

## Graduate Student Life Weekly Digest

### Graduate Student Life Weekly Digest Week of March 31, 2025

#### Welcome to the Graduate Student Life Weekly Digest!

This weekly digest serves as official communication from the Office of Graduate Student Life and keeps you up-to-date on events, opportunities, campus resources and support services for graduate students at Rutgers-New Brunswick! Share with your friends and tell them to subscribe [HERE](#)! You can contact the Office of Graduate Student Life by emailing [gradstudentlife@echo.rutgers.edu](mailto:gradstudentlife@echo.rutgers.edu) or visiting our offices during the week in the Graduate Student Lounge (126 College Ave, behind Panera Bread). Click [HERE](#) for information about staff office hours.

The Graduate Student Lounge is open from 6:45am-12:00am Mondays-Fridays and 9:00am-12:00am Saturdays and Sundays. Click [HERE](#) to view the current daily hours for the College Ave Student Center (includes Graduate Student Lounge). Learn more about the Office of Graduate Student Life by visiting our website [HERE](#)!

#### ANNOUNCEMENTS

##### **This Week is Graduate and Professional Student Appreciation Week!**

Graduate and Professional Student Appreciation Week (March 31-April 4) is a recognition and celebration of the excellence and outstanding contributions and accomplishments of YOU, our graduate and professional students! The Office of Graduate Student Life is collaborating with partners across the university to host a variety of programs from March 29-April 12 that show appreciation for our graduate and professional students. Click [HERE](#) to view the 2025 schedule of Graduate and Professional Student Appreciation Week programs.

##### **Thank-A-Grad for Graduate and Professional Student Appreciation Week!**

Thank-A-Grad is an initiative organized by the Office of Graduate Student Life in the Division of Student Affairs during Graduate and Professional Student Appreciation Week. From March 31 to April 4, faculty, staff, and students from across Rutgers-New Brunswick are invited to submit letters of gratitude to recognize the outstanding graduate and professional students in their lives. Click [HERE](#) to recognize an outstanding graduate or professional student in your life with a Thank-A-Grad message during Graduate and Professional Student Appreciation Week 2025!

### **Complete a Rutgers Learning Centers Survey for a Chance to Win Gift Cards!**

The Rutgers Learning Centers is conducting a short survey to gather insights into graduate student preferences for workshops and services. Entry to a raffle drawing for a \$50 B&N gift card, a \$40 B&N gift card, and a \$25 B&N gift card will be available at the end of the survey. Graduate student input will play a crucial role in shaping these programs, ensuring that they align with your academic and professional development goals, and fostering greater sense of community and belonging among Rutgers graduate students. Students will need to be logged into their Rutgers account to access the survey. Click [HERE](#) to fill out the survey by Friday, April 25.

### **Join the Rutgers Recreation Step Challenge!**

Join the Rutgers Recreation Step Challenge from March 31 to April 13 for a chance to win great prizes including Amazon gift cards, start-up personal training, and massage appointments! Click [HERE](#) to learn more and register for the Rutgers Recreation Step Challenge!

## **– GET INVOLVED –**

### **Explore Involvement in 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. Find the GSO directory [HERE](#).

### **Introducing RCommunity– A New Way to Get Involved!**

The Student Volunteer Engagement Office is excited to introduce RCommunity, an online platform that assists students in finding local community service opportunities. The Student Volunteer Engagement Office is offering information sessions so students can learn more about this platform. Click [HERE](#) to request a training session on RCommunity.

### **1:1 Coaching Sessions for Volunteer Engagement**

#### **Schedule a 1:1 Coaching Session [HERE](#)**

Graduate students looking for ways to volunteer in the community should consider scheduling a 1:1 coaching session with the Office of Student Volunteer Engagement to kick-start their volunteer journey.

## **– STAY INFORMED –**

Looking for more ways to stay informed? Check out the [Newsletters page](#) on our website! The Newsletters page is the new home for information about various newsletters and listservs that are relevant to the graduate student experience including: the Graduate Student Association, Student Volunteer Engagement, Career Exploration and Success: Doctoral Career Community, Student Basic Needs, and more!

## **Follow Graduate Student Life on Instagram!**

Stay up to date with the Office of Graduate Student Life by following us on Instagram @[rugradstudentlife](https://www.instagram.com/rugradstudentlife/)! Never miss another graduate student life event!

## **EVENTS**

### **– THIS WEEK! –**

#### **Knight at the Museum: Graduate and Professional Student Appreciation Reception – Tuesday, April 1, 4:30pm-7:30pm**

Location: Zimmerli Art Museum (71 Hamilton St, New Brunswick, College Ave Campus)

#### **RSVP [HERE!](#)**

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit*

[go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025).

Join the Office of Graduate Student Life and the Graduate Student Association (GSA) for the signature event of Graduate and Professional Student Appreciation Week! You won't want to miss this spectacular evening filled with food, live music, prizes, and an opportunity to explore the Zimmerli Art Museum while mingling with your fellow graduate students!

#### **GSA Coffee and Conversations – Wednesday, April 2, 9am-11am**

Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave Campus)

#### **Register to attend [HERE!](#)**

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit*

[go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025).

Join the Graduate Student Association (GSA) for a delightful morning of warmth, conversation, and scrumptious delights at a special GSA Coffee and Breakfast for Graduate and Professional Student Appreciation Week. The first 25 students will receive an appreciation gift. Whether you're here to kickstart your day or savor a leisurely morning, the GSA would be delighted to host you. Please contact [help@gsa.rutgers.edu](mailto:help@gsa.rutgers.edu) with any questions.

#### **“Rock” the Interview: Building Interview Skills for Virtual Platforms – Wednesday, April 2, 2pm-4pm**

Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave Campus)

#### **Register to attend [HERE!](#)**

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit*

[go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025).

In preparation for the virtual career fair for students with disabilities, join the Office for Career Exploration and Success and the Office of Disability Services for an interactive session to walk through valuable tips for preparing for virtual interviews, from setting up your space to managing your nerves. You'll also have the chance to practice mock interview questions to improve your responses in real-time. To help you stay calm and focused, this event will conclude with a creative rock painting activity hosted by Scarlet Arts Rx, which will serve as a reminder to stay grounded and centered throughout your interview process and beyond. For any accommodation needs or requests, please email [careers@echo.rutgers.edu](mailto:careers@echo.rutgers.edu).

**Book Talk: Art in Ukraine Between Identity Construction and Anti-Colonial Resistance – Wednesday, April 2, 4-5:30pm**

Location: Zimmerli Art Museum (71 Hamilton St, New Brunswick, College Ave Campus)

**RSVP [HERE!](#)**

The Zimmerli Art Museum invites graduate students to join them for a book talk featuring Art Historian Svitlana Biedariev. In this talk, Biedariev discusses her new volume which explores the development of art practices in Ukraine from the 2004 Orange Revolution and the 2013-2014 Revolution of Dignity, to the ongoing Russian war of aggression. Biedariev highlights artists whose works are featured in the book, as well as the Zimmerli's collection of Soviet Nonconformist Art and Arts of Eurasia. Click [HERE](#) for more information.

**Sweet Dreams Station – Thursday, April 3, 3:45pm-4:45pm**

Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave Campus)

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit [go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025).*

Drop by the Sweet Dreams Station, hosted by Rutgers Student Health: Office of Health, Outreach, Promotion & Education, for a relaxing exploration of better sleep habits. Learn simple, natural ways to improve your nightly routine while crafting soothing sleep masks and assembling your personalized sleep kit. Enjoy free swag, a sweet treat, and the chance to connect with your peers on the journey to quality ZZZs!"

**Graduate Student Yoga & Special Giveaway – Thursday, April 3, 5pm-6pm**

Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave Campus)

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit [go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025). Graduate Student Yoga is part of the [Life @ The Graduate Student Lounge Event Series](#) and will be held every Thursday from 5-6pm.*

Take a pause from your busy week by practicing Yoga and relax your mind and body with your fellow graduate students. Yoga mats and blocks are provided, and all skill levels are welcome! All attendees will receive a special giveaway for Graduate and

Professional Student Appreciation Week! Hosted by Rutgers Recreation and Office of Graduate Student Life.

**SparkNight: GAYpril and LGBTQIA+ Pride – Thursday, April 3, 5pm-8pm**

Location: Zimmerli Art Museum (71 Hamilton St, New Brunswick, College Ave Campus)

**RSVP [HERE!](#)**

Join the Zimmerli Art Museum in celebration of LGBTQIA+ Pride at this Sparknight event! This evening will be dedicated to celebrating LGBTQIA+ Pride at Rutgers University and in the New Brunswick community and will showcase the Queer art of drag as well as the important contributions of Queer artists who participated in Windows of Understanding. Stop by for drag performances, an artmaking workshop, pop-up tours, a photo booth, and more! Light complimentary refreshments will be provided. SparkNight is free and open to the public.

**LGBTQIA+ Graduate Student Social at GAYpril SparkNight – Thursday, April 3, 4:30pm-8pm**

Location: Zimmerli Art Museum (71 Hamilton St, New Brunswick, College Ave Campus)

**RSVP to attend the LGBTQIA+ Graduate Student Social [HERE!](#)**

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit*

*[go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025).*

Join the Center for Social Justice Education and LGBT Communities (SJE) at the Zimmerli Art Museum's GAYpril SparkNight for their final Graduate Student Social of the spring semester! This evening will be dedicated to celebrating LGBTQIA+ Pride at Rutgers University and in the New Brunswick community and will showcase the Queer art of drag as well as the important contributions of Queer artists who participated in Windows of Understanding. Stop by for drag performances, an artmaking workshop, pop-up tours, a photo booth, and more! Light complimentary refreshments will be provided. SparkNight is free and open to the public, click [HERE](#) for more information about GAYpril SparkNight at the Zimmerli.

**Queer Prom 2025 – Thursday, April 3, 7pm-11pm**

Location: Douglass Student Center, Traves Hall (100 George St, New Brunswick, Douglass Campus)

**Purchase tickets [HERE!](#)**

Queer Prom is BACK. Step into a magical night where fairy tales come to life—whether you're the daring hero, the mischievous villain, or something in between! Join LLEGO and the Center for Social Justice Education and LGBT Communities (SJE) for a Queer Prom filled with enchantment, celebration, and community. Dress to impress in your most whimsical, regal, or darkly charming attire, and get ready for a night of music, dancing, and unforgettable memories! Tickets are \$8 for students (with a student ID) and \$10 for guests. Email [llego.general@gmail.com](mailto:llego.general@gmail.com) for questions regarding tickets.

### **Mini Rage Piñatas Pizza Party – Friday, April 4, 3:30pm-4:30pm**

Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave Campus)

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit [go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025).*

Relax, enjoy some candy, grab some pizza and create mini rage piñatas with Scarlet Arts Rx! These tiny piñatas can be kept on desks and smashed whenever frustration strikes. All supplies, including candy for filling, will be provided. Come destress, eat candy, and feel better!

### **Asian, Pacific Islander, Desi, and Arab (APIDA) Graduate Student Social – Friday, April 4, 4pm-6pm**

Location: Asian American Cultural Center (AACC) (49 Joyce Kilmer Ave, Piscataway, Livingston Campus)

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit [go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025).*

Asian, Pacific, Islander, Desi and Arab (APIDA) graduate students are invited to join the Asian American Cultural Center, Scarlet Arts RX and the Office of Graduate Student Life Rutgers for an APIDA Graduate Student Social! Join your fellow graduate, professional students and doctoral candidates at the Asian American Cultural Center to enjoy amazing cultural food, an arts activity and appreciation giveaways. Please contact Naima Chowdhury [naimach@echo.rutgers.edu](mailto:naimach@echo.rutgers.edu) with any questions.

### **Open Door Shabbat Dinner – Friday, April 4, 8pm**

Location: Eva & Arie Halpern Hillel House (70 College Avenue, New Brunswick, College Ave Campus)

**RSVP [HERE](#) by 12pm on Friday, April 4!**

Join Rutgers Hillel for a free Shabbat (Jewish Sabbath) dinner, open to all members of the Rutgers community! Shabbat is a Jewish holiday, celebrated every week from Friday at sundown to Saturday at sunset. Enjoy a meat meal with gluten-free, vegetarian, and vegan options, in a nut-free facility. RSVP is appreciated, but is not required to attend. For questions, please contact Rutgers Hillel at [info@RutgersHillel.org](mailto:info@RutgersHillel.org).

### **Shopping Trip Sign-Up – International Students – Saturday, April 5, 10am-1pm**

Location: Pick-ups from Bevier Road or Nichols Apartments on Busch Campus or College Ave Student Center on College Ave Campus

**Reserve Your spot on the Shuttle [HERE](#)!**

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. You may also register your dependents for the shuttle. To view the full spring schedule of shopping trips and learn more information about the Shopping Shuttle Service, click [HERE](#).

**Zimmerli Highlights Tour – Sunday, April 6, 2-3pm**

Location: Zimmerli Art Museum (71 Hamilton St, New Brunswick, College Ave Campus)

**RSVP [HERE](#)!**

Join the Zimmerli Art Museum and their team of student educators to explore a free, curated tour of artworks displayed throughout the galleries!

**– RSVP NOW & COMING UP! –**

**NEXT WEEK! Mid-Day Rest & Reset: Lunchtime Musical Performance – Monday, April 7, 12:30pm-1:15pm**

Location: Kirkpatrick Chapel (81 Somerset St, New Brunswick, College Ave Campus)

Graduate Students and staff serving graduate students are warmly invited to join Scarlet Arts Rx and drop in to de-stress with a free lunchtime music performance series, Mid-Day Rest & Reset! The performance will take place in a gorgeous meditative space: the beautiful Kirkpatrick Cathedral. Bring your lunch to eat inside the chapel and learn about the connection between music and well-being! This is not a religious event, only the venue is being used, all are welcome! Click [HERE](#) to learn more.

**NEXT WEEK! RU T.A.S.T.Y Tea and Storytime + You – Monday, April 7, 3:30pm-5pm**

Location: The Canterbury House (5 Mine St, New Brunswick, College Ave Campus)

Graduate students are invited to join Rev. Katrina Jenkins for RU T.A.S.T.Y! RU T.A.S.T.Y is a time of tea, community building, and storytelling that begins with the reading of a story or poem then moves into a flavorful discussion! Please contact Rev. Katrina Jenkins, Assistant Dean for Faith and Spirituality Initiatives, [katrina.e.jenkins@rutgers.edu](mailto:katrina.e.jenkins@rutgers.edu), with any questions.

**NEXT WEEK! Queer Priests Panel: Faith, Identity, and Inclusion – Tuesday, April 8, 7pm-9pm**

Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave Campus)

Join QuaC (Queer and Christian) for a panel discussion with LGBTQIA+ clergy members on Faith, Identity, and Inclusion that will explore questions about the intersecting identities of being Queer and religious.

**NEXT WEEK! The French Graduate Students Organization Symposium – Thursday, April 10, 9am-4pm**

Location: West Academic Building, Room 4190 (15 Seminary Place, New Brunswick, College Ave Campus)

The French Graduate Students Organization invites scholars and theorists from all disciplines to join a discussion on how ghosts manifest across various art forms, serving as metaphors for personal and collective histories. Despite efforts to rationalize and suppress their presence, especially during the Enlightenment era, they continue to resist historical amnesia, trauma, and cultural forgetting. As Jacques Derrida writes in *Spectres de Marx*, “The ghost is the name for the thing that cannot be seen, that cannot be touched, but that insists and returns.” This event features a keynote address by Fordham University Professor Samir Haddad along with various presentations. Lunch will be served. For questions or more information, please contact [sk2648@scarletmail.rutgers.edu](mailto:sk2648@scarletmail.rutgers.edu).

**NEXT WEEK! Policy Collaboratory – Thursday, April 10, 12pm-5pm**

Location: Heldrich Center for Workforce Development, Second Floor, Roosevelt Room (30 Livingston Avenue, New Brunswick, College Avenue Campus)

**Register [HERE](#) by April 9!**

The New Jersey State Policy Lab and the School of Public and International Affairs at Princeton University invites Rutgers and Princeton graduate students to attend their second annual Policy Collaboratory event! This collaborative event brings students from both universities to work together in teams and develop innovative solutions to address affordable housing challenges in New Jersey, with insights from academic experts, advocates, policymakers, elected officials, and individuals with lived experience. For questions, please contact Megan McCue, Public Relations Specialist at the New Jersey State Policy Lab, at [policylab@ejb.rutgers.edu](mailto:policylab@ejb.rutgers.edu) or call (848)-932-2706.

**NEXT WEEK! Panel and Reception - Rethinking Dissent in the USSR: Practices and Possibilities in the Arts – Thursday, April 10, 5pm-7pm**

Location: Zimmerli Art Museum (71 Hamilton St, New Brunswick, College Ave Campus)

**RSVP [HERE](#)!**

Join the Zimmerli in celebrating the reopening of their *Painting to Scale* exhibition! Featuring curator Elita Anson, artist Irina Nakhova, and scholars Mark Lipovetsky and Jane Sharp, the evening opens with a panel discussion on interpreting dissent in the former artistic communities of the Soviet Union. After the discussion, guests can enjoy a reception with light refreshments and the opportunity to view the newly rotated artwork in the exhibition.



**NEXT WEEK! Graduate Student and Family Rock Climbing – Saturday, April 12, 10am-12pm**

Location: College Ave Gym, Rockwall (130 College Ave, New Brunswick, College Ave Campus)

**Register to attend [HERE!](#)**

Join Supporting Parents and Caregivers at Rutgers (SPCR) for a Fun and Active Climbing Adventure! Climb with other graduate students and families for an exciting 2-hour climbing session! A slack line will also be available for those who prefer to stay grounded. This event is open to all Rutgers-New Brunswick students who are parents or guardians, bring your kids along and enjoy an adventurous day together! Food & drinks will be provided to all attendees and restrooms will be available nearby. This climbing event will be a 2-hour session accommodating up to 30 climbers, so please register and arrive early! Climbing activities are restricted to adults and children ages 5 and over. A slack line and a corn hole activity are also available for kids under 5 and anyone who prefers to stay grounded! This is not a drop-off event. A parent or guardian must be present at all times with any children under the age of 18.

**– WELLNESS WORKSHOPS, GROUPS, & SUPPORT–**

**Virtual Guided Meditation and Mindfulness Session – Thursday, April 3, 12pm-12:30pm**

Location: Zoom

**Join the session [HERE!](#)**

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit [go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025).*

Join CAPS counselor Dana Simons and your peers for a virtual guided meditation and mindfulness session. Focus on the here and now without judgment, and practice mindfulness meditation exercises. Join on or off camera for sessions held on Monday, March 31 and Thursday, April 3.

**CAPS International Student Wellness Group (ISWG) – Tuesdays, 2pm-3:30pm**

Location: In-Person. **call CAPS at 848-932-7884 to discuss whether this group would be a good fit for your needs or talk to your CAPS Clinician about a referral to this wellness group.**

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. This group aims to provide these international students with a safe, confidential, and therapeutic space to help form connections and discuss various concerns with one another. Students who are interested in joining ISWG, should call CAPS at 848-932-7884 or talk to their CAPS Clinician about a referral to this wellness group. Click [HERE](#) for more information and to see options for other CAPS Wellness groups.

### **CAPS Wellness Group: Coping With Social Anxiety – Various Sessions throughout the Semester**

Location: In-Person, **call CAPS at 848-932-7884 to discuss whether this group would be a good fit for your needs or talk to your CAPS Clinician about a referral to this wellness group.**

Students who struggle with social anxiety may benefit from joining this 6-session CAPS wellness group. This group provides students with a non-judgemental, supportive, and positive environment that may help them overcome their social anxiety. It will go over what causes social anxiety and how to develop proven skills to change it. Students who are interested in joining Coping With Social Anxiety, should call CAPS at 848-932-7884 or talk to their CAPS Clinician about a referral to this wellness group. Click [HERE](#) for more information and to see options for other CAPS Wellness groups.

### **CAPS Wellness Group: Stress Less With Art – Various Sessions throughout the Semester**

Location: In-Person, **call CAPS at 848-932-7884 to discuss whether this group would be a good fit for your needs or talk to your CAPS Clinician about a referral to this wellness group.**

Graduate students seeking a creative outlet to relieve stress may benefit from joining this CAPS wellness group. This group offers a supportive space to navigate stress by using art as a tool to visualize, express, and reflect on thoughts, feelings, and behaviors through tough times, without the need for existing art skills. Students who are interested in joining Stress Less With Art, should call CAPS at 848-932-7884 or talk to their CAPS Clinician about a referral to this wellness group. Click [HERE](#) for more information and to see options for other CAPS Wellness groups.

### **Graduate Student Wellness Group: RU Grad – Fridays, 1pm-2:30pm**

Location: In-Person, **call CAPS at 848-932-7884 to discuss whether this group would be a good fit for your needs or talk to your CAPS Clinician about a referral to this wellness group.**

Graduate students looking for a safe space or supportive environment to share and explore struggles/feelings they may have—whether this be anxiety, self-esteem, sustaining or forming relationships, and the like, may benefit from joining this graduate student wellness group. This group may cover topics including: social adjustment and loneliness, romantic relationships, navigating conflicts/challenges with peers and professors, feelings of inadequacy, assertiveness, stress management and balancing family life and academics. Students who are interested in joining the RU Grad Group, should call CAPS at 848-932-7884 or talk to their CAPS Clinician about a referral to this wellness group. Click [HERE](#) to see options for other CAPS Wellness groups and for more information about the RU Grad Group.

### **Low Cost ADHD Assessments through the Rutgers Center for Youth Social Emotional Wellness and the Graduate School of Applied & Professional Psychology Center for Psychological Services**

The Rutgers Center for Youth Social Emotional Wellness (CYSEW) in partnership with the Graduate School of Applied & Professional Psychology Center for Psychological Services (GSAPP) is now offering low-cost psychological assessments to all Rutgers Students. Assessments are \$150 and include a comprehensive screening for ADHD, anxiety, and depression, a detailed diagnostic report with resources, and a feedback session. To request a virtual assessment scheduled at your convenience, click [HERE](#). Contact the GSAPP Center for Psychological Services by calling 848-445-6111 or by emailing [cysew@gsapp.rutgers.edu](mailto:cysew@gsapp.rutgers.edu).

### **Couples Therapy Services Available at NJ Couples Clinic at the Rutgers Psychological Clinic**

Location: Rutgers Psychology Building. NJ Couples Clinic (152 Frelinghuysen Road, Piscataway, Busch Campus)

The Rutgers University Couple Therapy Clinic is now offering evidence-based couples therapy, provided under expert supervision by advanced graduate students in clinical psychology. The clinic aims to provide a safe and supportive environment where couples and individuals can work on their relationship goals, whether it be overcoming challenges or simply enhancing their connection with their partner. The NJ Couples Clinic provides services such as guidance through communication improvement, conflict resolution, intimacy rekindling, and managing life transitions. Services are free to those with Rutgers Student Insurance and offered at a low sliding scale fee to those without. Contact Co-Director of the NJ Couples Clinic at Rutgers and GSAPP professor Karen Riggs [kskean@gsapp.rutgers.edu](mailto:kskean@gsapp.rutgers.edu) with any questions.

### **Weekly Let's Talk Drop In Counseling Conversations**

Free Private and Confidential Drop-In Conversations with licensed mental health professionals available in-person or virtual. CAPS Community Based Counselors offer support and counseling services from within university communities—including academic schools and cultural centers. Students are welcome to visit any Community Based Counselor they would like, and may choose a counselor based on the topic they would like to discuss and the counselor's therapeutic approach or community. Click [HERE](#) for information and schedules for Let's Talk sessions and click [HERE](#) to learn more about individual CAPS Community Based Counselors (look for "Community Based-Counselor").

### **Uwill: FREE Immediate-Access to Teletherapy**

Uwill provides free immediate access to teletherapy through an easy-to-use, private, secure, confidential, online platform. Choose a therapist based on your preferences, including issue, gender, language, and ethnicity. Select a time that fits your schedule,

including day, night, and weekend availability. Register and book your first session using your Rutgers email [HERE](#).

## **– ACADEMIC SUPPORT & WORKSHOPS –**

### **Poster Perfect: Preparing a Conference Research Poster – Friday, April 4, 2pm-3pm**

Location: West Academic Building, Room 1150B (15 Seminary Pl, New Brunswick, College Avenue Campus)

**Register [HERE](#) by April 3!**

In this interactive workshop hosted by the Rutgers Learning Centers, participants will explore the purpose of a conference research poster, content inclusion, structure and formatting, and basic presentation skills. The session will also feature active discussions and hands-on activities, including outlining and designing a basic poster, critiquing sample posters, and a brief presentation exercise. To learn more about the academic support services offered to graduate students by the Rutgers Learning Centers, click [HERE](#).

### **Spring 2025 New Brunswick Libraries Data and Research Methods Workshops for Graduate Students!**

The New Brunswick Libraries' calendar of data and research methods workshops for Spring 2025 is available now. Don't miss workshops on machine learning, R, Python, systematic reviews, NVivo, ethnography, qualitative research, and more! Click [HERE](#) to view the full schedule of workshops and register. Additional workshops will be added throughout the semester so be sure to check back regularly!

### **Graduate Writing Accountability Groups**

The Graduate Writing Program, in partnership with the Learning Centers in the Office of the Provost, is pleased to announce the launch of Writing Accountability Groups. Interested graduate students are invited to sign up for student-led writing accountability groups. Sessions will be held on Zoom at various times and days each week and students may choose the weekly slot that best suits their availability to meet and write alongside other Rutgers graduate students to make progress toward their writing goals. After registering, participants will be provided with materials to help them effectively structure and run these student-led productivity sessions. Click [HERE](#) to sign up for a Graduate Writing Accountability Group.

### **Academic Coaching with Dr. Wilson Ng**

Meet Dr. Wilson Ng (he/him/his), the newly appointed Senior Program Coordinator and Academic Coach for Graduate Student Services at the Rutgers Learning Centers. Dr. Ng provides one-on-one academic coaching and facilitates workshops and programming tailored to graduate students. With a background in college student affairs and years of experience in student development and support, he is eager to

bring his expertise to the Rutgers community and looks forward to collaborating with students as they navigate their academic journeys in graduate school! Click [HERE](#) to make a one-on-one appointment with Dr. Ng via Penji. For any questions, email him at [wwn2@echo.rutgers.edu](mailto:wwn2@echo.rutgers.edu).

## **PROFESSIONAL DEVELOPMENT, FUNDING, & EMPLOYMENT OPPORTUNITIES**

### **– PROFESSIONAL DEVELOPMENT –**

#### **Career Resources for PhD Students Virtual Info Session – Friday, April 4, 2pm-2:30pm**

Location: Virtual

**Register to attend [HERE](#)!**

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit [go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025).*

Are you wondering what career resources are available to you as a PhD student? Join the Office of Career Exploration and Success (CES) for this 30-minute info session to explore the career services, tools, and support tailored specifically for doctoral students. Learn how to access career advising, job search platforms, professional development workshops, and networking opportunities designed to help you navigate both academic and non-academic career paths.

#### **NEXT WEEK! RU LinkedIn or Left Out? How to Network Effectively Online - Monday April 7, 2pm - 3pm**

Location: Virtual

**Register to attend [HERE](#)!**

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Join the Office of Career Exploration and Success (CES) for this how-to session will equip students on the best practices for LinkedIn profile optimization. In this session, CES will discuss personal and professional online presences, and participants will walk with a better understanding of how to represent themselves on LinkedIn by showcasing the key attributes and qualities desired by all employers.

#### **NEXT WEEK! How to Win at Career Fair: Strategies for Graduate Success Part 1 - Prepare to Impress – Monday, April 7, 6pm-7:30pm**

Location: Virtual

**Register to attend [HERE](#)!**

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit [go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025).*

Ready to land your dream job or internship? In this session, the Office of Career Exploration and Success (CES) will dive into the essential tools and strategies to create standout applications. Learn how to tailor your resume and cover letter to specific opportunities, making sure they grab the attention of recruiters and pass applicant tracking systems. Explore where to find jobs and internships that align with your career goals and how to organize your application timeline for success. This interactive workshop will include real-time feedback on your materials and provide templates to get you started. By the end, you'll have the confidence and resources to craft polished, impactful applications that open doors. This event is co-sponsored by the Graduate Student Association (GSA) and CES.

**NEXT WEEK! Demystifying Academic Publishing: A Guide for Graduate Students – Tuesday, April 8, 1pm**

Location: Virtual or In-Person at the West Academic Building, Room 5190 (15 Seminary Pl, New Brunswick, College Ave Campus)

**RSVP [HERE](#) by April 7!**

Graduate students are invited to explore the ins-and-outs of publishing academic papers in this hybrid workshop, sponsored by the Spanish and Portuguese Graduate Student Association. Dr. Naomi Shin, Associate Editor at *Studies in Hispanic and Lusophone Linguistics*, will guide participants through the process, highlighting essential steps, sharing valuable strategies, and providing practical advice to help them successfully navigate their own publishing journeys.

**NEXT WEEK! Entrepreneurship and Intellectual Property for Doctoral Students – Tuesday, April 8, 3pm**

Location: Zoom and In-Person

**Register [HERE](#)!**

This workshop is designed for graduate students interested in turning research innovations into viable commercial ventures. A partnership between the School of Graduate Studies and the Technology Transfer Office, this session will focus on the essentials of entrepreneurship and intellectual property (IP), covering topics such as IP protection, patenting, and licensing, while exploring entrepreneurship pathways and the steps involved in developing a startup. Participants will also learn about opportunities and challenges involved with bringing their research to market, and the support services available through Rutgers. This workshop aims to provide participants with a clearer understanding of how to transform research into entrepreneurial endeavors, as well as how to strategically manage IP in both academic and industry settings.



## **NEXT WEEK! Beyond the Academy: Finding and Securing Internships in the Humanities and Social Sciences, Wednesday April 9, 3pm- 4pm**

Location: Virtual

**Register to attend [HERE!](#)**

*This event is part of Rutgers Graduate and Professional Student Appreciation Week 2025, coordinated through the Office of Graduate Student Life. For a full listing of events, visit [go.rutgers.edu/gradappreciation2025](https://go.rutgers.edu/gradappreciation2025).*

A Practical Introduction to Internship Strategies and Career Exploration for Graduate Students. This talk introduces graduate humanities and social sciences graduate students to the value, process, and possibilities of pursuing internships during their doctoral studies. Drawing on early content from a new Internship Toolkit currently in development on Canvas, the session will help participants understand how internships can enhance their scholarly and professional development, expand their career options, and support meaningful public engagement. The talk will explore identifying and aligning internship opportunities with personal values, skills, and goals using tools like ImaginePhD, where and how to find internships beyond traditional job boards, and strategies for securing competitive, paid positions. Whether you're exploring nonacademic career paths or looking to extend the impact of your research, this session will offer practical guidance and inspiration. Sponsored by School of Graduate Studies

### **– SCHOLARSHIP, & FUNDING OPPORTUNITIES –**

#### **Build a Fellowship Plan with GradFund!**

[GradFund](#) provides graduate students with information on how to apply for external scholarship, fellowship, and funding opportunities. GradFund also provides guidance and assistance with application processes.

Schedule an appointment with a GradFund advisor for fellowship assistance! Schedule a Planning Meeting to learn how to search for fellowships and grants or to plan out your future funding applications. Request Help with a Funder to learn about the funder's application review process and find the best way to frame your research plans for a particular application. Book an Application Review appointment to have a GradFund advisor review your application materials for one application. Schedule a Post-Award Consultation for advice on moving forward after receiving a fellowship offer. Wherever you are in the fellowship, grant, or award process, GradFund is here to help! Click [HERE](#) for more information on GradFund and click [HERE](#) to schedule a Gradfund appointment.

#### **Learn to Write a Competitive Funding Application with GradFund's FREE Self-Paced Canvas Course**

Learn to write a competitive external funding application using GradFund's FREE self-paced Canvas course! This course teaches the art of competitive proposal writing

through developing familiarity with both funders in your field of study and the proposal writing genre. Click [HERE](#) to enroll in GradFund's self-paced Canvas course.

[The Office of Financial Aid](#) can provide information about need-based funding and financial aid. Other forms of need-based aid or scholarships may be available through your school of enrollment.

## **– EMPLOYMENT OPPORTUNITIES –**

### **Graduate Coordinator, Rutgers Scarlet Service Internship (RSSI) Program – Office of Career Exploration and Success**

*Compensation: \$25 per hour, 20 hours a week*

*Position Dates: May 19, 2025-May 8, 2026*

*Location: Hybrid*

**Apply [HERE](#) by 3pm on April 11!**

The Office of Career Exploration and Success is seeking a graduate student to serve as the coordinator for the Rutgers Scarlet Service Internship (RSSI) Program. The primary responsibility of the Graduate Coordinator is to work with the Internships and Professional Development team in Career Exploration and Success to support the program's overall planning and administration. Responsibilities may include supporting the student application, selection, and matching process; brainstorming and implementing ideas for RSSI programming that support experiential education and career readiness; brainstorming and implementing ideas relating program promotion, student, and employer outreach; developing and coordinating student orientation sessions; providing administrative support for student onboarding, payroll, and stipend and tuition remission processing. Please review the job listing for additional details.

### **Graduate Student Research Assistant – Institute for Teaching, Innovation, & Inclusive Pedagogy (Rutgers-New Brunswick)**

*Compensation: \$20-\$30 per hour, part-time*

*Position Dates: April 30, 2025 - June 30, 2025, continuation beyond summer possible*

*Location: Remote and onsite*

**Apply [HERE](#) by 6am on September 28!**

The Institute for Teaching, Innovation, & Inclusive Pedagogy at Rutgers-New Brunswick is hiring a graduate student with advanced data analysis skills and a CITI Human Subjects certificate for Social and Behavioral Science Researchers to work as a Graduate Student Research Assistant. The Graduate Student Research Assistant will be responsible for conducting literature reviews; supporting the design and implementation of studies; data organization, management, and cleanup; data analysis; and reporting of findings. This position offers the potential for co-authorship on publications as well as co-presentation and continuance after the summer. Please review the job posting for additional details.

## **THE RESOURCE CORNER**

### **Get Grammarly for Education FREE!**

Rutgers students, faculty, and staff now have access to advanced features with Grammarly for Education for FREE! Access real-time vocabulary suggestions, genre-specific style checks, tone recommendations, plagiarism detection, grammar checking, and more! Generative AI features are currently disabled. Click [HERE](#) to learn more and access your FREE Grammarly for Education account.

### **Get Microsoft Office for FREE!**

Current Rutgers students, faculty, and staff members can download Microsoft Office products, including Word, Excel, PowerPoint, OneNote, and more, at no cost! Click [HERE](#) to learn more and activate your FREE Microsoft Office license.

## **STUDENT SERVICES & SUPPORT**

### **Resource Webpage for Pregnant and Parenting Graduate Students!**

The Office of Graduate Student Life, in partnership with the Office of Title IX & Compliance, and Supporting Parents & Caregivers at Rutgers (GSO), recently launched a new resource webpage for pregnant and parenting graduate students! This webpage serves as a platform for helping pregnant and parenting students locate resources, policies, support services, and community engagement opportunities available at Rutgers University and in the local community. Click [HERE](#) to visit the webpage.

### **Academic, Employment, and Student Support Resources on the Graduate Student Life Website!**

Looking for graduate student resources, services, or support? Check out our newly revamped resource pages on our website! Find information on [Academic Support Resources](#), [Career & Professional Development](#), [Student Support Services & Resources](#) and more on our website!

Do you have an opportunity for graduate students that you would like to promote in the Graduate Student Life Weekly Digest? Submit it [HERE](#)!