim I? Knowing Why You Belong * Thursday 11/2 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](#).

Shopping Trip Sign-Up – International Students

Thursday, November 2 and 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.

To reserve your spot, visit the links below:

- [November 2, 5-8pm](#)
- [November 11, 10am-1pm](#)

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

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. 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.**

COMING SOON: Peer-to-Peer Mental Health Support with TogetherAll

Introducing TogetherAll, free online peer-to-peer mental health support community coming October 2023. TogetherAll will offer 24/7 online community support groups through the TogetherAll app, along with access to self-help courses and assessments covering a range of topics such as anxiety, depression, and sleep struggles. Community support groups are chosen based on user preferences and monitored by licensed, registered mental health practitioners to ensure the safety and anonymity of all members. We will continue to provide information on TogetherAll as updates become available. Feel free to reach out to gradstudentlife@echo.rutgers.edu with any questions.

“Let’s Talk” Sessions Monday, 10/30, Thursday, 11/2, and Friday, 11/3, Busch Campus & College Avenue Campus

(Every Monday, Thursday, and Friday in the Fall Semester)

Locations: Busch Campus: Center for Advanced Biotechnology and Medicine (CABM Room 240, 679 Hoes Lane W, Piscataway)

College Ave Campus: Honors College (Room E125, 5 Seminary Place, New Brunswick) & Academic Building West (Room 5050, 15 Seminary Place, New Brunswick)

“Let’s Talk” sessions are FREE, **individual**, informal, confidential, conversations with CAPS counselors. Experienced CAPS Community Based Counselors Dana Simons as 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. 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.

Upcoming Events:

Understanding and Managing Anxiety, Stress, and Emotional Regulation Workshop (Virtual) – Monday, November 6, 1 - 2pm

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

This workshop will give an overview of emotional and biological mechanisms of anxiety, and share skills for managing stress and regulating emotions. Hosted by CAPS Community Based Counselors Reyna Dowling and Mei-ling Cheng. Contact gradstudentlife@echo.rutgers.edu with any questions.

Graduate Workshop Series: Lit Review 101 (Virtual) – Tuesday 11/7, 6 pm - 7 pm.

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

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

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.

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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](#).

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 peer