

Graduate Student Life Weekly Digest

Graduate Student Life Weekly Digest Week of December 16, 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 [HERE](#) 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 [HERE!](#)

ANNOUNCEMENTS

Happy Winter Break from the Office of Graduate Student Life!

The Office of Graduate Life wishes you a wonderful winter break and holiday season! Our offices will be closed from December 25, 2024 to January 2, 2025 for winter break. This will be the final issue of the Weekly Digest for the fall semester. The Weekly Digest will resume for the spring on January 20, 2025.

Final Days to Visit Zimmerli Before Winter Break!

Don't miss your chance to visit Zimmerli exhibitions "Smoke & Mirrors" and "Boundless: Picture Books About Disabilities" before they close on December 20. The Zimmerli will be closed from December 21, 2024 through January 1, 2025 and will reopen on January 2, 2025. Click [HERE](#) to view the museum calendar for information about new events and exhibitions in 2025!

– 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 [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](#)! Never miss another graduate student life event!

EVENTS

– THIS WEEK! –

Coffee, Candy, Cookies – Tuesday, December 17, 11am-2pm

Location: 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 [HERE](#) 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.

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

Location: Graduate Student Lounge, (126 College Ave, Behind Panera Bread, College Ave Campus) and on [ZOOM](#)

CES Drop in hours are part of the [Life @ The Graduate Student Lounge Event Series](#) 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.g@rutgers.edu.

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.

Shopping Trip Sign-Up – International Students – Saturday, December 21, 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 fall schedule of shopping trips and learn more information about the Shopping Shuttle Service, click [HERE](#).

– WELLNESS WORKSHOPS, GROUPS, & SUPPORT–

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.

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.

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 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.

PROFESSIONAL DEVELOPMENT, FUNDING, & EMPLOYMENT OPPORTUNITIES

– PROFESSIONAL DEVELOPMENT –

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.

LAST CHANCE TO APPLY! 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 bodwitch@mgsa.rutgers.edu.

– 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 –

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.

Aquatics Instructors – Rutgers Recreation

Compensation: \$15.49 an hour, candidates who possess a valid American Red Cross Water Safety Instructor Certification (WSI) are hired at \$18 an hour.

Location: On-site

Apply [HERE](#) by March 16, 2025!

Rutgers Recreation is hiring aquatics instructors to prepare and lead aquatics classes at campus recreation centers. Candidates who possess a valid American Red Cross Water Safety Instructor Certification (WSI) are preferred, candidates without a WSI certification will receive training at a future date. Full time graduate students (enrolled in 9 credits or more) are eligible to apply. Click [HERE](#) to view the current employment opportunities available through Rutgers Recreation, positions are posted throughout the year, follow Rutgers Recreation on Handshake [HERE](#) for position updates.

Temporary Research Assistant – Rutgers Cancer Institute of New Jersey

Compensation: \$16 per hour, 35 hours per week

Position dates: Temporary Appointment

Location: Fully on-site

Apply [HERE](#) by March 26, 2025!

The Rutgers Cancer Institute of New Jersey is seeking a graduate student **with a background** in psychology, public health, or other life or **another** medical science related field with previous research experience to work as a temporary research assistant. The research assistant will be responsible for conducting qualitative research under supervision of the Principal Investigator; assisting with recruitment, data collection, and data management; drafting written reports for inclusion in manuscripts and grant proposals, and performing other related duties as assigned. Please review the job posting for additional details.

THE RESOURCE CORNER

FREE Professional Development with LinkedIn Learning

All Rutgers graduate students have free access to LinkedIn Learning, an online professional development tool with thousands of video tutorials, courses, and training resources taught by industry experts. Click [HERE](#) to learn more about LinkedIn Learning and set up your free account through Rutgers University.

Access Adobe Creative Cloud FREE!

The Adobe Creative Cloud software suite is available to all active Rutgers students, faculty, and staff! Access Adobe's most popular photography, graphic design, illustration, video, and web design software including Adobe Premier, Photoshop, Illustrator, InDesign, After Effects, and Acrobat and more! Click [HERE](#) for more information about accessing the Adobe Creative Cloud as a Rutgers affiliate.

Access Additional Features with a Rutgers Zoom Account!

Students can activate their free Rutgers Zoom account to access additional features including: meetings with no time limit, customized virtual backgrounds, closed captioning, high-quality video and audio support for up to 300 participants with no time limit, and support for up to 50 breakout sessions. Click [HERE](#) for more information about activating your Rutgers Zoom account and click [HERE](#) to activate your Rutgers Zoom account.

STUDENT SERVICES & SUPPORT

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 [HERE](#) to learn more about the Restorative Justice Program. The Restorative Justice Program can be contacted by email at restorative_justice@echo.rutgers.edu.

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](#)!