

GRADUATE STUDENT LIFE

WEEKLY DIGEST

Graduate Student Life Weekly Digest Week of August 5, 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.

Find Free and Low-Cost Family-Friendly Events All Over New Jersey!

Check out [THIS](#) website to find a calendar of free and low-cost family-friendly events in each New Jersey county!

Update on Campus Health Center Summer Closures!

Busch-Livingston and Cook-Douglass Health Centers are closed as of May 31st, for the summer. Hurtado Health Center is open all summer for appointments from 9am to 5pm Monday to Friday, click [HERE](#) to view current operating hours for all Student Health Centers. Schedule all your summer health appointments at Hurtado Health Center! Click [HERE](#) or call 848-932-7402 (for medical) 848-932-7884 (for counseling) to schedule an appointment!

– GET INVOLVED –

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! –

Free Movies at the Yard! Monsters, Inc – Sunday, August 11, 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 Monsters, Inc! Click [HERE](#) to view the full list of movies playing this summer at The Yard (scroll towards bottom of webpage)!

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.

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](#).

SAVE THE DATE: Graduate Student Welcome Reception and Resource Fair – Thursday, September 12, 3pm-6pm

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

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! All graduate and professional school students are invited to stop by to enjoy food, networking, and learn about Graduate Student Organizations and University Department support services! A list of participating university departments and Graduate Student Organizations will be shared on September 1.

– THIS WEEK! –

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

Location: Pick-ups from Bevier Road or Nichols Apartments 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. 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](#).

– WELLNESS WORKSHOPS, GROUPS, & SUPPORT–

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 and email cysew@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.

Academic Coaching from Learning Centers

Academic Coaching is available to graduate students and can be particularly helpful for talking through motivation challenges, breaking down large tasks into more approachable segments, and seeking accountability for productivity. Several of Rutgers' Academic Coaches specifically support graduate students. [Click here](#) to download the Penji scheduling app. Once in the app, join the Academic Coaching community; then, under "Topics", click "See all Graduate Student Coaching" to view open coaching appointments. Please contact academiccoaches@echo.rutgers.edu with any questions or registration issues.

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@eohsi.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.

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](#)!

APA/APAGS – Award for Distinguished Graduate Student in Professional Psychology

Apply [HERE](#) By August 31, 2024!

The APA/APAGS Award for Distinguished Graduate Student in Professional Psychology is awarded to a graduate student who has demonstrated outstanding practice in the application of psychology. Awardees receive an honorarium of \$1,000 and have the opportunity to participate in a formal presentation of this award during a virtual awards ceremony later in the year. Click [HERE](#) for more information about the APA/APAGS Award for Distinguished Graduate Student in Professional Psychology and click [HERE](#) to view eligibility information.

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.

NAEd/Spencer Dissertation Fellowship

Apply [HERE](#) By 5pm on October 3, 2024!

Doctoral students in any field of study whose dissertation topics are centrally related to education are encouraged to apply for the NAEd/Spencer Dissertation Fellowship! NAEd/Spencer Dissertation Fellowship provides support to candidates in the dissertation writing phase whose projects bring innovative and insightful approaches to the history, theory, analysis, or application of formal and informal education. Fellows receive \$27,500, participate in two professional development retreats, and receive mentorship from an NAEd member or other distinguished scholar throughout the fellowship year. U.S. Citizenship is not required to apply. Click [HERE](#) for more information about the NAEd/Spencer Dissertation Fellowship and to view the full eligibility criteria. Please reach out to info@naeducation.org with any questions.

Paul & Daisy Soros Fellowship for New Americans

Apply [HERE](#) By 2pm on October 31, 2024!

The Paul & Daisy Soros Fellowships for New Americans supports New Americans—immigrants or the children of immigrants—who are pursuing graduate or professional school in the United States. Current eligible graduate students who are 30 years of age or younger and in their first or second year of study in any program are welcome to apply for the 2025 fellowship class! Each Fellowship supports one to two years of graduate study (up to a total of \$90,000) in any field and in any advanced degree-granting program in the United States. Most importantly, new Fellows join a strong community of Fellows who share the New American experience and gain access to the alumni association, [The Paul & Daisy Soros Fellows Association \(PDSFA\)](#), which actively engages current and past Fellows in events held across the country. Click [HERE](#) for more information about the Paul & Daisy Soros Fellowship for New Americans and click [HERE](#) to view the full eligibility criteria.

APPLICATIONS OPEN SOON! Schlumberger Foundation Faculty for the Future Fellowship

Applications Open September 2, click [HERE](#) to view the call for applications!

The Faculty for the Future program awards fellowships to women from developing and emerging economies to pursue Ph.D or Postdoctoral research in science, technology, engineering, or mathematics (STEM) fields who intend on returning to their home countries upon the completion of their studies to contribute to the economic, social, and technological advancement of the local regions. Faculty for Future Fellowship awards are based on the actual cost of eligible expenses, up to a maximum of \$50,000 USD per year for Ph.D and up to \$40,000 per year for a Postdoctoral Fellow. Students who have applied to, been admitted to, or are currently enrolled at a university outside of their home country are eligible

to apply. Applications will open on September 2, students interested in applying are strongly encouraged to schedule a GradFund appointment [HERE](#) for assistance developing a competitive application.

– EMPLOYMENT OPPORTUNITIES –

LAST CHANCE TO APPLY! SEBS-EOF Academic Support in Math Instructor

Position Dates: September 2024 - December 2024.

Compensation: Salary per credit

Apply [HERE](#) by Wednesday August 7!

Rutgers School of Environmental and Biological Sciences (SEBS) Educational Opportunity Fund (EOF) is seeking four math instructors to provide in-person instruction to first-year students in the SEBS EOF program taking 1 credit math courses in the fall 2024 semester. Instructors will lead supplemental support sessions in elementary algebra, intermediate algebra, precalculus, and/or calculus. Instructors will lead an Academic Support course on Thursdays from 4:05-5:00pm on the Cook/Douglass campus and will hold advising hours (2 hours per week) before or after class or by arrangement. Applicants must have knowledge of the college math levels being taught, teaching methods, superior communication skills, the ability to relate to students, faculty, and staff, the ability to handle a fast-paced, high-volume environment and must be knowledgeable of Zoom and Canvas platforms. Successful applicants will have 1 year of experience in tutoring and/or math instruction at the college level and the ability to assist students with college-readiness skills. Click [HERE](#) to view the full job posting.

Office Assistant – Office of Disability Services

Position Dates: August 26, 2024 – May 15, 2025, start and end dates are flexible.

Compensation: \$18 an hour, 18-20 hours per week

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

The Office of Disability Services (ODS) is hiring a team of graduate students to work as Office Assistants (OA) in their exam unit. The Office of Disability Services manages academic accommodations for students with disabilities. OAs assist with managing exam accommodations, additional duties include data entry, phone and email communications with students, staff, and faculty, and general office help, such as scanning documents and fulfilling requests. ODS is looking for exceptional individuals who pay attention to detail, are punctual, have excellent phone and email communication skills, and are available 18-20 hours per week. Students must be enrolled as a full-time graduate student and eligible to work in the US in order to apply for this position. Please contact Assistant Director Bob Loder bob.loder@rutgers.edu with any questions.

DEI Graduate Assistant – Douglass Residential College

Compensation: \$20 an hour, 10-20 hours per week

Apply ASAP for best consideration!

Douglass Residential College (DRC) is seeking a dedicated and passionate graduate student to join their Diversity, Equity, and Inclusion (DEI) team as a DEI Graduate Assistant. DRC is a supportive campus community for undergraduate students at Rutgers University - New Brunswick, built on feminist principles and practices. This role is ideal for a graduate student committed to fostering an inclusive and equitable environment for all students. The Graduate Assistant will support the Senior Director in developing and implementing DEI programs, engaging with the student body, performing administrative tasks, and conducting data collection and analysis. To apply, please email a current resume or CV, a cover letter outlining your interest in the position and relevant experience, and contact information for two professional or academic references to Dr. Madinah Elamin melamin@echo.rutgers.edu click [HERE](#) to view the full position description.

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

FREE Fitness & Wellness Classes Offered by Rutgers Recreation!

Rutgers Recreation offers a wide range of FREE fitness and wellness classes at each of the four campus recreation centers! Choose from *Pilates, Yoga, BodyCombat, Spin, Strength, Grit*, and more! All necessary equipment and mats are provided and classes are designed to accommodate all fitness levels, chat with your instructor if you are new to a particular class type. Check out the daily schedule [HERE](#) or in the [RUREC2GO](#) app!

FREE On-Demand At-Home Fitness & Wellness Classes with RUREC2GO!

Can't make it to a recreation center? Check out the on-demand fitness and wellness classes offered by Rutgers Recreation online and in the [RUREC2GO](#) app! Stay active at work with *Strength or Stretch at Your Desk* or choose a *30 Minute Yoga, Strength or Pilates Class* to move at home! Click [HERE](#) for more information about on-demand fitness and wellness classes.

Gender Affirming Care Services Provided by Rutgers Student Health

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

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