

Graduate Student Life _____ Weekly Digest

Graduate Student Life Weekly Digest Week of January 20, 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 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 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 <u>HERE</u>!

ANNOUNCEMENTS

Welcome Back for the Spring Semester!

The Office of Graduate Student Life wishes you a warm welcome back to Rutgers for a wonderful spring semester! As a reminder, you can always refer to the Graduate Student Resource Guide <u>HERE</u> (last updated Fall 2024) for helpful information about support services, resources, and graduate student involvement.

Don't Miss Spring 2025 First Weeks @RU Programs!

All incoming and continuing graduate students are invited to various welcome and community-building programs in January and February to kick off the Spring 2025 semester. Programs are designed to provide opportunities to connect with other graduate students, learn about graduate student organizations, engage with essential resources, and participate in campus-wide events. Check out the full schedule of graduate student-exclusive programs and university-wide events HERE.

Join a Graduate Affinity Group!

Looking to connect with other graduate students like you? Consider joining a peer-designed and peer facilitated affinity group! Affinity groups are affirming spaces to build community with peers who share experiences, backgrounds, and social

identities and connect with peers for personal and professional support and around shared interests. Five Graduate Affinity Groups are being offered this semester: BIPOC LGBTQIA2S+ Graduate Students, Chinese Graduate Students, Rutgers International Graduate Students (RINGS), African Graduate Students, and Supporting Neurodiversity at Rutgers. To read descriptions for each group and learn if it's a good fit for you Click HERE. Click HERE to register to join a Graduate Affinity Group (Register by January 24 to receive information about first meetings!). Contact Dean Ghada Endick, gendick@echo.rutgers.edu or Program Assistant, Zoey Eddy ze26@scarletmail.rutgers.edu with any questions.

Check Out Rutgers Recreation Welcome Week Programs!

Rutgers Recreation is kicking off the spring semester with a lineup of exciting activities for all Rutgers students! From Glow Dodgeball to Log Rolling and Rockwall classes, there are a variety of activities on every campus for all students to get active and energized for the semester ahead. To view the full schedule and details about Rutgers Recreation Welcome Week programs, click <u>HERE</u>.

- 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.

NEXT WEEK: MLK Day of Service at the Second Reformed Thrift Shop – Wednesday, January 29, 1pm-4pm

<u>Location: Second Reformed Thrift Shop (8 Stone Street, New Brunswick, NJ 08901)</u>

Space is limited! Register <u>HERE</u> by January 26th!

The Office of Student Volunteer Engagement invites graduate students to honor the legacy of Dr. Martin Luther King, Jr. with an afternoon of service. Volunteers will aid in sorting donations at the Second Reformed Thrift Shop and prepare the store for opening. Please reach out to <u>volunteer@echo.rutgers.edu</u> with any questions.

NEXT WEEK: MLK Day of Service Stop and Serve Bracelet Making – Thursday, January 30, 11am-1pm

<u>Location: Busch Student Center, Lobby (604 Bartholomew Rd, Piscataway, Busch Campus)</u>

Join Student Volunteer Engagement's Stop and Serve table to craft bracelets for Girls on the Run, a national nonprofit organization dedicated to empowering young girls. Participants will also have the chance to discover additional local service opportunities. Please reach out to volunteer@echo.rutgers.edu with any questions.

- 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

- THIS WEEK! -

Research Cafe Presentations - Wednesday, January 22, 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. This Research Cafe will feature exciting presentations "Age Dependent Immune Responses to La Crosse Virus" by Reem Alatrash, and "Simulating the Gambler's Ruin Problem" by Lucy Martinez.

Volunteer Engagement Information Session for Graduate Students – Thursday, January 23, 12pm-1pm

Location: Zoom

Register **HERE** to receive the **Zoom** link!

This event is part of the Spring 2025 First Weeks @ RU event series, click <u>HERE</u> to view the full schedule of First Weeks programs!

Enhance your graduate student experience by attending this information session to learn more about opportunities to volunteer, participate in community service, and connect to local community organizations. Hosted by the Office of Student Volunteer Engagement.

Introduction to Spinning (Indoor Cycling) Class for Graduate Students – Thursday, January 23, 5:15pm-5:50pm

<u>Location: Werblin Recreation Center, Private Cycle Studio (656 Bartholomew Rd, Piscataway, Busch Campus)</u>

Register **HERE!**

This event is part of the Spring 2025 First Weeks @ RU event series, click <u>HERE</u> to view the full schedule of First Weeks programs!

This beginner friendly class introduces graduate students to spinning (indoor cycling), a low-impact, individually paced, cardio workout using a stationary bike. An instructor will guide participants through the basics, including how to adjust the bike for a proper and comfortable fit. Participants are encouraged to wear comfortable clothing, bring a water bottle, and arrive 5–10 minutes early to secure their bike. Please contact Stacy Trukowski at stacytr@rutgers.edu for any questions.

GSA & Scarlet Tabletop Gaming League Game Night – Thursday, January 23, 7pm-10pm

<u>Location: College Ave Student Center, Room 108 G2 Level (126 College Ave, NewBrunswick, College Ave Campus)</u>

This event is part of the Spring 2025 First Weeks @ RU event series, click <u>HERE</u> to view the full schedule of First Weeks programs!

The Graduate Student Association and Scarlet Tabletop Gaming League invite graduate students to an evening of fellowship and fun with fellow game enthusiasts! Attendees can enjoy games like Francis Drake, Heat: Pedal to the Metal, Werewolf, 6 Nimmt! and more, as they connect with fellow tabletop gamers, build lasting friendships, and share their love for board games. Whether a beginner or enthusiast, this event offers the perfect opportunity to unwind and immerse in the intellectual challenges of strategic and thematic board games. For questions, please email Alex Nesenjuk at an525@scarletmail.rutgers.edu.

Afrobeats Workout with a Dance Therapy Twist – Saturday, January 25, 12pm-2pm

Location: Cook Recreation Center, Gym (50 Biel Road, New Brunswick, Cook Campus)

Register HERE!

Join Rutgers Recreation for this Afrobeats Dance Workout class! Explore the 8 dimensions of wellness while learning choreography to hits from artists like Burna Boy, Wizkid, Ayra Starr, and Tems. No previous dance experience is needed. This event is sponsored by The ScarletWell grant program, it is free and open to all students and will include giveaways for participants. Please contact Zina Ogunnaya at zno1@rutgers.edu for any questions.

- RSVP NOW & COMING UP! -

NEXT WEEK: MLK Day of Service Vision Boards – Tuesday, January 28, 6pm-8pm Location: Busch Student Center, MPR B-604 (Bartholomew Road, Piscataway, Busch Campus)

Register **HERE** by January 24th!

Join the Office of Student Volunteer Engagement and Scarlet Arts RX to honor the legacy of Dr. Martin Luther King and his commitment to service through an evening of creativity and learning centered around the theme "Service to Others." Participants are invited to create their own vision board for 2025, while learning about the wide range of service opportunities available to students this semester. Dinner will be provided. For questions or additional information, please contact volunteer@echo.rutgers.edu.

NEXT WEEK: LGBTQIA+ Graduate Student Social: Spring Kickoff! – Wednesday, January 29, 5pm-7pm

<u>Location: Center for Social Justice Education & LGBT Communities (17 Bartlett St, New Brunswick, College Ave Campus)</u>

RSVP <u>HERE!</u>

The Center for Social Justice Education & LGBT Communities (SJE) welcomes all new and continuing graduate students to their open house social event! Enjoy empanadas and take a tour of the SJE building. Attendees will also have the opportunity to learn more about what SJE has to offer to support LGBTQIA+ graduate students throughout their educational journey and get introduced to other graduate resources. Please direct any questions to sje@echo.rutgers.edu or Paolo Miyashiro Bedoya at pm976@scarletmail.rutgers.edu.

NEXT WEEK: Supporting Parents & Caregivers at Rutgers (SPCR) Welcome Lunch – Thursday, January 30, 12pm-1pm

Location: Virtual RSVP HERE!

This event is part of the Spring 2025 First Weeks @ RU event series, click <u>HERE</u> to view the full schedule of First Weeks programs!

Connect with graduate student parents and caregivers across departments for social connection and mutual support and help advocate for the needs of grad student parents and caregivers. Parents, caregivers, pregnant people, allies, or anyone who wants to help a small group grow are invited! Reimbursement will be provided for lunch! Please visit THIS link to RSVP and for details on possible lunch reimbursement. Email SPCR rutgersgradparents@gmail.com with any questions.

NEXT WEEK: Graduate Student Life and Graduate Student Association (GSA) Welcome & Open House – Thursday, January 30, 2pm-4pm

<u>Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave Campus)</u>

This event is part of the Spring 2025 First Weeks @ RU event series, click <u>HERE</u> to view the full schedule of First Weeks programs!

Drop by the Lounge to meet staff and students from the Graduate Student Life, GSA, graduate student organizations and affinity groups, Scarlet Arts Rx, Learning Centers and Career Exploration and Success. Learn about opportunities to get involved as a graduate student and the resources to support your graduate student experience and your overall wellness! The Graduate Student Lounge is a great place to study, relax, or connect with friends. Don't miss out on free massages, pizza, desserts, and giveaways! Email gradstudentlife@echo.rutgers.edu with any questions.

NEXT WEEK: Graduate Student Yoga

<u>Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave</u> Campus)

Graduate Student Yoga is part of the <u>Life @ The Graduate Student Lounge Event Series</u> and will be held every Thursday from 5-6pm starting 1/30. This event is also part of the Spring 2025 First Weeks @ RU event series, click <u>HERE</u> to view the full schedule of First Weeks programs!

Graduate Student Yoga is back! Stop by on Thursdays to 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! Hosted by Rutgers Recreation and Office of Graduate Student Life.

NEXT WEEK: RU Swim School – Thursday, January 30, 5pm-7pm

<u>Location: Werblin Recreation Center, Patio Pool (656 Bartholomew Rd, Piscataway,</u> Busch Campus)

Register HERE!

Join Rutgers Recreation for this two-hour, free swim session! Participants will learn essential swimming safety skills, practice floating, and build water comfort. All skill levels are welcome, as individuals will be divided into groups based on swimming comfortability. Instruction will be led by Red Cross-certified instructors, with lifeguards on duty for safety. Participants only need to bring a swimsuit, towel, and goggles (if desired). Additional equipment will be provided. For questions and additional information, contact Rebecca Bastuga at rebecca.bastuga@rutgers.edu.

NEXT WEEK: Shopping Trip Sign-Up – International Students – Thursday, January 30, 5pm-8pm

<u>Location: Pick-ups from Bevier Road or Nichols Apartments on Busch Campus</u> **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 <u>HERE</u>.

NEXT WEEK: Spring Opening Reception – Saturday, February 1, 5pm-8pm Location: Zimmerli Art Museum (71 Hamilton St, New Brunswick, College Ave Campus) RSVP HERE!

Join the Zimmerli Art Museum to celebrate their new spring exhibitions, including the opening of their special exhibition: *Indigenous Identities: Here, Now & Always.* This event is free and open to the public. It will begin with a moderated discussion featuring contemporary artists Neal Ambrose-Smith and John Hitchcock from 5pm-6pm, followed by a reception from 6pm-8pm. Food and drinks will be served throughout the night. Click **HERE** to RSVP or learn more.

- WELLNESS WORKSHOPS, GROUPS, & SUPPORT-

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

Location: Virtual, 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 <u>HERE</u> 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 <a href="https://example.com/heres/her

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.

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.

NEXT WEEK: NSF I-Corps Fellowship Information Session – Tuesday, January 28, 12pm-1pm

Location: Virtual
Register HERE!

Learn about innovation and entrepreneurship at the Northeast I-Corps Hub and its I-Corps Fellowship Program in this info session. The I-Corps Fellowship Program offers candidates the opportunity to join an I-Corps team and participate in customer discovery research as co-Entrepreneurial Leads, rewarding a stipend of \$1,000 for fellowship requirement completion. The information session will also feature a panel for fellowship alumni to share their experiences and the impact it had on their lives. Click HERE to learn more about the I-Corps Fellowship program.

- SCHOLARSHIP, & FUNDING OPPORTUNITIES -

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 -

Graduate Research Assistant - Rutgers Office of Institutional Research

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

Location: On-Campus

Apply **HERE** by 9pm on January 31!

The Office of Institutional Research is seeking a motivated and detail-oriented graduate student with a background in research methods, statistics, or a related field to join their team. Applicants should preferably have experience working with Qualtrics Survey Design and Management; be proficient in data analysis tools such as R or SPCC; be proficient using Excel or equivalent software for quantitative analysis; and prior experience in survey administration and data reporting. The Graduate Research Assistant will be responsible for assisting in the design, distribution, and management of surveys using Qualtrics; collecting, cleaning, and organizing data for analysis; conducting data analyses using tools such as R or SPSS; preparing reports and visualizations to summarize findings; and collaborating with team members to support survey-related projects and initiatives. Please review the job posting for additional details.

Part-Time Graphic Design Intern – Rutgers Eagleton Institute of Politics

Compensation: \$15.49 per hour, 5-10 hours per week

Position dates: Spring Semester

Apply via email by 5pm on February 6!

The Eagleton Institute of Politics is seeking a creative and motivated graphic design intern to join their team part-time for the spring semester. This role is ideal for individuals who are studying Graphic Design, Digital Marketing, Communications, Journalism and Media Studies, or a related field. Applicants should have experience with Adobe Illustrator, InDesign, and Canva; an interest in branding, marketing, social media content creation, and visual trends; strong communication skills; the ability to multitask; strong time management skills; and be detail oriented. To apply, email an updated resume and cover letter to Eagleton's Communications & Public Relations Manager, Kiana Miranda at kiana.miranda@eagleton.rutgers.edu. Please review the job posting HERE for additional details.

2025 Summer Institute Math Academic Coach – Rutgers School of Arts and Sciences Educational Opportunity Fund (EOF) Program

Compensation: \$20-30 per hour, 20 hours a week Position Dates: July 1, 2025 - August 1, 2025

Location: Hybrid

Apply HERE by 6am on March 10!

The Rutgers School of Arts and Sciences EOF Program is seeking a dedicated graduate student to assist math professors during their summer institute program. The Math Academic Coach will be responsible for being present during Math Practicum sessions throughout the week; reporting to the math coordinator or designee; attending paid instructor weekly meetings; providing peer coaching support to scheduled Summer Institute SAS EOF scholars; and will be expected to participate in paid online training on Canvas before the beginning of the Summer Institute. Please review the job posting for additional details.

THE RESOURCE CORNER

Get a Digital New York Times subscription FREE through the Rutgers Libraries!

The Rutgers Libraries provides students and staff with free New York Times personal accounts which provides full access to all NYT digital content including news, podcasts, multimedia, reviews, opinions, blogs, videos, and newsletters on NYTimes.com, The New York Times app, and the NYT Audio app. For more information, including directions on how to set up your free New York Times account, click HERE.

Access the Wall Street Journal FREE through the Rutgers Libraries!

The Rutgers Libraries provides free access to the digital edition of the Wall Street Journal. The WSJ is a national newspaper providing information, analysis, and commentary on U.S. and Global news with a specific emphasis on business and finance. For more information, including directions on how to set up your Wall Street Journal account, click <u>HERE</u>.

Student Basic Needs: Rutgers Student Food Pantry & Mobile Food Pantry

The Rutgers Student Food Pantry and Mobile Food Pantry is dedicated to helping all Rutgers students in need of food. Students can visit the Student Food Pantry located in the College Avenue Student Center or visit one of the many Mobile Food Pantry locations and receive about one week's worth of groceries, no questions asked. Click HERE to view the operating hours and locations of the Rutgers Student Food Pantry and Mobile Food Pantry.

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>