

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest Week of April 1, 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

This Week is Graduate and Professional Student Appreciation Week (GPSA)!

GPSA Week is the recognition and celebration of the outstanding contributions and accomplishments of our graduate and professional students. Join us in celebrating [Graduate and Professional Student Appreciation Week 2024](#) and be sure to follow us on Instagram [@rugradstudentlife](#) so you don't miss any updates! Click [HERE](#) to view the full schedule of events and be sure to join us at the Zimmerli Art Museum on Wednesday, April 3, from 4:30-7:30pm for our signature event, [Knight at the Museum: Graduate and Professional Student Appreciation Reception](#)! **RSVP to attend [HERE](#)!**

Thank a Grad for Graduate and Professional Student Appreciation Week!

Thank a Grad [HERE](#) until April 7!

Recognize the amazing graduate and professional students in your life by submitting a thank you note during Graduate and Professional Student Appreciation Week! Use [THIS](#) link to send a Thank-A-Grad note until April 7 that can be featured on the Graduate Student Life website.

Discover New SHAPES Class From Rutgers Recreation!

Check out an exciting addition to the Rutgers Recreation Fitness and Wellness Class Schedule that launched this April! Introducing Les Mills SHAPES, a dynamic fusion of Pilates, Barre, and Power Yoga. All are welcome, from beginners to seasoned enthusiasts! Explore the daily class schedule and reserve your spot [HERE](#).

Participate in Strategic Planning for the Zimmerli Art Museum!

Participate in strategic planning efforts with the Zimmerli Art Museum! Graduate students and museum visitors alike are invited to provide feedback via [THIS](#) anonymous survey and may opt to join a working group to help shape the future direction of the Zimmerli!

STILL ACCEPTING APPLICATIONS! Graduate Affinity Groups!

Register [HERE!](#)

Join a Graduate Affinity Group and build community with peers who share similar experiences, backgrounds, and social identities! The following peer-led affinity groups will run during the spring and fall 2024 semesters: Bisexual+ Support, BIPOC LGBTQIA2S+ Students, Chinese Students, Eastern European Students, International Graduate Students, African Graduate Students, Neurodivergent Graduate Students. Click [HERE](#) to learn more and to read descriptions for each Graduate Affinity group! Contact Dr. Briana Bivens briana.bivens@rutgers.edu or Dean Ghada Endick gendick@echo.rutgers.edu with any questions.

– GET INVOLVED –

GSA Elections Information Sessions, Tuesday April 2nd and Thursday April 4th * 1pm - 2pm

Location: Virtual

RSVP April 2 [HERE](#)

RSVP April 4 [HERE](#)

Get information on the GSA Elections for the academic year 2024-2025 in a session with GSA committee members. This is an opportunity to learn more about leadership opportunities within the GSA by learning about the various elected positions that are available.

Rutgers International Women's Group (IWG): Open to International Women– Graduate Students, Postdoctoral Fellows, and Spouses!

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 [HERE](#).

– 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! Any new newsletter information will still be shared here in the Weekly Digest!

Follow Graduate Student Life on Instagram!

Stay up to date with the Office of Graduate Student Life by following us on Instagram [@rgradstudentlife](#)! Never miss another graduate student life event!

EVENTS

– RSVP NOW & COMING UP! –

Self Defense and Personal Safety Workshop – Monday, April 8, 5:30 pm – 7:00 pm

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

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.

Well-being Listening Sessions Friday April 5 (Virtual) 3pm - 4:30pm & Tuesday (in person) April 9, 6pm - 7:30pm

April 5 Location is Zoom

April 9th Location is Graduate Student Lounge, 126 College Avenue (Behind Panera Bread

RSVP [HERE](#)

Join the Graduate Student Association, Office of Graduate Student Life and Rutgers Student Health for this listening session, a space dedicated to hearing from students across Rutgers – NB graduate schools to better understand your overall well-being needs and to brainstorm new approaches and strategies. We will ask you to share about unique challenges you are faced with as you navigate the demands of your academic journeys, help us identify where supports that can be strengthened and brainstorm new strategies collectively. Your voices and perspectives are critical in shaping future initiatives to support your thriving at Rutgers. This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

NEXT WEEK! Artist Talk with Paul D. Miller AKA DJ Spooky – Thursday, April 11, 6pm-8pm

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

RSVP [HERE!](#)

Join the Zimmerli Art Museum for a multimedia presentation by Paul D. Miller—aka DJ Spooky—presents “Anthropocene Blues - The Peace Symphony.” This multimedia project draws on interviews with some of the last survivors of the bombings of Hiroshima and Nagasaki, and reactions to their stories. Miller transformed the conversations into classical, hip hop, and electronic music compositions that he calls "acoustic portraits" of the stories. The talk will be followed by an Audience Q&A and light reception. This event is free & open to the public, click [HERE](#) for more information.

LAST SESSION OF THE SEMESTER! Gentle Yoga and Sound Bath Experience – Sunday, April 28, 6pm–7:15 pm

Location: Sonny Werblin Recreation Center: Conference Room (656 Bartholomew Rd, Piscataway, Busch Campus)

Register [HERE!](#)

Join Rutgers Recreation for a sound bath meditation experience to relax your body and calm your mind. Sound baths use instruments such as Tibetan singing bowls to create a meditative and grounding experience. Sound vibrations penetrate deep into the body and stimulate the parasympathetic nervous system, helping to activate the body's natural healing mechanisms. This session will start with gentle yoga and guided breathwork followed by the meditative sound bath experience.

– THIS WEEK! –

Spring Step Challenge – Monday, April 1 – Sunday, April 14

Location: Virtual

Register to participate [HERE!](#)

Did you know that taking 7,500 steps per day can help boost your overall health and wellbeing, improve focus, and increase energy? Join the Rutgers Recreation Spring Step Challenge for a chance to win great prizes just by stepping! Participants who log 52,000 steps each week of the challenge will earn an Amazon water bottle and all participants who log any steps during the challenge will be entered into the weekly Amazon gift card prize drawings!

“Toward Belonging: Sisterhood and Community Building” in *Gifted Black Women Navigating the Doctoral Process: Sister Insider*, Book Chapter Talk and Q&A with Dr. Joan Collier – Tuesday, April 2, 4:30pm-6:30pm

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

Register to attend [HERE!](#)

Join Dr. Joan Collier as she discusses her chapter "Toward Belonging: Sisterhood and Community Building" in the book *Gifted Black Women Navigating the Doctoral Process: Sister Insider*, followed by a Q&A. Joan Collier, PhD serves as Assistant Vice President for Equity and Inclusion and is an Affiliate Faculty in the PhD in Higher Education program in the Graduate School of Education. This event is sponsored by the Paul Robeson Cultural Center, Office of Graduate Student Life, and Graduate Student Association and will feature food catered by Efes Mediterranean Grill. This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

Graduate Student Appreciation: Coffee and Conversations – Wednesday, April 3, 9am-11am

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

Register to attend [HERE!](#)

Join the Graduate Student Association (GSA) for a delightful morning of conversations and a delicious meal to show appreciation to our graduate students! Whether you are looking to kickstart a busy day or savor a leisurely morning, the GSA would be delighted to host you! Please contact help@gsa.rutgers.edu with any questions. This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

Office of Disability Services Graduate Student Drop-In Hours – Wednesday, April 3, 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 [Life @ The Graduate Student Lounge Event Series](#) 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, April 3, 3:00 pm – 4:00 pm

Location: Zoom

Register [HERE!](#)

Join PhD Candidates Courtney R. McDermott, Geordan Stukey, and Sandra Manfreda for their exciting research presentations “Early life alterations to the gut microbiome and its effects on neurodevelopment

and behavior,” “PA phosphatase Pah1 contains a novel RP domain that regulates its phosphorylation and function in yeast lipid synthesis,” and “Do They Like Me? The implication of (Meta-)Stereotypes on Inter-gendered Interactions In STEM.” 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. This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

Make Your Own Sleep Kit – Wednesday, April 3rd, 3:30 - 5:00pm

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus
Stop in and join Rutgers Health, Outreach, Promotion & Education, along with your peers, as we examine how changes to our nightly routine can improve sleep habits naturally. Have fun creating soothing sleep masks and a sleep kit to help you relax and get some quality zzzzzz time! All attendees will receive free swag and a sweet treat! This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

Graduate Student Yoga & Giveaway – Wednesday, April 3, 5–6pm

Location: Graduate Student Lounge, 126 College Ave (Behind Panera Bread), College Ave Campus
Graduate Yoga is part of the [Life @ The Graduate Student Lounge Event Series](#) and is held every Wednesday.
Stop by the Graduate Student Lounge this Wednesday for a special session of graduate student yoga for Graduate and Professional Student Appreciation Week and receive a special giveaway! 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. This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

Knight at the Museum: Graduate and Professional Student Appreciation Reception – Wednesday, April 3, 4:30 pm-7:30 pm

Location: Zimmerli Art Museum (71 Hamilton St, New Brunswick, College Ave Campus)
Parking & Transportation: Metered street parking is available, students with Rutgers parking passes can park in their respective lots and take the bus to the “The Yard (Scott Hall)” stop on College Ave. Click [HERE](#) to find parking lot information for your type of Rutgers parking pass and click [HERE](#) for information about each bus route. Download the Passio Go! app for real-time campus bus information.

Register to attend [HERE!](#)

Join the Graduate Student Association and the Office of Graduate Student Life for the signature event of the week! Explore the museum and mingle with your fellow graduate students while enjoying live jazz music and a signature mocktail! You won't want to miss this spectacular evening filled with free food, live music, and prizes including a \$100 target gift card! **Note:** Anyone observing Ramadan and fasting, will have the opportunity to take food with them. This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

Elijah’s Promise Service Day for Graduate Students– Thursday, April 4, 11am-1pm (while supplies last)

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

Elijah's Promise Community Kitchen uses the power of food within our job training curriculum, social service assistance to individuals and families, community focused nutrition classes, social enterprise food businesses, and by providing over 375,000 free meals a year. Join us as we support this great community partner by making much-needed hygiene kits. Learn more about the great work they do and how you can get involved in service and community engagement as a student at Rutgers University–New Brunswick. This event is hosted by the Office of Student Volunteer Engagement, Student Centers, and Activities and sponsored by Graduate Student Life and Graduate Student Association. Please contact Karen Ardizzone at volunteer@echo.rutgers.edu with any questions. This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

Safe(R) Space Training for Graduate Students – Thursday, April 4, 3:00 pm – 5:00 pm

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

Register [HERE!](#)

Safe(R) Space is a campus program that supports LGBTQIA+ individuals by identifying support resources and providing allies with comprehensive training. This program is part of ongoing efforts to create a campus culture that celebrates diversity and promotes equity for all. This two-part training will explore the importance of creating safe and affirming spaces on campus and provide guidance on how to establish and maintain these spaces. Its ok if you did not attend Part 1, join us!! Together, we can build a more inclusive Rutgers community where everyone feels welcomed, supported, and celebrated. Contact Darnell L. Thompson dt527@echo.rutgers.edu with questions regarding training content, or Dean Ghada Endick gendick@echo.rutgers.edu with general questions. This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

LGBTQIA+ Graduate Student Social & GAYpril SparkNight at the Zimmerli – Thursday, April 4, 4:30pm-8pm

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

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

Join the Center for Social Justice Education and LGBT Communities (SJE) at the Zimmerli's GAYpril SparkNight for their final Graduate Student Social of the spring semester! This evening will be dedicated to celebrating LGBTQIA+ Pride at Rutgers University and in the New Brunswick community and will showcase the Queer art of drag as well as the important contributions of Queer artists who participated in Windows of Understanding. Stop by for drag performances, an artmaking workshop, pop-up tours, a photo booth, and more! Light complimentary refreshments will be provided and food will be available for purchase from food trucks. SparkNight is free and open to the public, click [HERE](#) for more information about GAYpril SparkNight at the Zimmerli. This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

Shopping Trip Sign-Up – International Students – Saturday, April 6, 10am-1pm

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

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. To view the full schedule of shopping trips and learn more information about the Shopping Shuttle Service, click [HERE](#).

The White Paper Protest: Documentary Screening & Discussion – Saturday, April 6, 11:30am–1:30pm

Location: Livingston Student Center, Room 202C, (84 Joyce Kilmer Ave, Piscataway, Livingston Campus)

Register [HERE](#) by Friday April 5!

Join the Rutgers Taiwan Study Association for a Documentary Screening of “Wulumuqi Road,” created by a young participant involved in the “White Paper Movement” protests. Following the screening, Rutgers Alumnus, Terry, will share his experiences with the audience in a discussion about the documentary and White Paper Movement. Tickets are free for Rutgers students, \$10 for general admission.

– WELLNESS WORKSHOPS, GROUPS, & SUPPORT–

Virtual Guided Meditation and Mindfulness Sessions – Thursday, April 4, 1pm-1:30pm & Friday, April 5, 10:30am-11am

Location: Zoom

Join the 1pm Thursday, April 4 Session [HERE](#) & Join the 10:30am Friday, April 5 Session [HERE](#)!

Join CAPS counselor Dana Simons and your peers for a virtual guided meditation and mindfulness session. Focus on the here and now without judgment, and practice mindfulness meditation exercises. Join on or off camera for sessions held on Thursday, April 4 and Friday, April 5. This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

NEXT WEEK! Tame the Brain Graduate Wellness Workshop: Don't Tip the Scale: Work Life Balance – Thursday, April 11, 11am-12pm

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

This workshop, hosted by CAPS Community Counselor Shan Reeves, introduces students to the dimensions of wellness and the benefits of having a balanced life. Students will learn to use the dimensions of wellness to recognize their strengths and find ways to create life balance amid academic responsibility. Click [HERE](#) for more information about Tame the Brain Graduate Wellness Workshops offered during the spring semester!

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

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.

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 [HERE](#) for more information about drop-in Let's Talk sessions with our graduate student focused counselors Dana and Shan! Click [HERE](#) for information about Let's Talk sessions with other CAPS Community Based-Counselors.

– ACADEMIC SUPPORT & WORKSHOPS –

Workshop: Reading and Selecting Journal Articles – Monday, April 1, 3:30-4:30pm

Location: Zoom

Register [HERE!](#)

Join the Rutgers Learning Centers for their Graduate Student Workshop Series. Click [HERE](#) for the full list of workshops. Email Lucille Leung llu@echo.rutgers.edu with any questions.

Workshop: Unleash Your Productivity – Wednesday, April 3, 4-5pm

Location: Zoom

Register [HERE!](#)

Join the Rutgers Learning Centers for their Graduate Student Workshop Series. Click [HERE](#) for the full list of workshops. Email Lucille Leung llu@echo.rutgers.edu with any questions.

Workshop: Getting Started with Graduate Level Research Writing Part 2: The Revision Process – Thursday, April 4, 3:30-4:30pm

Location: Zoom

Register [HERE!](#)

Join the Rutgers Learning Centers for their Graduate Student Workshop Series. Click [HERE](#) for the full list of workshops. Email Lucille Leung llu@echo.rutgers.edu with any questions.

Social Science Library Workshops - Tuesday, April 2, 9:30am-11am & Monday, April 8, 2pm-3:30pm

Location: Zoom

Register for all workshops [HERE!](#)

Please join the Rutgers University Libraries for library workshops on conducting systematic and scoping reviews! Evidence synthesis methods are growing in popularity among social and natural science disciplines, but many faculty and students aren't sure of the steps, tools, resources, or types of methods used in an evidence synthesis project. These workshops provide a broad overview of the concepts behind evidence synthesis, so that you can approach future projects with confidence. This spring, the Libraries are offering a new workshop specifically for students who will be using systematic or scoping review methods in their dissertations! Click [HERE](#) to view the full schedule and descriptions of systematic

scoping workshops offered during the spring semester. Please contact Social Sciences Librarian, Julia Maxwell julia.maxwell@rutgers.edu with any questions.

NEXT WEEK! Workshop: Lit Review 101 – Thursday, April 11, 6-7pm

Location: Zoom

Register [HERE!](#)

Join the Rutgers Learning Centers for their Graduate Student Workshop Series. Click [HERE](#) for the full list of workshops. Email Lucille Leung llu@echo.rutgers.edu 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 –

Virtual Panel Discussion & Networking Session: Non-Academic Careers for International PhDs and Postdocs in the US – Thursday, April 4, 4pm-5:30pm

Location: Zoom

Register to attend [HERE!](#)

Join the Memorial Sloan Kettering Office of Career and Professional Development and INet NYC for this exciting virtual panel discussion and networking session! This panel will focus specifically on career opportunities outside of academia for international doctoral students and postdoctoral fellows and visa sponsorship and green card options for international researchers pursuing non-academic careers. While this event has a focus on opportunities for international researchers, the event is open to everyone and all graduate students and postdoc researchers are welcome to attend. Hosted by Dr. Aysegul Gungor Aydin, Postdoctoral Research Associate and President of the Rutgers Postdoctoral Association. All registrants will receive the Zoom meeting link via email on the day of the event. This event is part of Rutgers Graduate and Professional Student Appreciation Week 2024, coordinated through the Office of Graduate Student Life. For a full listing of events, visit go.rutgers.edu/gradappreciation2024.

Attend or Present a Poster at the Graduate Research in Interdisciplinary Biosciences (GRIB) Conference! – Thursday, April 11, 8:30am-4:30pm

Location: Cook Student Center (59 Biel Rd, New Brunswick, Cook-Douglass Campus)

Register to attend or Present a Research Poster [HERE!](#)

Graduate students conducting research in the Interdisciplinary Life and Health Sciences are invited to present research posters in the Graduate Research in Interdisciplinary Biosciences (GRIB) Conference! GRIB is an annual research conference intended to showcase the research of graduate students in the Biological Sciences field. Members of any STEM-oriented departments are encouraged to attend the Conference, present their research, and network with the rest of the Rutgers community! You won't

want to miss this free all-day event that will include invited keynote speakers, graduate student speakers, breakfast, lunch, and a poster session! Click [HERE](#) for more information about GRIB and please email grib@sebs.rutgers.edu with any questions. The deadline to register to enter the poster competition is Friday, April 5.

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 –

APPLICATIONS OPEN THIS WEEK! 2025-26 Fulbright U.S. Student Program

Application cycle opens [HERE](#) on April 2!

Graduate students and young professionals from all academic disciplines are invited to apply for the Fulbright U.S. Student Program! The Fulbright U.S. Student Program expands perspectives through academic and professional advancement and cross-cultural dialogue. Program participants pursue graduate study, conduct research, or teach English abroad. During their grants, Fulbrighters meet, work, live with and learn from the people of the host country by sharing daily experiences. The program facilitates cultural exchange through direct interaction on an individual and community basis in the classroom, field, home, and in routine tasks, allowing the grantee to gain an appreciation of others' views and beliefs, ways of life, and ways they think. Click [HERE](#) more information about the Fulbright U.S. Student Program, click [HERE](#) for more information about eligibility, and click [HERE](#) for more information about award benefits.

Students interested in applying for the 2025-26 Fulbright U.S. Student Program should consider attending the first informational Webinar (details below) on April 3 to learn more about the program. Click [HERE](#) for a complete schedule of Fulbright Info Webinars or to view Webinar recordings.

Webinar: Fulbright U.S. Student Program Overview – Wednesday, April 3, 3pm-4pm

Register [HERE!](#)

Location: Virtual

Join the Fulbright Program for their first webinar for an introduction to the Fulbright U.S. Student Program and its awards, such as the English Teaching Assistant Award and Study-Research Awards. Learn about program goals, eligibility requirements, and how you can apply. All webinars will be recorded and can be found [HERE](#) after the event date.

THE RESOURCE CORNER

Save an EXTRA 30% on Career Attire with Rutgers JCPenny Suit-Up Shopping Discount!

Receive an EXTRA 30% off select career attire, shoes, and accessories through the Rutgers JCPenny Suit-Up partnership now through May 5! Text "RUCAREERS" to 67292 to get your 30% off coupon (valid online and in-store until May 5, 2024).

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 [HERE](#).

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](#).

STUDENT SERVICES & SUPPORT

Looking for graduate student resources, services, or support? Check out the [University Resources page](#) on our website! The University Resources page is our new central hub for information pertaining to graduate student support services at Rutgers!

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