

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest – Week of October 9

LEARNING CENTERS GRADUATE STUDENT WORKSHOP SERIES

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

- **Reading and Selecting Journal Articles**

Held on Zoom, Friday, 10/13, 2 - 3 pm. Register [HERE](#).

Register for the [Learning Centers'](#) Graduate Workshop Series on Zoom! Friday's workshop will cover reading and selecting journal articles for graduate students. Questions? Email Lucille Leung at llu@echo.rutgers.edu. Hosted by Rutgers Learning Centers.

- **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 workshops will be held online/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

October Disability Awareness Month

Join us in a month-long celebration of Disability Awareness this October! Disabilities take many shapes, some visible, some not. Disability Awareness Month at Rutgers is our collective chance to shed light on these diverse experiences, foster awareness, and foster a deeper understanding of the disability community. Join us in celebrating diversity, fostering inclusivity, and recognizing the unique contributions of our disabled community members. Discover many exciting upcoming events dedicated to Disability Awareness Month by visiting the [Events Calendar](#). For more information on the month, visit [HERE](#).

Every Now and Zen: Yoga, Meditation, and Making Connections – Thursday, 10/12 5:30 – 6:30

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

This event is part of the [Graduate Student Lounge Event Series](#) and will be held every Thursday.

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.

Hold the Date! LGBTQIA+ Graduate Student Social: Halloween Craft Night, Wednesday, 10/18, 5 p.m. - 6:30

Details coming out this week, if interested drop an email to gradstudentlife@echo.rutgers.edu and we will forward you details for RSVP. Hosted by Center for Social Justice Education & LGBT Communities

Rutgers vs Michigan State Tickets, Saturday, October 14th, 12 pm

Join Rutgers Football to celebrate Homecoming and Family Weekend on Saturday, October 14, as the Scarlet Knights take on the Michigan State Spartans! \$20 tickets will be available until game day (or until the game is sold out). Purchase [HERE](#)

Rutgers Homecoming and Family Weekend Activities

Check out these fun and **FREE** events to attend this week:

- **Annual Homecoming Charity Bed Races**, Thursday 10/12, 9 pm, Sicard Street, New Brunswick (behind College Avenue Student Center). Teams of students race down Sicard Street for a chance to win highly coveted trophies and programming funds. Exhilarating and fun to watch!
- **Rutgers Zone**, Friday 10/13, 5 pm - 8 pm, Livingston Student Center
Stop by the [Rutgers Zone](#) in the Livingston Student Center to meet and mingle with other Rutgers families and students, play your favorite video games for free, and purchase snacks.
- **Late Knight: Homecoming** (Morrell Street) - Saturday, October 14, 9 pm to 12 am, we'll see you on Morrell Street (next to the College Avenue Student Center) for a night featuring a DJ and dancing, a photo booth, food, and more!
- **University Glee Club: Rutgers Sings!** Saturday, 10/14, 8 pm - 9 pm
[Kirkpatrick Chapel, 81 Somerset Street, New Brunswick.](#) Come and get a chance to hear and sing your favorite Rutgers songs.
- **Zimmerli Art Together Family Programming**, 1 pm - 3 pm, Zimmerli Art Museum, New Brunswick
[Art Together](#) is the Zimmerli's FREE drop-in family art workshop series. This month, we are exploring our new special exhibition, [The Brodsky Center at Rutgers University: Three Decades, 1986-2017](#), by experimenting with several types of printmaking. We will set up several stations so you can try various techniques. Be prepared to get a little messy! While your prints are drying, you can check out the exhibition. [Learn more.](#)

For a full list of Homecoming activities, visit: <https://www.rutgers.edu/event/homecoming-2023>

Local Events and Happenings. Check out the Campus & Community Newsletter

Stay informed with Campus & Community, a free monthly newsletter featuring events and programs in the university and New Brunswick area. You will find local events, programs, and community offerings such as live music and performances, children's activities, food markets, new business openings, and more. Join the mailing list [HERE](#)

WORKSHOPS

Many workshops require advance registration.

Sexy and Mandatory: Consent Workshop (Virtual), Tuesday, October 10th, 6-7 pm

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

This program will explore the definition of consent, how we give and receive consent in sexual situations, and will address the dynamics of sexual violence in our community. Participants will have the opportunity to explore the components of consent in their own relationships. Hosted by the Office of Violence Prevention and Victim Assistance (VPVA) and VPVA Victims of Crimes Act Educator Jonel Vilches.

**Perfectly Imperfect: Perfectionism vs. Healthy Striving and Self-Compassion Workshop
Thursday, October 12, 12:30-1:30 pm**

Location: Business School North Tower, Room 5008 (100 Rockefeller Rd., Livingston Campus)

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

This workshop will address challenges related to perfectionism and how to cultivate healthy striving and self-compassion. Presented by CAPS Community Based Counselors Dana Simmons and Jess Trusiani.

**Throttle Down Thursday Wellbeing Workshop * Don't Tip the Scale: Work-Life Balance, Thursday
10/12**

11-12 pm. No Registration is required; just stop by.

Location: Graduate Student Lounge, 126 College Avenue. No Registration is Required; just stop by
This workshop will offer ways to create life balance amid academic responsibility, including the Dimensions of Wellness and using the dimensions to recognize where they have strengths.

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. For a complete [list of topics](#), descriptions, and dates, visit [HERE](#).

**Self-Defense and Personal Safety Training for Women, Monday, October 16, 5:30-7:00 pm
Open to Graduate and Undergraduate Students. REGISTRATION OPEN**

Location: College Ave Gym Dance Studio, Lower Level (130 College Ave., College Ave Campus)

Register [HERE](#) in Advance

Join RUPD for an entry-level assault defense course that requires no previous martial arts training. We will discuss situational awareness, and the impact awareness has on you and a potential assailant. Since physical force is a last resort, we will discuss alternative means to de-escalate a situation by confronting an attacker or diffusing a situation. Once a situation becomes physical, the goal is to get away from the threat as quickly and efficiently as possible. Come out and join RUPD for some tactical training tools that will help you protect yourself if you ever become a victim of an attack. Hosted by RUPD and Recreation.

**Time Management and Life Balance Workshop, Monday, October 16th, 3:30 pm
Open to Graduate and Undergraduate Students. No Registration required**

Let's share what it is like to manage a busy schedule. How do we juggle academic assignments, lab, and coursework, maintaining a social life, getting enough sleep, eating well, exercising, etc.

How do we balance taking out time for ourselves and being a supportive friend or family member? Let's talk about strategies for managing and prioritizing our busy schedules.

675 Hoes Lane West, RWJMS Research Tower, Deans Conference Room 123, Busch Campus

FREE SNACKS PROVIDED

VPVA Workshop for Graduate Students, Tuesday, October 17th * Graduate Student Lounge AND via Zoom 4:00 - 5:15 pm. Register [NOW](#). Free Dinner included

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](#)

**How Financial Stress Impacts Student Success Workshop (Virtual), Tuesday, October 17, 2-3 pm
Open to Graduate and Undergraduate**

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

FLOW Weekly Workshop, Friday 10/13, 1pm - 2:30pm

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

(Held Every Friday, 1:00-2:30 pm)

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.

Get Involved

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

Zoom Info session on Tuesday, 10/10, 6 pm - 6:30 pm. No sign-up is required, Click [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. 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 peers to promote an inclusive culture across all the Rutgers-NB graduate schools and all academic programs. Groups will run during the Spring 2024 and Fall 2024 semesters. 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.

Student Services and Support

Office of Disability Services Drop-In Hours - 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.

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

CAPS: 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 PI (Honors College), Room E125, and Fridays 10 AM - 12 PM at 15 Seminary PI (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 [HERE](#).

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.**

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 (In Person, CAC)

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

Fridays, 11:00-12:30 pm (Virtual)

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.

Upcoming Events

Research Café – Wednesday, October 18, 3:00pm – 4:00 pm

Registration [LINK](#).

Research Café is a monthly (every third Wednesday) gathering place for graduate students across disciplinary areas to share their research and benefit from peer feedback and support in a friendly, low-stakes setting. Please register in advance to attend in person or on Zoom. To view the complete schedule of presentations, go to <https://grad.rutgers.edu/research-cafe>. In-person participation will be at the Hatchery Innovation Studio in the Alexander Library at 169 College Ave. Questions? Contact bb770@grad.rutgers.edu. Future dates: November 15 and December 13, and January 24, 2024

Community Engagement for Grad Students

Ethical Community Engagement Workshop * Wednesday, October 18, 11:00 - 1:00pm

Location: In-person and virtual options. In Person: Hatchery Innovation Studio

In this interactive workshop facilitated by the Collaborative Center for Community Engagement, graduate students will learn theories and strategies for ethical, equitable community engagement. Lunch will be provided for in-person attendees, and a virtual participation option is available. Sign up to attend in person or on Zoom. Visit [HERE](#). Questions? Contact Briana Bivens at briana.bivens@rutgers.edu, Brian Kurisky at brian.kurisky@rutgers.edu, or Claudio Mir at isnard@odi.rutgers.edu.

Farmer's Market on College Ave - 10/19, 10/26, 11 - 3 p.m.

Don't miss your chance to savor the flavors of the season! Mark your calendars for October 19th and 26th, and be sure to 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.

Graduate Student Only: Throttle Down Thursday Wellbeing Workshop * Sense of Self Workshop * Thursday 10/19, 11-12 pm. No Registration is required, just stop by

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.

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](#).

**Psychology of Money Workshop (Virtual), Thursday, October 19 2-3 pm
Open to Graduate and Undergraduate Students**

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

Graduate Student Association (GSA) Game Night for Graduate Students Thursday, October 19th, 7 PM-8:30 PM

Location: Graduate Student Lounge, 126 College Avenue. Game nights will be held once a month.

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

CLAC Graduate Student Social

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 Office of Graduate Student Life and the [Center for Latino Arts and Culture](#)



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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