

Graduate Student Life _____ Weekly Digest

Graduate Student Life Weekly Digest Week of December 9, 2024

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 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 <u>HERE</u> to view the 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 <u>HERE</u>!

ANNOUNCEMENTS

Restorative Justice Services for Graduate Students

Graduate students can contact the Restorative Justice Program for assistance building deeper connections, developing proactive community agreements, or resolving conflicts that arise within their student organizations, study groups, and any other communities they engage with. Click <u>HERE</u> to learn more about the Restorative Justice Program. The Restorative Justice Program can be contacted by email at <u>restorative justice@echo.rutgers.edu</u>.

Last Chance to Complete the Office of Career Exploration and Success Graduate Student Student Needs Survey!

The Office of Career Exploration and Success and Sr. Assistant Director of Graduate Student Career Pathways, Rudrani Gangopadhya invite all graduate students to complete the CES Fall 2024 Graduate Student Needs Assessment. Interested students should complete the survey <a href="https://example.com/here-to-survey-to

- 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.

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 <u>Newsletters page</u> 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! Never miss another graduate student life event!

EVENTS

- RSVP NOW & COMING UP! -

NEXT WEEK: Coffee, Candy, Cookies – Tuesday, December 17, 11am-2pmLocation: Library of Science and Medicine (165 Bevier Rd, Piscataway, Busch Campus)

This event is part of the New Brunswick Libraries Finals Week event series, click <u>HERE</u> to view the full schedule of events.

Stress relief activities will be held at the Library of Science and Medicine in preparation for finals. Coffee, snacks, and games will be provided for attendees. This event is organized by library supervisor Michele Tokar. For more information, contact Michele at mtokar@rutgers.edu.

NEXT WEEK: Final Career Advising Drop-In Hours with Dr. Rudrani Gangopadhyay (CES) - Tuesday, December 17, 4:30pm-6pm

<u>Location: Graduate Student Lounge, (126 College Ave, Behind Panera Bread, College Ave Campus)</u> and on **ZOOM**

CES Drop in hours are part of the <u>Life @ The Graduate Student Lounge Event Series</u> and will be held every other Tuesday in the fall semester, through December 17 from 4:30 - 6:00 pm.

Do you wonder how the Office of Career Exploration and Success can support you in your career journey? What sort of targeted resources does Rutgers have for graduate students on the job market? Drop in to chat about these questions and more with Dr. Rudrani Gangopadhyay, Sr. Assistant Director, Graduate Student Career Pathways in the Office of Career Exploration and Success. You can also book a one-on-one advising session with Dr. Gangopadhyay on Handshake or reach her via email at rudrani.gov/rutgers.edu.

NEXT WEEK: Coffee, Candy, Cookies, & Fruit – Friday, December 20, 6pm-7pm Location: Alexander Library (169 College Ave, New Brunswick, College Ave Campus) This event is part of the New Brunswick Libraries Finals Week event series, click HERE to view the full schedule of events.

In preparation for finals, refreshments, including coffee, candy, and fruit, will be available for students within the Alexander library. This event is organized by Rutgers Librarian Tom Glynn. For more information, contact Tom at glynn@rutgers.edu.

- THIS WEEK! -

Final Graduate Student Yoga for this semester! – Wednesday, December 10, 5pm–6pm

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

Graduate Yoga is part of the <u>Life @ The Graduate Student Lounge Event Series</u> and is held every Wednesday through December 10.

Join us for the final Graduate Yoga session of the fall semester! Take a pause from your busy week by practicing Yoga and relax your mind and body with your fellow graduate students. Hosted by Rutgers Recreation and Office of Graduate Student Life. No Registration Needed. Yoga mats and blocks are provided, and all skill levels are welcome! Email gradstudentlife@echo.rutgers.edu with any questions.

Creativity Kits and Snacks at the Library – Wednesday, December 11, 11am

<u>Location: Art Library (71 Hamilton St, New Brunswick, College Ave Campus)</u>
This event is part of the New Brunswick Libraries Finals Week event series, click <u>HERE</u> to view the full schedule of events.

Students are invited to pick up creativity kits and snacks at the Art Library while supplies last! This event is organized by art librarian, Megan Lotts. For more information, contact Megan at megan.lotts@rutgers.edu.

Stressbuster Grab 'N Go Snack Bags at the Library – From Thursday, December 12 - Monday, December 23

<u>Location: Alexander Library (169 College Ave, New Brunswick, College Ave Campus)</u>
This event is part of the New Brunswick Libraries Finals Week event series, click <u>HERE</u> to view the full schedule of events.

In preparation for finals week, snack bags will be available at various times and locations throughout the library! This event is organized by Library Supervisor, Rose Barbalace. For more information, contact Rose at rose.barbalace@rutgers.edu.

Shopping Trip Sign-Up – International Students – Thursday, December 12, 10am-1pm

<u>Location: Pick-ups from Bevier Road or Nichols Apartments on Busch Campus Reserve Your spot on the Shuttle HERE!</u>

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 fall schedule of shopping trips and learn more information about the Shopping Shuttle Service, click <u>HERE</u>.

Pet Therapy Therapy with RU Seeing Eye Puppy Raising Club – Thursday, December 12, 12pm-2pm

<u>Location: Alexander Library, Pane Room (169 College Ave, New Brunswick, College Ave Campus)</u>

This event is part of the New Brunswick Libraries Finals Week event series, click <u>HERE</u> to view the full schedule of events.

Take a break from studying to relax and destress with puppies brought to you by the RU Seeing Eye Puppy Raising Club! For more information, contact Rose Barbalace at rose.barbalace@rutgers.edu.

Study Break at the Zimmerli - December 12, 12pm-8pm

Location: Zimmerli Art Museum (71 Hamilton St, College Ave, College Ave Campus)
On Reading Day, the Zimmerli will be closed to the general public and open to Rutgers students for exclusive programming! Don't miss out on designated quiet study areas to study in the museum and free study break activities before finals. Study break activities will include art projects with Scarlet RX; massage chairs, yoga, and meditation; free gallery tours through the Zimmerli's art collections; and free food from Jersey Mike's Subs and Krispy Pizza, with additional snacks and beverages provided. A valid RUID or CampusPass is required for entry. Click HERE for more information.

Twilight Yoga "Relax and Recharge!" – Thursday, December 12, 5pm-6pm Location: College Avenue Gym, Upper Gym (130 College Ave, New Brunswick, College Avenue Campus)

RSVP HERE!

Join instructors Kate, Sidhya, and Mae for a gentle yoga session designed to revive, renew, and restore students as the semester draws to a close! This yoga event is welcome for participants of all levels and mats will be provided. There will be prize

giveaways and raffles during the event. Walk-ins are welcome if space is available, but registration is recommended!

GSA Game Night - Thursday, December 12, 7pm-10pm

<u>Location: College Ave Student Center, Room 108 (126 College Ave, New Brunswick)</u> **RSVP HERE!**

Join the GSA for a night of laughter, strategy, and camaraderie at Board Game Night! Seasoned board game enthusiasts and curious beginners alike are invited to relax, unwind, and have fun! Grab your friends, bring your competitive spirit, and be prepared for an unforgettable evening of games, and snacks. Don't miss out on the chance to make memories and forge new friendships over classic and modern board games!

Coffee and Snacks with RUPD Community Officers – Friday, December 13, 10am-1pm

<u>Location: Alexander Library (169 College Ave, New Brunswick, College Ave Campus)</u>
This event is part of the New Brunswick Libraries Finals Week event series, click <u>HERE</u> to view the full schedule of events.

Coffee and snacks will be provided for students in the lobby of Alexander Library, courtesy of the Rutgers University Police Department (RUPD). Available while supplies last! For more information, contact Rose Barbalace at rose.barbalace@rutgers.edu.

Virtual Book Launch: Amanda Cachia – Friday, December 13, 1pm-2:30pm Location: Zoom

Click **HERE** to register!

Join the Zimmerli Art Museum for a launch celebration of Smoke and Mirrors guest curator Amanda Cachia's newest book, *The Agency of Access: Contemporary Disability Art and Institutional Critique*, showcasing artwork by contemporary disabled artists. This event is free and open to the public, and ASL interpreters and real-time captioning will be available. Pre-order the book HERE with promotion code F24NEW to receive a 25% discount. The "Smoke and Mirrors" exhibition at the Zimmerli will close on December 22.

Rutgers Big Chill 5K Race – Saturday, December 14, 10am

<u>Location: College Avenue Gym (130 College Ave, New Brunswick, College Ave Campus) AND Virtual</u>

Register HERE! Space is limited!

Participate in the 22nd Annual Rutgers Big Chill 5K! Celebrate the holiday spirit with an in-person race on December 14 or participate virtually from December 9-16. For just \$25 and a toy donation (valued at \$10 or more), participants help spread joy to local children during the holiday season. All participants receive a long-sleeve t-shirt, and donations benefit the No Hungry Knights Scholarship Fund.

- WELLNESS WORKSHOPS, GROUPS, & SUPPORT-

Black Like Me Wellness Series - Thursday, December 12, 7pm-8pm

<u>Location: Paul Robeson Cultural Center (600 Bartholomew Rd, Piscataway, Busch Campus)</u>

Workshops in the Black Like Me Wellness Series take place every second Thursday of the month. For more information, please reach out to CAPS at 848-932-7884.

This monthly workshop series led by CAPS Community Based Counselors Shan Reeves and Kia Alexander, discusses a variety of topics centered around Blackness at Rutgers, throughout the US, and around the world. Engage in meaningful conversations that explore topics such as Black music, hair, the monolith myth, colorism, and more.

Mental Health Services at the AACC – Tuesdays 8am-5pm & Thursdays 8am-3pm Location: Asian American Cultural Center (49 Joyce Kilmer Ave, Piscataway, Livingston Campus)

CAPS Counselor Mei-ling Cheng is available to provide mental health services at the Asian American Cultural Center from 8am-5pm on Tuesdays and 8am-3pm on Thursdays. Mei-ling also offers drop-in Let's Talk sessions on Tuesdays from 2pm-4pm. To view additional information and schedules for other CAPS counselors that host weekly drop-in Let's Talk sessions, Click HERE. Take time to prioritize your mental wellbeing in a safe and supportive space!

International Students Wellness Group - Fridays, 12pm-1:30pm

Location: Zoom, 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.

International students struggling with the unique challenges of cross-cultural adjustment may benefit from joining the International Students Wellness Group. This group provides a safe and confidential space for students to discuss various concerns, and help connect them with other students who may be facing similar issues. This group may cover topics including: homesickness, loneliness, language barriers, discrimination, social and academic stress. Students who are interested in joining this wellness 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 International Student Wellness Group.

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.

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

<u>Location: Rutgers Psychology Building, NJ Couples Clinic (152 Frelinghuysen Road, Piscataway, Busch Campus)</u>

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 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 -

Introducing Dr. Wilson Ng, Senior Program Coordinator and Academic Coach for Graduate Student Services

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.

NEXT WEEK! Interviewing for Insight: Introductory Strategies and Skills for Data Collection in Qualitative Research – Monday, December 16, 2pm-3pm

Location: Virtual Register HERE!

Join Anastasia Perez, Graduate specialist for Qualitative Methods, for a qualitative interview workshop! This workshop will dive into methods and practices for conducting insightful interviews, whether for research or project work. It will cover how to craft strategic questions and actively listen to find meaningful insights, as well as techniques for constructing questions, responding, handling sensitive topics, navigating cultural nuances, and recording data. This workshop is designed to help both beginners and experienced researchers refine their interviewing skills, fostering confidence so that they can produce rich, detailed qualitative data for their projects. Click HERE to view more workshops offered by Rutgers libraries.

PROFESSIONAL DEVELOPMENT, FUNDING, & EMPLOYMENT OPPORTUNITIES

- PROFESSIONAL DEVELOPMENT -

Research Cafe - Wednesday, December 11, 3pm Location: Zoom

RSVP HERE!

Research Cafe brings together graduate students to enhance scholarly literacy and interdisciplinary research communication by providing a platform for emerging researchers to connect, share their in-progress research or scholarship, and benefit from peer feedback in a friendly and low-stakes setting. Join this Research Cafe for exciting presentations "Embodiment in Landscape: Considering Infrastructure as Medium and Method" by Lu Rose Biltucci, and "Exploring Reciprocity: A Refugee-Driven Perspective on Giving and Receiving Help" by Mel Yu. Please contact Dr. Ramazon Güngör rg835@grad.rutgers.edu with any questions.

Join a College Teaching Seminar!

Doctoral students and postdoctoral fellows seeking to enhance their teaching skills, gain a greater understanding of effective teaching practices, and prepare for the academic market are invited to learn with the TA Project. These free, zero-credit, seminars will be recorded on transcripts as evidence of teaching professional development. The two TA Project Spring 2025 course offerings include: Introduction to College Teaching (16:186:855) and Introduction to Online and Hybrid Teaching (16:186:857). Click HERE for more information about the TA Project College Teaching Seminars. To request a special permission number, please email the TA Project at tapweb@grad.rutgers.edu with your name, RUID, and the course name you are interested in taking.

DEADLINE EXTENDED! Proposals for the GROUNDWORK Interdisciplinary Cultivation Unit

Rutgers students, faculty, staff, and New Brunswick community members are encouraged to submit proposals to the GROUNDWORK Interdisciplinary Cultivation Unit supported by the New Jersey Council for the Humanities and hosted by Mason Gross' Rutgers Community Arts. The GROUNDWORK Interdisciplinary Cultivation Unit is a program that helps researchers and practitioners activate creativity as a core component in endeavors related to one of Mason Gross' three interdisciplinary initiatives: Health, the Environment, and/or Arts Management and Leadership. Those interested in developing a project at the intersection of creativity with one of these three interdisciplinary initiatives are encouraged to apply for this pilot program that will run from January-June 2025 aimed at shaping participant inquiries into interactive projects and/or offerings that place creativity as a necessary, core ingredient to thriving in any field. Click HERE to learn more about GROUNDWORK, click HERE to learn more about or apply to this pilot program by the extended December 20 deadline. Please direct any questions to Rita Leduc groundworkretreat@gmail.com, or Chris Bodwitch@mgsa.rutgers.edu.

- SCHOLARSHIP, & FUNDING OPPORTUNITIES -

LAST CHANCE TO APPLY! SGS Conference and Research Travel Award Program Apply HERE by December 15!

The School of Graduate Studies Conference and Research Award program is designed to provide support to Ph.D. students in the School of Graduate Studies (School 16) who do not have access to the conference funding programs available through the New Brunswick/Piscataway and Newark Biomedical Sciences programs. The purpose of the SGS Conference and Research Award program is to help offset costs associated with off-campus research activities and presenting at academic, scholarly, and scientific conferences. Students may apply for a \$1000 stipend to support research or conference travel between July 1, 2024 and June 30, 2025. Click HERE for more information about the SGS Conference and Research Travel Award Program and to access the application. Please contact SGS Awards@grad.rutgers.edu with any questions.

Build a Fellowship Plan with GradFund!

<u>GradFund</u> 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 <u>HERE</u> 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 -

Program and Communication Assistant – Rutgers Graduate School of Education Compensation: \$18-20 per hour, 15-20 hours per week

Position dates: January 6, 2025 - August 29, 2025

Location: On-site, College Ave Campus

Apply HERE by 6am on December 16!

The Rutgers Graduate School of Education is seeking a dedicated graduate student to join their team as a Program and Communications Assistant supporting the Samuel DeWitt Proctor Institute for Leadership, Equity, and Justice (Proctor Institute) and the Rutgers Center for Minority Serving Institutions (CMSI). This role is ideal for individuals who excel at managing multiple projects in a fast-paced environment. The Program and Communication Assistant will be responsible for aiding in the management of social media accounts, podcasts, and X (Twitter) chats; provide general programs and communications support; assisting in developing tailored campaign strategies for research reports, initiatives, and programs; providing administrative support; crafting press releases and other written correspondences; and providing front desk support. Please review the job posting for additional details.

TA Project Coordinator – TA Project, School of Graduate Studies

Compensation: \$25 per hour

Position dates: Starts on January 21, 2025

Location: Fully remote

Apply via email by December 20!

The TA Project (School of Graduate Studies) is seeking a detail-oriented and proactive doctoral student to serve as the TA Project Coordinator to support the smooth operation of TA Project programming. The successful candidate will work with a small interdisciplinary team of graduate students to assist in the development of campus-wide programs pertaining to pedagogy, oversee various initiatives for the Project, assist with the coordination of the administrative work pertaining to the RASTL Project, and provide support to all projects pertaining to TAP throughout the year. Applicants should be doctoral students with at least two semesters of TA experience, in good academic standing, with strong teaching skills. Interested applicants should send their CV and a cover letter that details their teaching experience and expertise and includes the contact information for one reference, to Maggie Albright-Pierce at tapweb@grad.rutgers.edu. The reference will need to provide a letter or recommendation if the application is selected for advancement. Click HERE to learn more about the TA Project and please reach out to Maggie Albright-Pierce mra141@rutgers.edu with any questions.

THE RESOURCE CORNER

Title IX Legal Protections for Pregnant and Parenting Students

Students experiencing pregnancy or a related condition, including childbirth, false pregnancy, loss, termination, and subsequent recovery are entitled to equal access to education, employment, and university programs and activities. Students experiencing pregnancy or a related condition (including partners, foster, and adoptive parents) are

encouraged to reach out to the team at the Title IX office to discuss their rights to reasonable accommodations using **THIS** form, emailing nbtitleix@rutgers.edu, or by calling 848-932-8200. The Team at the Title IX Office are here to help you. Click HERE to learn more about resources, accommodations, or support available to pregnant and parenting students.

Free Professional Legal Services For Rutgers Students!

Rutgers University Student Legal Services offers professional legal advice and assistance to eligible Rutgers– New Brunswick students at no cost by attorneys licensed to practice in New Jersey! Student Legal Services offers legal consultations on various matters including: tenant/landlord disputes, domestic violence, traffic violations, intellectual property, immigration/INS/DACA, civil suits, and more. They also provide notary services, attorney referrals, community outreach & education, and pre-law advising services. Click HERE for more information about the services offered by Rutgers University Student Legal Services.

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 <u>Academic Support Resources</u>, <u>Career & Professional Development</u>, <u>Student Support Services & Resources</u> 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 <u>HERE!</u>