

Graduate Student Life Weekly Digest

Graduate Student Life Weekly Digest Week of April 14, 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 [HERE](#) 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 [HERE](#)!

ANNOUNCEMENTS

Ongoing Support and Resources for International Students

Rutgers University is aware of the recent, unexpected, terminations of lawful immigration status that are impacting international students at Rutgers and across the United States. International students, scholars, and faculty are deeply valued members of the Rutgers community and the University is committed to providing support during this time. Rutgers Global has created a Global Alerts webpage that is updated with resources and guidance regarding issues related to travel advisories, immigration policies, and regulatory updates that impact international students and scholars, as well as domestic students and faculty traveling abroad. Visit the Global Alerts webpage [HERE](#).

Emergency Support for Graduate Students Impacted by Federal Funding Cuts

Rutgers University is dedicated to providing emergency support for graduate students and postdoctoral fellows who have been negatively affected by a termination or delay in current, existing federal funding through June 30, 2025. Impacted graduate students and postdocs can apply for research-related funding through the Office of the Vice Provost for Research [HERE](#). The Basic Needs Center provides assistance with

housing, food, and other basic needs and maintains an emergency aid fund. Click [HERE](#) for more information about the Basic Needs Center and [HERE](#) for more information about the Emergency Aid Fund.

Next Week is Rutgers Wellness Week 2025!

From Monday, April 21 to Sunday, April 27, Rutgers University will celebrate Wellness Week with a variety of programs designed to enhance student wellbeing. Keep an eye out for graduate-exclusive wellness week programs hosted by the Office of Graduate Student Life! Click [HERE](#) to learn more about Wellness Week 2025 and click [HERE](#) to view the University-wide calendar of programs!

Vote in the Graduate Student Association (GSA) Elections!

GSA Elections will be held from Sunday April 13th, at 9:00 PM to Wednesday April 16th, at 9:00 PM. Candidates have submitted statements as part of the nomination process. Graduate students can vote through getINVOLVED at any time during the elections period. Please complete all five pages and click submit to finalize your ballot. Click [HERE](#) to view candidate statements and click [HERE](#) to access the ballot. Please contact the Elections Commissioner, Margot Shumaker, elections@gsa.rutgers.edu with any questions.

FREE 30 Under 30 Zimmerli Art Museum Membership Giveaways!

As a part of Rutgers Wellness Week 2025, Scarlet Arts Rx is giving away FREE 30 Under 30 Zimmerli Art Museum Membership to Rutgers-New Brunswick students ages 18-30 who will still be able to use the membership after May 2025 (while supplies last)! 30 Under 30 memberships provide members with a variety of benefits including access to exclusive member-only events, discounted tickets to select programs, benefits at local businesses, and more! DM your Rutgers NetID to [@scarletartsrx](https://www.instagram.com/scarletartsrx) on Instagram to request a FREE 30 Under 30 membership! Click [HERE](#) to learn more about membership benefits.

Invitation to Complete the Quality of Life Survey!

We encourage you to complete the Rutgers Student Quality of Life Survey, which is an effort to understand how the University can help Rutgers students be successful. To truly understand the Rutgers student experience, we need ALL Rutgers students to complete this survey. It should only take about 5-10 minutes. If you do complete the survey, you will be entered into a lottery to win one of ten \$50 Visa cards. The lottery winners will be contacted by May 5, 2025. Thank you in advance for your participation in this important survey. https://oshe.co1.qualtrics.com/jfe/form/SV_5gonyFEg1iUkt4G

Free Mason Gross School of The Arts (MGSA) Performance Tickets Available!

Scarlet Arts Rx is offering free MGSA performance tickets to Rutgers New Brunswick students! To qualify, students must be registered with Scarlet Arts Rx, register [HERE](#).

Once registered, students should use their Rutgers email account to email Peichi Waite (pw337@mgsa.rutgers.edu) with the following information: 1) a screenshot showing successful sign-up for Scarlet Arts Rx (the final page of the registration form or the confirmation email); 2) the name of the show they are requesting tickets for (choose from “[Rutgers Mingus Ensemble](#)” “[DancePlus](#)” “[Dancing at Lughnasa](#)” and “[Rutgers Jazz Ensemble](#)”); 3) the date and time of the show; 4) the number of tickets requested; 5) written confirmation that all tickets will be used only by currently enrolled RU-NB students. **All requests must be submitted a minimum of 5 business days in advance of the requested show.** E-tickets will be sent to RU-NB student email addresses only. The box office will not process tickets for non-RU-NB students.

– STAY INFORMED –

Looking for more ways to stay informed? Check out the [Newsletters page](#) on our website! The Newsletters page is the new home for information about various newsletters and listservs that are relevant to the graduate student experience including: the Graduate Student Association, Student Volunteer Engagement, Career Exploration and Success: Doctoral Career Community, Student Basic Needs, and more!

Follow Graduate Student Life on Instagram!

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

EVENTS

– THIS WEEK! –

The Devil and Daisy Dirt: A Garden State Gothic, Alt-Folk Event – Tuesday, April 15, 7:30pm-9:30pm

Location: Kirkpatrick Chapel (81 Somerset St. New Brunswick, College Ave Campus)

RSVP [HERE](#)!

Join Scarlet Arts Rx, the SAS Department of English, and the SAS Department of American Studies for this theatrical folk performance. Centered around a bluegrass tall tale of the Jersey Devil, this production blends theater, puppetry, and live music, showcasing an 8-foot wearable puppet and a rich mix of folklore and storytelling. The show also features Alex Dawson, Dan Diana, Arlan Feiles, and Jackie Fogel, with a special introduction by NY Times bestselling author, Fulbright professor, and renowned NJ folklorist Angus Gillispie. Attendees are welcome to bring family, friends, and children, at their discretion, to this free event. Please note that although this event will take place at Kirkpatrick Chapel, this is not a religious event. Visit their website [HERE](#) for more information and production photographs!

**Skills Development Improvisation Workshop for International Students –
Thursday, April 17, 4pm-5:30pm**

Location: Cook Student Center, Merle V. Adams Room (59 Biel Rd, New Brunswick, Cook Campus)

RSVP [HERE!](#)

Join the SEBS Office of Global Engagement and Scarlet Arts Rx for a fun and interactive workshop designed for international students to build communication skills! Success in any career involves more than technical knowledge—it also requires connection, effective communication, and the ability to navigate challenges. This workshop incorporates simple exercises rooted in improvisation, movement, and embodied presence to cultivate essential skills such as adaptability, resilience, emotional awareness, confidence and comfort with failure. No prior improvisation experience is required, just a willingness to play and explore new ways of understanding yourself and others! Sign up for Scarlet Arts Rx [HERE](#), and follow Scarlet Arts Rx on Instagram [HERE](#).

***FINAL* Graduate Student Yoga – Thursday, April 17, 5pm-6pm**

Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave Campus)

Graduate Student Yoga is part of the [Life @ The Graduate Student Lounge Event Series](#).

Don't miss out on the final graduate student yoga session of the semester! Stop by and 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.

Harambee Leadership Creative Community Building Workshop Series: #2 Our Trunk of Community – Thursday, April 17, 5:30pm-7:30pm

Location: Paul Robeson Cultural Center (600 Bartholomew Road, Piscataway, Busch Campus)

RSVP [HERE!](#)

Join Scarlet Arts Rx and the Paul Robeson Cultural Center for their second workshop in the Harambee Leadership Community Building Workshop Series! Participants will be guided through a reflective activity to create their own symbolic tree, representing growth, unity, celebrating different aspects of their history, community, and aspirations. The workshop will be led by Dr. Baba Badji, a Senegalese-American poet, translator, and researcher. Dinner will be provided. Sign up for Scarlet Arts Rx [HERE](#), and follow Scarlet Arts Rx on Instagram [HERE](#).

Paint, Sip, & Heal – Friday, April 18, 12pm-4pm

Location: VPVA Office (3 Bartlett St, New Brunswick, College Ave Campus)

Register [HERE!](#)

Join the Office for Violence Prevention & Victim Assistance (VPVA) in recognizing Sexual Assault Awareness Month. This event offers a welcoming space for survivors of violence and allies to come together in community and support. Attendees can enjoy free snacks and mocktails, along with paint and craft supplies to decorate wooden hearts as a creative expression of healing. For questions or more information, please contact VPVA representative Sophia Alexis at sga59@connect.rutgers.edu.

Shopping Trip Sign-Up – International Students – Saturday, April 19, 10am - 1pm

Location: Pick-ups from Bevier Road or Nichols Apartments on Busch Campus or College Ave Student Center on College Ave Campus

Reserve Your spot on the Shuttle [HERE!](#)

Rutgers Global–International Student and Scholar Services arrange shopping shuttles to local stores throughout the semester and summer so students can purchase groceries and other living essentials. You should sign up to reserve your spot on the shuttle. International students and scholars who have signed up will be given preference to ride on the shuttle. You may also register your dependents for the shuttle. To view the full spring schedule of shopping trips and learn more information about the Shopping Shuttle Service, click [HERE](#).

Where Our Path Leads – Saturday, April 19, 11am-3pm

Location: Voorhees Chapel (5 Chapel Dr, New Brunswick, Cook Douglass Campus)

Register [HERE!](#)

Join Scarlet Arts Rx for a free interdisciplinary event featuring live performances, a gallery show, and community engagement centered around environmentalism and ecofeminism. This event unites over 45 artists from Rutgers University, Mason Gross School of the Arts, and various states including New York, Philadelphia, West Virginia and more. Through depictions of environmental dystopias and utopias, these artists aim to explore themes of intersectional environmentalism, raising awareness on current topics surrounding the environment, and building community at Rutgers and beyond.

Rutgers Social Run Club – Saturday, April 19, 12pm

Location: In front of the College Ave Gym (130 College Ave, New Brunswick, College Ave Campus)

Register [HERE!](#)

Join the Rutgers Social Run Club for a chance to meet with new people, while supporting physical health through group running! Weekly group runs offer a great opportunity to stay active, connect with others, and explore the campus. All paces and experience levels are welcome—from beginners to seasoned runners. Snacks will be provided. For questions or more information, please contact Ishan Gupta at ig306@scarletmail.rutgers.edu.

Zimmerli Highlights Tour – Saturday, April 19, 2-3pm

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

RSVP [HERE!](#)

Join the Zimmerli Art Museum and their team of student educators to explore a free, curated tour of artworks displayed throughout the galleries!

– RSVP NOW & COMING UP! –

NEXT WEEK! Mental Health Awareness Week: Mindful Monday Rock Painting Pop-Up – Monday, April 21, 12pm-2pm

Locations: Various on all four campuses, see RSVP for exact locations.

RSVP [HERE](#) (Cook-Douglass), [HERE](#) (Busch), [HERE](#) (College Ave), & [HERE](#) (Livingston)!

Join Scarlet Arts Rx and Residence Life to make your very own pet rock! For questions or more information, please contact Anjel Fierst at scoop.rutgersnb@gmail.com. Sign up for Scarlet Arts Rx [HERE](#), and follow Scarlet Arts Rx on Instagram [HERE](#).

NEXT WEEK! RU T.A.S.T.Y Tea and Storytime + You – Monday, April 7, 3:30pm-5pm

Location: The Canterbury House (5 Mine St, New Brunswick, College Ave Campus)

Graduate students are invited to join Rev. Katrina Jenkins for RU T.A.S.T.Y! RU T.A.S.T.Y is a time of tea, community building, and storytelling that begins with the reading of a story or poem then moves into a flavorful discussion! Please contact Rev. Katrina Jenkins, Assistant Dean for Faith and Spirituality Initiatives, katrina.e.jenkins@rutgers.edu, with any questions.

NEXT WEEK! Grad Glow: A Wellness Afternoon for Graduate Students – Tuesday, April 22, 3:30pm-5:30pm

Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave Campus)

Let us know you're coming [HERE!](#)

This event is included in the Wellness Week 2025 graduate student programs coordinated by the Office of Graduate Student Life.

Join the Office of Graduate Student Life for an afternoon of wellness activities! Relax and unwind with a soothing chair massage and participate in a variety of interactive activities including make-your-own felt succulents & flowers, charmed writing, kawaii portraits, and a custom tea bag making bar! Indulge in a sweet treat or a slice of pizza and connect with your fellow graduate students! This event is a collaboration between the Office of Graduate Student Life and Scarlet Arts Rx.

NEXT WEEK! Bollywood Grooves x Afrobeats Crossover – Tuesday, April 22, 7pm-8:45pm

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

Please arrive at least 10 minutes prior to the event for registration!

Bollywood Grooves x Afrobeats Crossover is back for Wellness Week! Experience a fusion dance class where the vibrant rhythms of India meet the rhythmic beats of Nigeria! Whether you're a seasoned dancer or a beginner, this class is designed to merge music from both cultures with Bollywood's expressive movements and Afrobeats dynamic footwork. Get ready to destress through a wellness focused discussion while elevating your dance skills in this fun and high-energy experience! This class will be taught by Rihi Jain and Zina Ogunnaya and is sponsored by the ScarletWell Initiative. Please contact Zina Ogunnaya zno1@rutgers.edu and Rihi Jain rdj47@scarletmail.rutgers.edu with any questions.

NEXT WEEK! Cruel Summer Send-Off – Tuesday, April 22, 7pm

Location: College Ave Student Center, Room 108 (126 College Ave, New Brunswick, College Ave Campus)

Join Scarlet Arts Rx and the RU Swift Society for an end-of-year blowout! Wrap up the semester with mocktails, karaoke, free sunglasses, and t-shirt decorating. For questions or more information, please contact Anjel Fierst at scoop.rutgersnb@gmail.com. Sign up for Scarlet Arts Rx [HERE](#), and follow Scarlet Arts Rx on Instagram [HERE](#).

NEXT WEEK! CAPS Open House to Promote Wellness and Connection – Wednesday, April 23, 12pm-5pm

Location: Rutgers Counseling Center (17 Senior Street, New Brunswick, College Ave Campus)

RSVP [HERE](#)!

Join CAPS Counselors and Student Wellness Champions to learn more about the mental health resources and support services offered by CAPS! Attendees will have the opportunity to meet CAPS counselors and participate in activities, such as creating a wellness kit. Giveaways and snacks will also be available for participants.

NEXT WEEK! Wellness Through Gaming! Graduate Student Game Night – Wednesday, April 23, 7pm-10pm

Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave Campus)

Let us know you're coming [HERE](#)!

This event is included in the Wellness Week 2025 graduate student programs coordinated by the Office of Graduate Student Life.

Come to the Graduate Student Lounge for an exciting game night, where you'll enjoy a night of strategy, laughter, and friendly competition! Whether you're a seasoned gamer

or brand new to the scene, this event is for you. Gaming expert, Alex, will be on hand to teach new games, offer pro tips, and make sure everyone has a fantastic time. Feel free to bring your favorite games or discover a new one! Come ready to play, learn, and have fun. Pizza will be provided. All are welcome!

NEXT WEEK! Get Vaxxed on the Bus: Schedule your HPV (Human Papillomavirus) Vaccination – Thursday, April 24

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

Schedule your appointment [HERE](#) by selecting ‘appointments’ then ‘HPV Clinic & Screen NJ Van’ in the Student Health Portal!

Student Health is partnering with ScreenNJ to bring the HPV vaccine across campus. Most people will contract HPV at some point in their lives through intimate contact. While it usually has no symptoms, certain types can lead to serious health issues, including cervical, throat, and other cancers. The HPV vaccine is recommended for everyone up to age 26 and most to age 45 and provides long-term protection against the most harmful types of the virus, preventing both cancer and warts. Student Health will confirm student insurance coverage once an appointment is booked. Prefer to get vaccinated elsewhere? Click [HERE](#) to find other locations through ScreenNJ. For more information, click [HERE](#), or visit Student Health.

NEXT WEEK! Bring Your Kids to Work Day at the Zimmerli – Thursday, April 24, 9am-12pm & 2pm-4pm

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

Scarlet Arts Rx and the Zimmerli Art Museum invite parenting students to this free bring your kids to work day event, featuring activities such as mini rage piñata making and dream job diorama crafting! Click [HERE](#) for more information! For questions, please contact Anjel Fierst at scoop.rutgersnb@gmail.com. Sign up for Scarlet Arts Rx [HERE](#), and follow Scarlet Arts Rx on Instagram [HERE](#).

NEXT WEEK! Bring Your Child to Work Day - Parenting Graduate Student Breakfast Social – Thursday, April 24, 9:30am-11:30am

Location: Graduate Student Lounge (126 College Avenue, New Brunswick, College Ave Campus)

Let us know you're coming [HERE](#)!

This event is included in the Wellness Week 2025 graduate student programs coordinated by the Office of Graduate Student Life.

The Office of Graduate Student Life invites parenting graduate students to a special breakfast social for Bring Your Child to Work Day! Drop by with or without your child to meet other graduate student parents and enjoy a delicious breakfast! Activity packets courtesy of Scarlet Arts Rx will be available for parents and children to enjoy at the event or to take home! Don't miss this opportunity to unwind and connect with your fellow graduate student parents!

NEXT WEEK! Bring Your Child to Work Day – Thursday, April 24, 11:30pm-1:30pm

Locations: Sonny Werblin Recreation Center (656 Bartholomew Rd, Piscataway, Busch Campus) & College Ave Gym (130 College Ave, New Brunswick)

All members of the Rutgers community are invited to bring their children for a day of fun activities hosted by Rutgers Recreation and Athletics! Stop by the College Ave gym for rock climbing, games, giveaways, photos with Rutgers' mascot Sir Henry, and more! Then head over to the Sonny Werblin Recreation Center because the patio pool will also be open for both parents and their children to enjoy! Attendees must present a valid Rutgers ID to access Recreation facilities and must accompany their children at all times. Guests can also enjoy lunch at any of the all-you-can-eat campus dining facilities for \$15 per-person! Click [HERE](#) for more information!

NEXT WEEK! Bob Ross Like a Boss: A ScarletWell Event – Thursday, April 24, 6pm-8pm

Location: The Yard, Commons (40 College Ave, New Brunswick, College Ave Campus)

Register [HERE](#) by April 21!

Looking for a fun and relaxing way to unwind? Join ScarletWell Ambassador Priya, Faculty Advisor Dr. Tabanli, and their team for a guided painting session! No prior painting experience is required. For questions or more information, please contact Priya Gohil at pag171@scarletmail.rutgers.edu or follow [@bobrosslikeaboss](#) on Instagram. This event is part of Rutgers-granted ScarletWell projects designed to foster wellness across the Rutgers community.

NEXT WEEK! Sex and Art Tour – Thursday, April 24, 6:30pm-7:30pm

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

Rutgers Student Health, the Office of Graduate Student Life, Scarlet Arts Rx, and the Zimmerli Art Museum have teamed up to bring you the SEX AND ART TOUR. An interactive evening where you will learn about Bodily Autonomy + Choice, Sex + Reproduction and Pleasure + Responsibility as inspired by viewings of different art works we will visit together in the Zimmerli's galleries. This is a free event - graduate and undergraduate students and their friends are welcome to attend. We will serve free refreshments, provide sex and reproductive health resources, and some amazing swag that you won't want to miss.

NEXT WEEK! Visible Mending: a Restorative Embroidery Workshop – Thursday, April 24, 6:30-8:30pm

Location: Academic Building East, Room 1180 (15 Seminary Pl, New Brunswick, College Ave Campus)

Join Scarlet Arts Rx and Fusion in discovering the art of visible mending through restorative embroidery! This hands-on workshop encourages participants to be creative and practice mindfulness through the act of repairing garments, emphasizing the

fabric's history and imperfections with embroidery rather than concealing them. No prior experience is required and materials will be provided. Attendees are welcome to bring their own torn garment. For questions or more information, please contact Anjel Fierst at scoop.rutgersnb@gmail.com. Sign up for Scarlet Arts Rx [HERE](#), and follow Scarlet Arts Rx on Instagram [HERE](#).

– WELLNESS WORKSHOPS, GROUPS, & SUPPORT–

NEXT WEEK! Mindfulness Meditation Workshop – Tuesday, April 22, 2pm-3pm

Location: Zoom (Join [HERE](#))

This event is included in the Wellness Week 2025 graduate student programs coordinated by the Office of Graduate Student Life.

Join CAPS community based counselor Dana and your fellow graduate students, for a mindfulness meditation workshop! This workshop is an opportunity to recenter, focus on the present, and practice mindfulness meditation techniques.

CAPS International Student Wellness Group (ISWG) – Tuesdays, 2pm-3:30pm

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.**

Many international students face unique challenges due to cross-cultural adjustment. Some experience homesickness, loneliness, language barriers, discrimination, and different levels of acculturative stress socially and academically. This group aims to provide these international students with a safe, confidential, and therapeutic space to help form connections and discuss various concerns with one another. Students who are interested in joining ISWG, should call CAPS at 848-932-7884 or talk to their CAPS Clinician about a referral to this wellness group. Click [HERE](#) for more information and to see options for other CAPS Wellness groups.

CAPS Wellness Group: Stress Less With Art – Various Sessions throughout the Semester

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 seeking a creative outlet to relieve stress may benefit from joining this CAPS wellness group. This group offers a supportive space to navigate stress by using art as a tool to visualize, express, and reflect on thoughts, feelings, and behaviors through tough times, without the need for existing art skills. Students who are interested in joining Stress Less With Art, should call CAPS at 848-932-7884 or talk to their CAPS Clinician about a referral to this wellness group. Click [HERE](#) for more information and to see options for other CAPS Wellness groups.

Graduate Student Wellness Group: RU Grad – Fridays, 1pm-2:30pm

Location: In-Person, **call CAPS at 848-932-7884 to discuss whether this group would be a good fit for your needs or talk to your CAPS Clinician about a referral to this wellness group.**

Graduate students looking for a safe space or supportive environment to share and explore struggles/feelings they may have—whether this be anxiety, self-esteem, sustaining or forming relationships, and the like, may benefit from joining this graduate student wellness group. This group may cover topics including: social adjustment and loneliness, romantic relationships, navigating conflicts/challenges with peers and professors, feelings of inadequacy, assertiveness, stress management and balancing family life and academics. Students who are interested in joining the RU Grad Group, should call CAPS at 848-932-7884 or talk to their CAPS Clinician about a referral to this wellness group. Click [HERE](#) to see options for other CAPS Wellness groups and for more information about the RU Grad Group.

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.

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

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

The Rutgers University Couple Therapy Clinic is now offering evidence-based couples therapy, provided under expert supervision by advanced graduate students in clinical psychology. The clinic aims to provide a safe and supportive environment where couples and individuals can work on their relationship goals, whether it be overcoming challenges or simply enhancing their connection with their partner. The NJ Couples Clinic provides services such as guidance through communication improvement, conflict resolution, intimacy rekindling, and managing life transitions. Services are free to those with Rutgers Student Insurance and offered at a low sliding scale fee to those without. Contact Co-Director of the NJ Couples Clinic at Rutgers and GSAPP professor Karen Riggs kskean@gsapp.rutgers.edu with any questions.

Weekly Let's Talk Drop In Counseling Conversations

Free Private and Confidential Drop-In Conversations with licensed mental health professionals available in-person or virtual. CAPS Community Based Counselors offer support and counseling services from within university communities—including academic schools and cultural centers. Students are welcome to visit any Community Based Counselor they would like, and may choose a counselor based on the topic they would like to discuss and the counselor's therapeutic approach or community. Click [HERE](#) for information and schedules for Let's Talk sessions and click [HERE](#) to learn more about individual CAPS Community Based Counselors (look for "Community Based-Counselor").

Uwill: FREE Immediate-Access to Teletherapy

Uwill provides free immediate access to teletherapy through an easy-to-use, private, secure, confidential, online platform. Choose a therapist based on your preferences, including issue, gender, language, and ethnicity. Select a time that fits your schedule, including day, night, and weekend availability. Register and book your first session using your Rutgers email [HERE](#).

– ACADEMIC SUPPORT & WORKSHOPS –

Research Methods Workshop: Intermediate Level Interviewing Skills: Integrating Oral History into Qualitative Research – Tuesday, April 15, 1pm-2pm

Location: Virtual

Register [HERE](#)!

Join the Rutgers Libraries Qualitative Research Methods Graduate Specialist, Anastasia Perez, for this Research Methods workshop! This intermediate-level workshop is designed for students and researchers looking to refine their interviewing skills and effectively incorporate oral history into qualitative research. This session will explore best practices for conducting structured and semi-structured interviews, ethical considerations, data analysis techniques, and strategies for integrating interview data with other qualitative methods. Click [HERE](#) to view more workshops offered by Rutgers libraries.

Research Methods Workshop: R Data Wrangling with dplyr, tidyr, readr, and More – Thursday, April 17, 3pm-4:30pm

Location: Virtual

Register [HERE](#)!

Join the Rutgers Libraries Data Librarian, Ryan Womack, for this Data Science workshop! Some of the tidyverse's most powerful features are its abilities to import, filter, and otherwise manipulate data. This session reviews major packages within the tidyverse that relate to the essential data handling steps required before and during data analysis. Click [HERE](#) to view more workshops offered by Rutgers libraries.

Spring 2025 New Brunswick Libraries Data and Research Methods Workshops for Graduate Students!

The New Brunswick Libraries' calendar of data and research methods workshops for Spring 2025 is available now. Don't miss workshops on machine learning, R, Python, systematic reviews, NVivo, ethnography, qualitative research, and more! Click [HERE](#) to view the full schedule of workshops and register. Additional workshops will be added throughout the semester so be sure to check back regularly!

Graduate Writing Accountability Groups

The Graduate Writing Program, in partnership with the Learning Centers in the Office of the Provost, is pleased to announce the launch of Writing Accountability Groups. Interested graduate students are invited to sign up for student-led writing accountability groups. Sessions will be held on Zoom at various times and days each week and students may choose the weekly slot that best suits their availability to meet and write alongside other Rutgers graduate students to make progress toward their writing goals. After registering, participants will be provided with materials to help them effectively structure and run these student-led productivity sessions. Click [HERE](#) to sign up for a Graduate Writing Accountability Group.

Academic Coaching with Dr. Wilson Ng

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 –

NEXT WEEK! Exploring Community Engagement as a Pathway to Professional Growth – Tuesday, April 22, 3:30pm

Location: Virtual

Register [HERE](#)!

This interactive virtual workshop will explore how community engagement through research, teaching, and service can enhance professional development for graduate

students, especially for those interested in careers beyond academia. Participants will gain insights into how meaningful partnerships with community organizations can build transferable skills such as leadership, communication, and project management while fostering a strong sense of purpose and societal impact. The session will feature a panel of graduate students, including the two second annual SGS Community Engagement Award winners, who have worked closely with community partners, and will share their experiences and offer practical advice on translating those engagements into valuable career skills and professional growth.

– SCHOLARSHIP, & FUNDING OPPORTUNITIES –

Build a Fellowship Plan with GradFund!

[GradFund](#) provides graduate students with information on how to apply for external scholarship, fellowship, and funding opportunities. GradFund also provides guidance and assistance with application processes.

Schedule an appointment with a GradFund advisor for fellowship assistance! Schedule a Planning Meeting to learn how to search for fellowships and grants or to plan out your future funding applications. Request Help with a Funder to learn about the funder's application review process and find the best way to frame your research plans for a particular application. Book an Application Review appointment to have a GradFund advisor review your application materials for one application. Schedule a Post-Award Consultation for advice on moving forward after receiving a fellowship offer. Wherever you are in the fellowship, grant, or award process, GradFund is here to help! Click [HERE](#) for more information on GradFund and click [HERE](#) to schedule a Gradfund appointment.

Learn to Write a Competitive Funding Application with GradFund's FREE Self-Paced Canvas Course

Learn to write a competitive external funding application using GradFund's FREE self-paced Canvas course! This course teaches the art of competitive proposal writing through developing familiarity with both funders in your field of study and the proposal writing genre. Click [HERE](#) to enroll in GradFund's self-paced Canvas course.

[The Office of Financial Aid](#) can provide information about need-based funding and financial aid. Other forms of need-based aid or scholarships may be available through your school of enrollment.

– EMPLOYMENT OPPORTUNITIES –

Student Educator – Zimmerli Art Museum

Compensation: \$20 per hour

Position Dates: September 2025-May 2026

Location: Onsite

Apply [HERE](#) by April 28!

The Zimmerli Art Museum is hiring Student Educators to advance and enhance the Zimmerli's mission in providing high quality, engaging experiences for its visitors. Student Educators are responsible for guiding visitors through the museum's works, interacting with gallery activities through games and writing prompts, along with using other modes of gallery teaching. In addition to tours, Student Educators also aid in supporting and facilitating educational initiatives through public, exhibition, and family programming. No previous art or museum experience is required. Applicants must have an anticipated graduation date of no earlier than May 2027. Please review the job listing for additional details.

Learning Assistant Program Summer Support Intern – Rutgers University

Compensation: \$26.85 per hour, 15 hours per week

Position Dates: June 2, 2025-August 29, 2025

Location: Onsite

Apply [HERE](#) by 6am on May 2!

The intern for the Learning Assistant Program will work collaboratively with program staff to assist in the scheduling process for Learning Assistants for the fall semester. This position is critical for ensuring the timely development and distribution of materials central to scheduling peer-leaders. In addition, this position will assist the Sr. Program Coordinator with analyzing program data, revising existing student surveys, and generating new surveys to collect key feedback from students and peer leaders about their experience with the Learning Assistant Program. This position will help to better capture the assessment metrics outlined by the Learning Assistant Program and the Learning Centers as part of a larger assessment plan. The summer intern for the Learning Assistant Program will also create asynchronous video tutorials for incoming peer leaders. Please review the job listing for additional details.

Learning Assistant Program Assistant for Study Groups – Rutgers University

Compensation: \$26.85 per hour, 15 hours per week

Position Dates: June 2, 2025-August 29, 2025

Location: Onsite

Apply [HERE](#) by 6am on May 6!

The Learning Assistant Program Assistant for Study Groups will work collaboratively with program staff in collecting availability from peer leaders and scheduling them appropriately, assist in the tracking of responses and drafting preliminary schedules for the Fall semester and assist with program recruitment and community event building. This position is critical for ensuring the review and improvement of the Learning Assistant Program Canvas site including accessibility compliance, site design, and content creation and will assist in creating asynchronous video tutorials. Please review the job listing for additional details.

Graduate Student Research Assistant – Institute for Teaching, Innovation, & Inclusive Pedagogy (Rutgers-New Brunswick)

Compensation: \$20-\$30 per hour, part-time

Position Dates: April 30, 2025 - June 30, 2025, continuation beyond summer possible

Location: Remote and onsite

Apply [HERE](#) by 6am on September 28!

The Institute for Teaching, Innovation, & Inclusive Pedagogy at Rutgers-New Brunswick is hiring a graduate student with advanced data analysis skills and a CITI Human Subjects certificate for Social and Behavioral Science Researchers to work as a Graduate Student Research Assistant. The Graduate Student Research Assistant will be responsible for conducting literature reviews; supporting the design and implementation of studies; data organization, management, and cleanup; data analysis; and reporting of findings. This position offers the potential for co-authorship on publications as well as co-presentation and continuance after the summer. Please review the job posting for additional details.

THE RESOURCE CORNER

Student Basic Needs: Emergency Aid Fund

The Rutgers Emergency Aid Fund provides RU-New Brunswick students with one-time need-based financial support for unforeseen, unavoidable, and unplanned costs associated with emergencies like accidents, illnesses, fire and water damage, or the need for emergency housing or food. International and undocumented students are eligible to apply for the Emergency Aid Fund. Click [HERE](#) for more information and to find the application for Emergency Aid.

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 [Academic Support Resources](#), [Career & Professional Development](#), [Student Support Services & Resources](#) and more on our website!

Do you have an opportunity for graduate students that you would like to promote in the Graduate Student Life Weekly Digest? Submit it [HERE](#)!