

Graduate Student Life Weekly Digest Week of February 19, 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! 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). The Graduate Student Lounge is open from 7am-12am (Midnight) on Weekdays and 9am-12am (Midnight) on Weekends, 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

THERE'S STILL TIME TO REGISTER for Graduate Student EXCLUSIVE Spin Class THIS THURSDAY!

Join us for a graduate-exclusive spin (indoor cycling) class on Busch Campus at the Sonny Werblin Recreation Center Indoor Cycling Studio *THIS THURSDAY* (2/22) from 5pm-5:45pm! This class will be dedicated to beginners and will review bike set up and all the basics. Only 25 spots available, register HERE! Please contact gradstudentlife@echo.rutgers.edu with any questions.

- GET INVOLVED -

Rutgers International Women's Group (IWG) - For Graduate/Post Doc Students and/or Spouses of Students or Post Docs!

The International Women's Group of Rutgers University (IWG) is a volunteer organization with membership open to all international women who study or work at Rutgers or are spouses of Rutgers students. The members of IWG help each other to build a new life and community while adjusting to New Jersey and Rutgers. Click HERE more information, or email iwgmembers@gmail.com.

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 <u>HERE</u>.

- STAY INFORMED -

Subscribe to the Office of Student Volunteer Engagement Newsletter!

Keep up to date with on-campus and local volunteer opportunities by subscribing to the Office of Student Volunteer Engagement Newsletter <u>HERE</u>!

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!

Subscribe to the Graduate Student Association (GSA) Mailing Lists!

Learn about and subscribe to the GSA Weekly Event Newsletter and GSA Market mailing lists HERE!

Subscribe to the Career Exploration and Success Doctoral Career Community Newsletter

Subscribe to the CES weekly career community email newsletter for all doctoral students for tailored information about events, alumni mentors, career outcomes, and resources for graduate students through Handshake. Learn more about the Doctoral Students Career Community HERE. Visit THIS webpage for detailed directions on adding the Doctoral Students Career Community to your Rutgers Handshake career interest profile. Click THIS link to access the archive of past issues of the Career Community Newsletters. You will receive this community newsletter on the 1st, 8th, 15th, and 22nd days of the month.

EVENTS

- RSVP NOW & COMING UP! -

LIMITED SPOTS STILL AVAILABLE! Graduate Student Signature Career Event – Tuesday February 27, 4pm-7pm

Location: Busch Student Center, Multipurpose Room (604 Bartholomew Rd, Piscataway, Busch Campus) REGISTER HERE!

Masters and doctoral students from all disciplines are invited to join the Office of Career Exploration & Success at their **FREE** Graduate Student Signature Career Event! Learn to leverage ChatGPT in your career, become empowered to present your best self while being authentic and transparent, discover the variety of career tools the Rutgers Libraries has to offer, and learn to navigate the industry and academic job markets. Don't miss out on exciting workshop sessions, resources, and networking opportunities accompanied by appetizers and beverages! The Career Exploration and Success Career Studio will be offering professional headshots from 3:00pm-4:00pm and from 7:00pm-9:00pm. Click HERE for more information and contact Tamara Peters tamara.peters@rutgers.edu with any questions.

- THIS WEEK! -

Self Defense and Personal Safety Workshop – Monday, February 19, 5:30 pm – 7:00 pm

<u>Location: College Avenue Gym, Lower Level Dance Studio, (130 College Ave, New Brunswick, College Ave Campus)</u>

Register HERE!

Join RUPD for an entry level self defense course that requires no previous martial arts training and learn situational awareness along with practical defense tactics. Since physical force is a last resort, this workshop will discuss alternative means to de-escalate a situation by confronting an attacker, diffusing a situation, and escaping a threat as quickly and efficiently as possible. Click HERE for more information.

Workshop: Preparing a Diversity Statement for Academic and Professional Development – Tuesday, February 20, 1:00 pm - 2:30 pm

Location: Zoom

Register **HERE** to Attend or Receive the Workshop Recording!

Join the Graduate Student Association (GSA) and Office of Teaching Evaluation Assessment and Research (OTEAR) for this virtual workshop that explains the function of a diversity statement in academic employment settings and examines how scholars can discuss diversity in their teaching and research. Participants will then review sample diversity statements and discuss ideas for crafting their own.

Webinar: The 2022 OSTP Public Access Memo's Origins and Impacts – Wednesday, February 21, 2:00 pm – 3:00 pm

Location: Zoom

Register **HERE** to Attend!

Join the Rutgers University Libraries, Harvard Library, and Princeton University Library for this webinar focused on the origins, impacts, and current perspectives of the 2022 OSTP Public Access Memo, the latest directive for enhancing public access to the results of federally funded research. Dr. Alondra Nelson will address the origins of the OSTP Memo (commonly referred to as the "Nelson Memo") while Dr. Maryam Zaringhalam, Assistant Director for Public Access and Research Policy, White House Office of Science and Technology Policy (OSTP), and Dr. Jessica Tucker, Acting Deputy Director of the Office of Science Policy, NIH, will speak to the impacts of the memo since its release, followed by a short, moderated Q&A. Registration required to receive Zoom meeting link.

Office of Disability Services Graduate Student Drop-In Hours – Wednesday, February 21, 2-4 pm Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus and on Zoom, join meeting HERE (Meeting ID: 980 3049 3889, Password: 064210).

These sessions are part of the <u>Life @ The Graduate Student Lounge Event Series</u> and will be offered every Wednesday.

Every Wednesday, 2-4 p.m. at the Graduate Student Lounge (126 College Avenue) and on Zoom, Coordinator Nychey Michel from the Office of Disabilities Services (ODS) will offer drop-in hours just for graduate students. Come stop by and meet Nychey. She can be reached at (848)-202-3111 or nlm108@echo.rutgers.edu. Click HERE for more information.

Research Café – Wednesday, February 21, 3:00 pm – 4:00 pm

Location: Zoom Register HERE!

Join PhD Candidates Yingchun Xu, Jessica Mingoia, and Ana Maria Oliynyk for their exciting research presentations "Traditions as Events: Phenomenological Bullhead Fish Hats and Hani (Akha) Sacred Swings Rebuilding," "In Pergula Natus: The Apartments of Pompeii and Herculaneum," and "Biophilia in the Urban Environment." and Research Café is a monthly gathering place for graduate students across disciplinary areas to share their research and benefit from peer feedback and support in a friendly, low-stakes setting. Please register to attend on Zoom. To view the full schedule of presentations taking place this semester, click HERE. Contact Dr. Briana Bivens briana.bivens@rutgers.edu with any questions.

RELOCATED THIS WEEK Graduate Student Yoga – Wednesday, February 21, 5–6pm

Graduate Yoga is part of the Life @ The Graduate Student Lounge Event Series and will be held every Wednesday.

Location: College Avenue Gym, Dance Studio (130 College Ave, New Brunswick, College Ave Campus)

Join us on Wednesdays to 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.

"Pivot: Expanding our Notions of What Public Scholarship can Be" With Dr. Brittney Cooper – Thursday, February 22, 10:30 am – 12 pm

<u>Location: Institute for Research on Women (160 Ryders Ln, New Brunswick, Cook-Douglass Campus)</u>

By Registration Only! Register <u>HERE</u> by 5pm TODAY February 19!

Join the Institute for Research on Women (IRW) for a Rutgers Public Engagement workshop with Dr. Brittney Cooper "Pivot: Expanding our Notions of what Public Scholarship can Be." Dr. Brittney Cooper is co-editor of The Crunk Feminist Collection (The Feminist Press 2017) and author of Beyond Respectability: The Intellectual Thought of Race Women and Eloquent Rage: A Black Feminist Discovers Her Superpower. Click HERE to register to attend!

RSVP! Graduate Student EXCLUSIVE: Introduction to Spin Class! – Thursday, February 22, 5:00 pm – 5:45 pm

<u>Location: Sonny Werblin Recreation Center: Indoor Cycling Studio (656 Bartholomew Rd, Piscataway, Busch Campus)</u>

Register <u>HERE</u> Only 25 Spots!

Come experience an indoor cycling (spin) class at the Sonny Werblin Recreation Center Indoor Cycling Studio. Indoor cycling classes provide a low impact workout that allows riders to go at their own pace. This class will be dedicated to beginners and will review bike set up and all the basics. Please contact gradstudentlife@echo.rutgers.edu with any questions.

Interdisciplinary DEI Luncheon & Mixer - Friday, February 23, 11:00am - 12:30pm

<u>Location: School of Communication and Information, Room 222 (4 Huntington St, New Brunswick, College Ave Campus) AND Zoom.</u>

RSVP HERE by 5pm TODAY February 19!

The Dean's Office at the School of Communication and Information invites all graduate students from Rutgers—New Brunswick to join us for a DEI research mixer and luncheon. The mixer aims to connect students whose research and interests address questions around Diversity, Equity, and Inclusion in the social sciences, humanities, health sciences, and related disciplines. Attendees will connect with peers and discuss ways to build communities to support the work of increasing representation, justice, and abolition in interdisciplinary scholarship. Food and drinks will be provided. Please reach out to Salvador Guzmán Villegas salvador.guzman@rutgers.edu or Dr. Bernadette Gailliard b.gailliard@rutgers.edu with any questions.

Rock Climbing for Graduate Students - Friday, February 23, 4:00pm - 6:00pm Location: Rutgers Rock Wall at the College Avenue Gym, 130 College Avenue

RSVP HERE

Join the GSA Recreation Committee for an afternoon of fun and climbing at the Rutgers Rock Wall. This is a unique opportunity to climb with your grad school friends with belay-certified staff who will have you climbing in no time! No experience is necessary, and beginners are encouraged to sign up. If you have ever been interested in checking out the Rutgers Rock Wall, now is your chance! Spots are limited to 30 people so please RSVP before the event. There is a wait list so if your plans change, please update your RSVP so someone else is able to attend! Email: ec@gsa.rutgers.edu with any questions

Shopping Trip Sign-Up – International Students – Saturday, February 24, 10am-1pm

Location: Pick-ups from Bevier Road on Busch Campus & the College Avenue Student Center

Reserve Your spot on the February 24th Shuttle (10am-1pm) 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. To view the full schedule of shopping trips and learn more information about the Shopping Shuttle Service, click HERE.

12th Annual MARK Leadership Conference, Saturday, February 24, All day

Location: Livingston Student Center

RSVP HERE

The Mark Conference is one of the largest and most immersive student-led conferences in the country. This year's theme is "Dare to Dream"! Diverse line-up of speakers in a TEDx-styled event. Along with both professional and student speakers, 400+ attendees will walk into a fully transformed student center to engage with different installments and energizers. The combined features of the day aim to inspire action amongst students and encourage them to think critically about the "mark" they will leave on the world around them. For questions, email: lo219@echo.rutgers.edu. Visit the website for more information: http://markconference.rutgers.edu. Cost: \$20

- WELLNESS WORKSHOPS, GROUPS, & SUPPORT-

Wellness Workshop: Emotion Regulation, Stress Management, and Cultivating Resilience – Tuesday, February 20, 2pm-3pm

Location: Zoom, Join Meeting HERE (Meeting ID: 916 5106 6417, Password: 624055)

Join CAPS Community Based Counselor Dana and your peers to focus on building skills for recognizing and managing stress and emotions, and increasing resilience in this graduate student wellness workshop.

International Student Wellness Group – Every Friday, 1-2:30pm

<u>Location</u>: **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.

Join this International Student Wellness group designed to support international students through the unique challenges of cross-cultural adjustment. This group provides a supportive, confidential, virtual safe space to discuss various concerns such as microaggressions and discrimination, family pressures, or homesickness. If you are interested in joining the International Student Wellness Group, call CAPS at 848-932-7884 or talk to your 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 – Every Friday, 1-2:30pm

Location: In-Person, please call CAPS at 848-932-7884 for exact location details, 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.

The Graduate Student Group aims to provide a safe and supportive space to help members gain a better understanding of themselves and their relationships with others in the context of the graduate school experience. Students will have the opportunity to explore and share concerns and feelings they may be experiencing such as: social adjustments, loneliness, romantic relationships, handling conflicts with peers and professors, feelings of inadequacy, anxiety, struggles with assertiveness, stress management, and balancing family life with academics. If you are interested in joining the Graduate Student Group, call CAPS at 848-932-7884 or talk to your 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 Graduate Student Group.

Weekly Let's Talk Drop In Counseling Conversations – Mondays, Thursdays, Fridays

Locations: Zoom, Busch Campus, College Ave Campus

Free Private and Confidential Drop-In Conversations with licensed mental health professionals available in-person or virtual. Click <u>HERE</u> for more information about drop-in Let's Talk sessions with our graduate student focused counselors Dana and Shan! Click <u>HERE</u> for information about Let's Talk sessions with other CAPS Community Based-Counselors.

ACADEMIC SUPPORT & WORKSHOPS –

Workshop: Getting Started with Graduate Level Research Writing Part 1: The Drafting Process – Monday, February 19, 7-8pm

Location: Zoom Register HERE!

Join the Rutgers Learning Centers for their Graduate Student Workshop Series. Click <u>HERE</u> for the full list of workshops. Email Lucille Leung <u>Ilu@echo.rutgers.edu</u> with any questions.

Workshop: Lit Review 101 - Wednesday, February 21, 4-5pm

Location: Zoom Register HERE!

Join the Rutgers Learning Centers for their Graduate Student Workshop Series. Click <u>HERE</u> for the full list of workshops. Email Lucille Leung <u>Ilu@echo.rutgers.edu</u> with any questions.

Academic Coaching from Learning Centers

Academic Coaching is available to students from freshmen to Ph.D. candidates and can be particularly helpful to graduate students who would benefit from talking through motivation challenges, breaking down large tasks into more approachable segments, and seeking accountability for productivity. Several of the Rutgers Academic Coaches support graduate students specifically. Click here to download the Penji scheduling app. Once in the app, join the Academic Coaching community; then, under "Topics", click on "SEE ALL GRADUATE STUDENT COACHING" to access open appointments with these coaches. Any problems registering or have questions, please contact academiccoaches@echo.rutgers.edu.

PROFESSIONAL DEVELOPMENT, FUNDING, & EMPLOYMENT OPPORTUNITIES

- PROFESSIONAL DEVELOPMENT -

PRESENTATION OPPORTUNITY! Queer and Allied Scientists at Rutgers (QUASAR) Symposium – Monday, April 15, 10am-4pm

Location: Douglass Student Center, Trayes Hall (100 George St, New Brunswick, Cook-Douglass Campus)
Register HERE by Friday March 8 to be considered for a short talk!

LGBTQIA+ Identified graduate students, postdoctoral fellows, faculty, and staff in the sciences are invited to apply to give short talks on their research or biography at the second annual Queer and Allied Scientists at Rutgers (QUASAR) Symposium. This event is an opportunity to showcase and celebrate the contributions of queer scientists working across all areas of science at Rutgers-New Brunswick. The

Symposium will feature a unique combination of scientific and biographical talks from queer faculty and trainees, an exciting keynote presentation, and panel discussions focused on mentoring and growth across the career spectrum. Please reach out to Dr. Jim Millonig millonig@cabm.rutgers.edu, Dr. Troy Roepke tr246@sebs.rutgers.edu, and Dr. Brian Daniels b.daniels@rutgers.edu with any questions.

FREE Self-Service Professional Headshots at the Career Portrait Lounge! – By Appointment 9:30am-3:45pm

Locations: Busch Student Center (604 Bartholomew Rd, Piscataway, Busch Campus) **AND**Gateway Transit Village Building, 4th Floor (106 Somerset St, New Brunswick, College Ave Campus)

Need a headshot? Professional photos are a snap for Rutgers-New Brunswick graduate students. The Office of Career Exploration and Success now has two self-service photography studios on the Busch and College Ave campuses. Take your candidacy and digital brand to the next level and schedule an appointment to get your picture-perfect headshot! Click HERE for more information and learn how to schedule a self-service headshot appointment via Handshake!

Build a Fellowship Plan with GradFund!

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.

- SCHOLARSHIP & FUNDING OPPORTUNITIES -

CALL FOR GRADUATE FELLOWS: Rutgers Center for Historical Analysis 2024-25 Seminar Apply by March 1!

The Rutgers Center for Historical Analysis seeks graduate student fellows for the 2024-2025 seminar, which interrogates the dialectical relationship between Black power and white supremacy over time and across the globe, considering its manifestations from the fifteenth century to the present and aims to better understand how manipulations of historical memory have helped maintain the structural, systemic, and physical violence of white supremacy on an unending loop for centuries. Graduate Fellows will receive a \$2,000 stipend to support their participation in the seminar. Click HERE for more information about applying for the Rutgers Center for Historical Analysis Seminar Graduate Fellowship.

Fulbright Hays Doctoral Dissertation Research Fellowship

Apply **HERE** by March 13 (Internal deadline for Rutgers Applicants)!

The Fulbright Hays Doctoral Dissertation Research Fellowship competition is now open! Doctoral students pursuing an area studies project requiring 6-12 months of dissertation research abroad are encouraged to apply. Click HERE for an overview of the Fulbright Hays Doctoral Dissertation Research

Abroad Fellowship Program and click <u>HERE</u> application, eligibility, and award information. Students who plan to apply are strongly encouraged to schedule a <u>GradFund</u> appointment for application assistance <u>HERE</u>. Click <u>HERE</u> for more information on booking a GradFund appointment. GradFund offers additional guidance on developing a competitive fellowship application in their GradFund Self-Paced Guide to Fellowships and Grants on Canvas. Use <u>THIS</u> link to self-enroll in the Canvas site.

Students interested in applying for the Fulbright Hays Doctoral Dissertation Fellowship should consider attending the GradFund Webinar (details below) on February 22 to learn more about creating a competitive application.

GradFund Webinar: Fulbright Hays Doctoral Dissertation Fellowship – Thursday, February 22, 1pm Register HERE!

<u>Location: Zoom (Pre-registration is REQUIRED</u>, you must have your Rutgers Zoom account activated to register and attend this Webinar, when prompted, log into Zoom using NetID@rutgers.edu as the email address.)

GradFund Fellowship Advisors will share tips and advice on crafting a competitive and compelling Fulbright Hays Doctoral Dissertation Fellowship application with participants. Click <u>HERE</u> for more information about the Fulbright Hays Doctoral Dissertation Fellowship. Advance registration is required to attend. Please email <u>fellowship advisor@gradfund.rutgers.edu</u> with any questions.

APPLY NOW! The Department of Energy National Nuclear Security Administration Laboratory Residency Graduate Fellowship

Apply **HERE** by March 13!

Doctoral students studying engineering and applied sciences, physics, materials, mathematics, and computational sciences are encouraged to apply for the Department of Energy National Nuclear Security Administration Laboratory Residency Graduate Fellowship (DOE NNSA LRGF). The DOE NNSA LRGF provides outstanding benefits and opportunities to U.S. citizens entering their second (or later) year of doctoral study to work in premier national laboratories while pursuing degrees in fields relevant to stewardship of the nation's nuclear stockpile. The Fellowship is renewable for up to 4 years and benefits include a \$42,000 stipend, payment of full tuition and fees, and an annual professional development funds allowance. Fellowships include at least two 12-week residencies at DOE NNSA laboratory facilities and fellows are encouraged to extend these residences to carry out thesis research and other studies. Click HERE more information about eligible fields of study and click HERE for more information about the DOE NNSA LRGF.

Eagleton Graduate Fellowship Program

Apply HERE By March 25, 2024!

Rutgers graduate students of all disciplines who have an interest in politics and government are encouraged to apply for the Eagleton Graduate Fellowship! Year-long Eagleton Fellowships are designed to complement academic study, allowing fellows to continue their degree programs without interruption. Fellows are exposed to the art of politics, governing, and policymaking while providing meaningful assistance to government through coursework and internship placements. Part-time, transfer, and international students are eligible to apply. *Stipends and tuition remission are available*. Click HERE to learn more. Reach out to Sarah Kozak fellows@eagleton.rutgers.edu with any questions.

Quad Fellowship
Apply HERE by April 1!

APPLY NOW! The Center for Retirement Research: Dissertation Fellowship Program – Retirement or Disability-Related Research

Apply **HERE** by April 30!

Doctoral candidates conducting research in the fields of retirement or disability studies are encouraged to apply for the Dissertation Fellowship Program sponsored by the Center for Retirement Research at Boston College and funded by the U.S. Social Security Administration. One \$28,000 fellowship will be awarded to a doctoral candidate conducting cutting edge research on retirement or disability issues with a focus on at least one of the Social Security Administration's <u>research focal areas</u>. Click <u>HERE</u> for more information about the Center for Retirement Research's Dissertation Fellowship Program and please contact Marina Tsiknis <u>tsiknis@bc.edu</u> with any questions.

EMPLOYMENT OPPORTUNITIES –

Summer Resident Advisor Positions – Research Intensive Summer Experience (RISE Program)

Position Dates: RISE Program dates – May 26-August 2. RAs must be available May 24-August 5.

Compensation: \$2,000 and Free Housing

Apply <u>HERE</u>!

The School of Graduate Studies is seeking Graduate Students to serve as summer Resident Advisors (RAs) for the Research Intensive Summer Experience (RISE) at Rutgers program. RAs live in the Livingston Campus Apartments with about 50 RISE undergraduates, serving as residential and social resources and informal mentors. RAs act as first-line responders for urgent and emergency situations, monitor and report maintenance issues, and enforce University and program policies. RISE students are involved in research and programming during the week, while RAs pursue their own research, academics, or other activities. RAs primary responsibilities are weekday evenings and weekends (alternating between 2 RAs); some flexibility is desirable for occasional weekday needs during day hours. Please email rise@grad.rutgers.edu with any questions. For priority consideration, apply by March 6th.

THE RESOURCE CORNER

Gender-Affirming Care Services Provided by Rutgers Student Health Services

Rutgers Student Health Services provides a wide range of gender-affirming care services, including assistance with medical and counseling services. Rutgers Student Health Services can provide assistance related to transitioning including medical counseling, hormone therapy, hormone-level monitoring, referrals to external healthcare providers such as endocrinologists or surgeons, and signing official name-change documents. Rutgers Student Health Services also provides a variety of counseling services including structured evidence-based individual counseling, group counseling, crisis management, substance abuse assessment and treatment, psychiatric services, and referrals to community providers. To learn more about the gender-affirming care services provided by Rutgers Student Health Services, click HERE. You can contact Rutgers Student Health Services by phone at 848-932-7402 or by email at health@rutgers.edu.

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.

STUDENT SERVICES & SUPPORT

Looking for graduate student resources, services, or support? Check out the <u>University Resources page</u> on our website! The University Resources page is our new central hub for information pertaining to graduate student support services at Rutgers!