

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest Week of August 12, 2024

Welcome to the Graduate Student Life Weekly Digest!

This weekly digest serves as official communication from the Office of Graduate Student Life and keeps you up-to-date on events, opportunities, campus resources and support services for graduate students at Rutgers-New Brunswick! Share with your friends and tell them to subscribe [HERE!](#) You can contact the Office of Graduate Student Life by emailing gradstudentlife@echo.rutgers.edu or visiting our offices during the week in the Graduate Student Lounge (126 College Ave, behind Panera Bread). During the summer, the Graduate Student Lounge is open from 8am-6pm Monday-Thursday, 8am-5pm on Friday, and CLOSED 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

New 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.

Check out the RU Recreation Programs for August & Welcome Week!

Join Rutgers Recreation for exciting programs during the month of August and Welcome Week! Visit the RU Recreation website [HERE](#) for more information.

– GET INVOLVED –

Explore Involvement in Graduate Student Organizations (GSOs)!

Explore the official directory of Graduate Student Organizations (GSOs) recognized by the Graduate Student Association (GSA) and discover graduate involvement opportunities on campus. GSOs are a fantastic way to meet other graduate students and participate in campus activities. Find the GSO directory [HERE](#).

– 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! –

Shopping Trip Sign-Up – International Students – Thursday, August 22, 5pm-8pm

Location: Pick-ups from Bevier Road or Nichols Apartments on Busch 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 schedule of shopping trips and learn more information about the Shopping Shuttle Service, click [HERE](#).

Free Concert: Cliff Westfall – Thursday, August 29, 6pm-8pm

Location: Donaldson County Park (South 2nd Avenue, Highland Park, NJ 08904)

Get moving with music from local bands at the summer 2024 Parkstock Outdoor Concert Series at Donaldson Park in Highland Park! Come see Cliff Westfall's exciting Electrified Honky-Tonk performance to close out the summer! Select food vendors will be on site with refreshments to purchase. Click [HERE](#) for more information about the Parkstock Outdoor Concert Series or call the Highland Park Department of Community Services at 732-819-0052.

RSVP NOW: Graduate Student Welcome Reception and Resource Fair – Thursday, September 12, 3pm-6pm

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

RSVP [HERE!](#)

Save the date for the annual Graduate Student Welcome Reception and Resource Fair hosted by the Office of Graduate Student Life and Graduate Student Association! Join us for light refreshments and finger foods and hear from University Departments and Graduate Student Organizations (GSOs) about all the wonderful resources Rutgers has to offer graduate students!

REGISTRATION NOW OPEN: New Brunswick Fall Career & Internship Mega Fair – Tuesday, September 17 – Friday, September 20, 11:30am-3:30pm

Location: Jersey Mike's Arena (83 Rockafeller Rd, Piscataway, Livingston Campus)

Registration is now open for the Fall Career & Internship Mega Fair hosted by the Office of Career Exploration and Success (CES)! Join CES at one of the nation's largest and most diverse recruiting opportunities hosted across 4 career-themed days. An anticipated group of 120 employers each day will be available to network with candidates to discuss full-time, part-time, and internship opportunities. This event is open to Rutgers University students, alumni, and the public from all academic disciplines. Click [HERE](#) to learn more about or register for the Fall Career & Internship Mega Fair.

– THIS WEEK! –

Free Concert: The Strazzacasters – Thursday, August 15, 6pm-8pm

Location: Donaldson County Park (South 2nd Avenue, Highland Park, NJ 08904)

Get moving with music from local bands at the summer 2024 Parkstock Outdoor Concert Series at Donaldson Park in Highland Park! Come see The Strazzacasters exciting Rock & Roll, Pop Punk, and Instrumental Guitar performance! Select food vendors will be on site with refreshments to purchase. Click [HERE](#) for more information about the Parkstock Outdoor Concert Series or call the Highland Park Department of Community Services at 732-819-0052.

Free Movies at the Yard! Encanto – Sunday, August 18, 4pm-6pm

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

Come to The Yard on College Ave to watch family-friendly movies outdoors for FREE all summer long! Bring a chair and grab a bite to eat with your friends while watching Encanto! Click [HERE](#) to view the full list of movies playing this summer at The Yard (scroll towards bottom of webpage)!

– WELLNESS WORKSHOPS, GROUPS, & SUPPORT–

FREE Executive Function & CBT Group for Students with Mild TBI (Traumatic Brain Injury)

The Rutgers Center for Youth Social Emotional Wellness (CYSEW) and Graduate School of Applied and Professional Psychology's (GSAPP) are piloting a FREE group for students with mild TBI (Traumatic Brain Injury) using an adaptation of the [well-researched ACCESS program](#). The group focuses on building executive functioning (organization, planning, and time management) and cognitive behavioral skills for mood and anxiety. The group will meet over the course of 8-10 weeks and begin in fall 2024. Click [HERE](#) if you are interested in participating in the free pilot ACCESS program for students with mild TBI.

Free or Low-Cost Assessments for ADHD, Anxiety, and Depression

The Rutgers Center for Youth Social Emotional Wellness (CYSEW) in collaboration with the Graduate School of Applied and Professional Psychology's (GSAPP) Center for Psychological Services (CPS) is offering comprehensive evaluations for ADHD, Anxiety, and Depression by trained PsyD clinicians at low or no cost to Rutgers Students. Assessments are conducted through convenient, confidential, virtual sessions. Students will receive a feedback session and diagnostic report along with a detailed list of support services and resources available at Rutgers. Students covered by Rutgers health insurance will pay \$0 for an evaluation, those not covered by Rutgers health insurance will pay \$150. Click [HERE](#) for more information, Click [HERE](#) to request services, and email cysew@gsapp.rutgers.edu with any questions.

ACCESS Program for Graduate Students with ADHD

The Rutgers Center for Youth Social Emotional Wellness (CYSEW) and Graduate School of Applied and Professional Psychology's (GSAPP) are now offering the [well-researched ACCESS program](#) for graduate students with ADHD. The ACCESS program provides small group and individual mentoring services that focus on psychoeducation about ADHD, behavioral skills & strategies, and cognitive skills & strategies to help students build organization and time management skills, learn to navigate the resources available to them at Rutgers, boost motivation and counteract negative thought patterns, and more. The ACCESS program is available in-person and virtually. Participation cost is \$1,000 for the semester. Click [HERE](#) to learn more about the ACCESS program, click [HERE](#) to express your interest in participating in the ACCESS

program. Please contact Program Coordinator, Jyoni Shuler js3557@gsapp.rutgers.edu with any questions.

Scarlet Arts Rx!

Discover the transformative power of the arts through a new FREE arts and well-being program for all Rutgers–New Brunswick students– Scarlet Arts Rx! Did you know that arts engagement is related to improvements in: mood, Sleep quality, Social connections, Self-confidence, Creative thinking skills, and more? You don't need to be an artist to participate in Scarlet Arts Rx and get: free reserved Mason Gross School of the Arts (MGSA) box office tickets for theater, dance, and music performances (and you can bring RU-NB friends for free), opportunities to connect socially and meet new people, and higher self-awareness about how the arts affect your well-being. Each time you fill out a 1-minute feedback survey after each RU-NB arts activity or event you attend, you can be entered into a monthly drawing for a chance to win a \$50 gift card. Sign up for Scarlet Arts Rx [HERE](#), and check out Scarlet Arts Rx on getINVOLVED [HERE](#). Please contact Peichi Waite pw337@mgsa.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](#).

TogetherAll: FREE Online Support Community

TogetherAll provides FREE peer-to-peer support communities through their app! Choose your community based on your preferences and interact with peers anonymously. Find a 24/7 online community with self-help courses and assessments covering topics such as anxiety, sleep, depression, and more. Licensed and registered mental health practitioners monitor the community to ensure the safety and anonymity of all members. Click [HERE](#) to learn more or join!

– ACADEMIC SUPPORT & WORKSHOPS –

Summer 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 this summer. Interested graduate students are invited to sign up for student-led summer 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 and [HERE](#) for more information about the Graduate Writing Program.

Scholarly Writing Support Available from the Graduate Writing Program

The Graduate Writing Program supports graduate students in achieving their scholarly writing goals by offering writing workshops, guest lectures, and free, zero-credit courses that carry no additional work other than writing students are already completing for their academic programs. Click [HERE](#) to learn more about the Graduate Writing Program, [HERE](#) to learn more about the courses offered by the Graduate Writing Program and click [HERE](#) to register for courses. Please reach out to the Director of the Graduate Writing Program, Mark DiGiacomo mark.digiacom@rutgers.edu with any questions.

Stats & Writing Tutoring Available from the Learning Centers

The Rutgers Learning Centers offers stats and writing tutoring to graduate students. Learning Centers stats tutors can assist with quantitative study methods, analysis, interpretation, data clean-up, statistical software, and more. Graduate-level writing tutors can provide helpful feedback and suggestions on all aspects of your writing, from brainstorming and organizing topics, to creating and strengthening a thesis, to revisions and citations. Use Penji to connect with a tutor. Click [HERE](#) to learn how to use Penji online or download the Penji app. Please contact academiccoaches@echo.rutgers.edu with any questions or issues using Penji. Click [HERE](#) to learn more about the resources available to graduate students through the Learning Centers.

Academic Coaching from the Learning Centers

The Rutgers Learning Centers offers academic coaching to graduate students. Academic Coaching can be particularly helpful for tackling motivation challenges, breaking down large tasks into more approachable segments, and seeking accountability for productivity. Several of Rutgers' Academic Coaches specifically support graduate students. Use Penji to join the Academic Coaching community and connect with an Academic Coach. Click [HERE](#) to learn how to use Penji online or download the Penji app. Please contact academiccoaches@echo.rutgers.edu with any questions or issues using Penji.

PROFESSIONAL DEVELOPMENT, FUNDING, & EMPLOYMENT OPPORTUNITIES

– PROFESSIONAL DEVELOPMENT –

NIH Fellowship Writing Group for Graduate Students and Postdoctoral Fellows

Apply to join [HERE](#) by Saturday August 31!

Ph.D, M.D./Ph.D, and Postdoctoral Fellows preparing NIH NRSA fellowship applications due in December 2024 are encouraged to join this NIH Fellowship Writing Group led by a grant writing coach! Participants in this interactive group will be expected to submit portions of their own application each week, participate in reviewing other group member's applications, and attend a weekly hour-long meeting on Zoom. Past participants in the NIH Fellowship Writing Group have successfully secured NIH Fellowships. Click [HERE](#) to view the application and more information, contact Lauren Aleksunes aleksunes@ehsi.rutgers.edu with any questions.

Serve as a Graduate Reviewer for the Aresty Rutgers Undergraduate Research Journal (Aresty RURJ)

Apply to join [HERE](#) by Saturday August 31!

The Aresty Rutgers Undergraduate Research Journal (Aresty RURJ) is seeking graduate students to serve as reviewers during the spring semester. The Aresty RURJ is an undergraduate-run, interdisciplinary journal established by the Aresty Research Center dedicated to showcasing the groundbreaking research conducted at Rutgers University and giving undergraduates the opportunity to publish their work and learn more about the peer review process. Serving as a reviewer is a great way for graduate students to contribute to undergraduate research at Rutgers and students will also receive recognition as a reviewer on the Aresty RURJ publication. The graduate reviewer role requires reviewing at least one and up to 3 undergraduate research manuscripts. Please do not hesitate to reach out to aresty.rurj@rutgers.edu with any questions.

Chicagoland Postdoc Recruitment Initiative

Apply [HERE](#) by Friday, September 13!

Advanced Ph.D students (passed candidacy by October 1, 2024) or recent doctoral graduates in STEM fields are encouraged to apply to participate in the 2-day virtual Chicagoland Postdoc Recruitment Initiative and learn about postdoctoral programs at the three largest research institutes in the Chicago area. This collaborative initiative is aimed at addressing the "pipeline" challenge in academia for historically marginalized graduate students and postdocs, including individuals from underrepresented racial and ethnic backgrounds, who have disabilities, who identify as LGBTQIA+, who are veterans, or who were first-generation college students or Pell-eligible. Selected participants will learn about postdoctoral programs in the Chicagoland area, how to find postdoctoral opportunities, how to apply for postdoctoral positions, and how to maximize your postdoctoral experiences. Following these two days of programming, participants will conduct informational interviews with matched faculty members. Click [HERE](#) to learn more and email chicago.postdoc.recruit@gmail.com with any questions.

Become a Graduate Student Educator through the Rutgers Interdisciplinary Opioid Trainers (RIOT) Program

Register [HERE](#)!

Graduate students (especially those enrolled at SSW, GSAPP, SPH, EMSOP, SHP, RWJMS, and Biomedical Programs) are invited to volunteer with the Rutgers Interdisciplinary Opioid Trainers (RIOT) Program! This RIOT program instructs graduate students on providing community educational presentations about the opioid crisis throughout New Jersey. Participants will enhance their knowledge of addiction, engage in community service, and develop their presentation skills while collaborating with an interdisciplinary team. The Fall 2024 training course will be offered in a hybrid format with sessions held in-person and on Canvas. Click [HERE](#) to view the registration form and more information about the RIOT program offered in Fall 2024. Please contact Kelley Hamilton khamilton@rwjms.rutgers.edu with any questions.

APPLICATION NOW OPEN! ScarletWell Wellness Connection Grants!

Apply [HERE](#) by September 27!

ScarletWell Student Wellness grants support student directed wellness activities that cultivate interpersonal connection through the arts, humanities, movement, mental and emotional health, and/or physical activity. Individuals, pairs, or teams of graduate students are encouraged to apply. Proposals that focus on graduate student wellness are welcomed. ScarletWell intends to issue 20 grants ranging from \$200-\$1,500 and the ScarletWell team will work closely with the cohort of selected applicants during the Fall 2024 semester to implement activities in the Winter and Spring semesters of 2025. The

cohort of selected applicants will serve as Rutgers-New Brunswick Wellness Champions. Click [HERE](#) for more information about the ScarletWell Wellness Connection Grants and to view proposal requirements. *The Office of Graduate Student Life is invested in supporting graduate students who are interested in proposing student-driven wellness initiatives through the ScarletWell Wellness Connection grant and is willing to serve as a partner. If you are interested in applying for a ScarletWell Wellness Connection Grant with the support of the Office of Graduate Student Life, please contact Dean Ghada Endick gendick@echo.rutgers.edu.*

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 –

For Even more information on scholarship, fellowship, and funding opportunities for graduate students, visit the Office of Graduate Student Life webpage on Funding Resources and Fellowships [HERE](#)!

Christine Mirzayan Science and Technology Policy Graduate Fellowship Program

Apply [HERE](#) By 11:59pm (EST) September 9, 2024!

The Christine Mirzayan Science and Technology Policy Graduate Fellowship Program is a full-time, hands-on, educational and training program that provides early career individuals with the opportunity to spend 12 weeks at the National Academies of Sciences, Engineering, and Medicine in Washington D.C. learning about science and technology policy and the role scientists and engineers play in advising the nation. Mirzayan Fellows join a National Academies unit and are assigned to a mentor and engage in a wide range of professional development and networking activities. Fellows are awarded an \$11,000 stipend to cover living expenses and funding to cover round trip travel expenses from Fellows' U.S.-based addresses to Washington D.C. Click [HERE](#) for more information and contact mirzayanfellowship@nas.edu with any questions.

American Psychological Association – Early Graduate Student Researcher Award

Apply [HERE](#) By September 15, 2024!

The American Psychological Association (APA) Early Graduate Student Researcher Award recognizes doctoral students studying psychology (or a related discipline) for conducting outstanding research early in their graduate training. Research may be in any area including basic, applied, translational, and interdisciplinary science. Up to five students will be awarded funds in the amount of \$1,000 that may be

used for direct research expenses, software, and/or conference travel. Click [HERE](#) for more information about the APA Early Graduate Student Researcher Award and click [HERE](#) to view eligibility information.

2025-26 Fulbright U.S. Student Program

Apply [HERE](#)!

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 informational Webinars hosted by the Fulbright Program to learn more about the program. Click [HERE](#) for a complete schedule of upcoming Fulbright Info Webinars or [HERE](#) to view previous Webinar recordings.

– EMPLOYMENT OPPORTUNITIES –

Content Creators – Grand River Solutions

Compensation: \$20 an hour, 15-20 hours per week for 12 weeks during the summer and fall semesters.

Location: Remote with some in person travel required (based in the Greater NYC Area)

Apply [HERE](#) ASAP for best consideration!

Grand River Solutions is hiring innovative and creative graduate students who are passionate about social media content creation and addressing difficult and prevalent public health challenges at colleges and universities. Graduate students who have experience with content creation and video editing, proficiency with video editing software, knowledge of social media platforms, and a basic understanding of sexual harassment prevention, Title IX, and sexual misconduct prevention education are encouraged to apply.

Lifeguard – Rutgers Recreation

Compensation: \$16.50 an hour, 8 hours per week

Applicants must possess a valid American Red Cross Lifeguard certification, CPR for the Professional Rescuer and First Aid Certification

Apply [HERE](#) by 6am on September 3!

Rutgers Recreation is hiring certified lifeguards to ensure the safety of all those who use the recreation center pools and maintain the cleanliness and condition of the recreation pool complexes. Full time graduate students (enrolled in 9 credits or more) who possess valid American Red Cross Lifeguard and CPR for the Professional Rescuer and First Aid certifications are eligible to apply. Click [HERE](#) to view the current employment opportunities available through Rutgers Recreation, positions are posted throughout the year, follow Rutgers Recreation on Handshake [HERE](#) for position updates..

Aquatics Instructors – Rutgers Recreation

Compensation: \$15.13 an hour, candidates who possess a valid American Red Cross Water Safety Instructor Certification (WSI) are hired at \$18 an hour.

Apply [HERE](#) by 6am on December 18!

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

To access more jobs, and internship listings, schedule appointments with career advisors, network with recruiters, and more visit [Rutgers Handshake](#). Handshake is offered by the [Office of Career Exploration and Success \(CES\)](#). Click [HERE](#) to access and set up your Handshake account. Check out [THIS](#) video to assist you in the setup of Handshake and [THIS](#) video on updating your career community.

THE RESOURCE CORNER

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

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

Access the Wall Street Journal FREE through the Rutgers Libraries!

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

To unsubscribe from the Graduate Student Life Weekly Digest, send an email to gradstudentlife_nb-leave@email.rutgers.edu