



Graduate Student Life Weekly Digest Special Edition: 2024 General Election

Welcome to this Special Edition of the Graduate Student Life Weekly Digest!

This special edition of the Graduate Student Life Weekly Digest contains information about participating in the upcoming 2024 general election on November 5 and finding support in processing and reflecting upon this time.

Early Voting Ends November 3, Election Day is November 5!

The 2024 general election is November 5, registered New Jersey voters can cast their vote by: applying for and completing an official ballot for vote-by-mail, voting early at their county's designated early voting site through November 3, or voting in-person on Election Day at their designated polling location anytime between 6:00AM to 8:00PM on November 5. Click [HERE](#) for more information about voting in the upcoming election and early voting. Out-of-state students looking for information about voting in their home states should click [HERE](#) for state-specific election deadlines and requirements. Please reach out to Jessica Ronan-Frisch jronan@eagleton.rutgers.edu with any questions.

ELECTION EVENTS

The Morning After: A Special Post-Presidential Analysis of the 2024 Election – Wednesday, November 6, 10:30am

Location: Virtual

Register [HERE!](#)

Join the Eagleton Institute of Politics for a special post-election webinar in partnership with President Holloway's Byrne Seminar analyzing the results of the 2024 presidential election. A longstanding program of the Eagleton Institute of Politics, The Morning After offers analysis of the previous day's election from a variety of experts including scholars, political practitioners, and journalists. This year's program offers students a unique opportunity to better understand the presidential, congressional, and state and local-level electoral outcomes as best we know in the hours after polls have closed. Please reach out to Nancy Shihadeh shihadeh@rutgers.edu with any questions.

POST-ELECTION SUPPORT RESOURCES

– SUPPORT & PROCESSING SPACES –

CAPS: Electing for Self Care – Monday, November 4-Friday November 15

Join CAPS in navigating the stormy seas of election time with resilience and support! This group will focus on building effective distress tolerance skills, mindfulness practices, and coping strategies to help participants manage stress and stay centered.

RSVP for Monday, November 4, 1pm-2pm [HERE](#) (College Ave)

Location: CAPS Counseling Center (17 Senior St, New Brunswick, College Ave Campus)

RSVP for Tuesday, November 5, 11am-12pm [HERE](#) (College Ave)

Location: CAPS Counseling Center (17 Senior St, New Brunswick, College Ave Campus)

RSVP for Wednesday, November 6, 11am-12pm [HERE](#) (Busch)

Location: CAPS Next Step (185 Bevier Rd, Piscataway, Busch Campus)

RSVP for Friday, November 8, 11am-12pm [HERE](#) (College Ave)

Location: CAPS Counseling Center (17 Senior St, New Brunswick, College Ave Campus)

RSVP for Monday, November 11, 1pm-2pm [HERE](#) (College Ave)

Location: CAPS Counseling Center (17 Senior St, New Brunswick, College Ave Campus)

RSVP for Tuesday, November 12, 11am-12pm [HERE](#) (College Ave)

Location: CAPS Counseling Center (17 Senior St, New Brunswick, College Ave Campus)

RSVP for Wednesday, November 13, 11am-12pm [HERE](#) (Busch)

Location: CAPS Next Step (185 Bevier Rd, Piscataway, Busch Campus)

RSVP for Friday, November 15, 11am-12pm [HERE](#) (College Ave)

Location: CAPS Counseling Center (17 Senior St, New Brunswick, College Ave Campus)

Election Community and Processing Spaces – Wednesday, November 6-Wednesday, November 13

The Division of Student Affairs is hosting Election Community and Processing Spaces on all four campuses to provide space for graduate and undergraduate students to reflect on and process the general election. Sessions are open to all students with the November 11th event exclusively serving the graduate student community.

Wednesday, November 6, 1pm-3pm (College Ave)

Location: College Ave Student Center, Room 411 (126 College Ave, New Brunswick, College Ave Campus)

Thursday, November 7, 1pm-3pm (Livingston)

Location: Livingston Student Center, Gathering Lounge (84 Joyce Kilmer Ave, Piscataway, Livingston Campus)

Friday, November 8, 2pm-3:30pm (Livingston)

Location: Asian American Cultural Center (49 Joyce Kilmer Ave, Piscataway, Livingston Campus)

Monday, November 11, 5pm - 7pm (College Ave) *Graduate Students Only*

Location: Graduate Student Lounge (126 College Ave, New Brunswick, College Ave Campus, behind Panera Bread)

Tuesday, November 12, 3pm-5pm (Busch)

Location: Busch Student Center, Room 122 (604 Bartholomew Rd, Piscataway, Busch Campus)

Wednesday, November 13, 3pm-5pm (Cook/Douglass)

Location: Douglass Student Center, Room B (100 George St, New Brunswick, Cook/Douglass Campus)

RU Centered? Post-Election Debrief with CLAC – Thursday, November 7, 5:30pm-7pm

Location: Center for Latino Arts and Culture (172 College Ave, New Brunswick, College Ave Campus) and on Zoom (Meeting ID: 925 798 8615 Password: 051480)

RSVP [HERE](#)

Join CAPS Community Based Counselor Dominique Paz and Rev. Katrina Jenkins for a post-election debrief conversation rooted in faith, healing, and pursuing a positive way forward.

Scarlet Arts Rx: Election Reflection Through Artistic Expression – Friday, November 8, 2pm-3:30pm

Location: Asian American Cultural Center (49 Joyce Kilmer Ave, Piscataway, Livingston Campus)

Scarlet Arts RX and the AACC will be providing an opportunity for students interested in reflecting on the election through artistic expression by decorating zines!

Graduate Student Election Processing Space – Monday, November 11, 5pm-7pm

Location: Graduate Student Lounge (126 College Ave, New Brunswick, College Ave Campus, behind Panera Bread)

Graduate students are invited to come together and process their thoughts and feelings about the general election in community. Pizza will be provided.

– MENTAL HEALTH CRISIS & EMERGENCY SUPPORT –

Call 911 if you are experiencing a crisis and are in immediate danger or need immediate medical attention.

Crisis Phone Lines

24/4 Crisis Phone Line: Call or Text 988 (English and Spanish)

24/7 Crisis Text Line: 741-741

24/7 LGBTQIA+ Crisis Hotline - [Trevor Project](#): Call 866-488-7386 or Text 678-678

Crisis Hotline run by Transgender people for Transgender people - [Trans LifeLine](#): call 877-565-8860 (English & Spanish, 1pm-9pm EST, Monday-Friday)

CAPS On-Call Crisis Counselor

Call 848-932-7882, Monday-Friday, 8:30am-4:30pm

A CAPS on-call crisis counselor is available Monday-Friday from 8:30am-4:30pm (except university holidays) to provide support for students experiencing a psychological or emotional crisis. Call CAPS (848-932-7882) or visit 17 Senior Street on the College Ave Campus to access the on-call crisis counselor. Click [HERE](#) for more information.

– COUNSELING & MENTAL HEALTH SUPPORT –

Rutgers Student Health: CAPS

Phone: 848-932-7884

Rutgers Student Health CAPS (Counseling, Alcohol & Other Drug Assistance Program, & Psychiatric Services) is the Rutgers University mental health support resource that provides a variety of services including crisis intervention, individual therapy, group therapy, workshops, alcohol and substance-use assistance programs, psychiatric care & medication management, and community referrals. Click [HERE](#) for more information about CAPS and click [HERE](#) for FAQs about insurance and billing.

Let's Talk Drop-In Counseling Sessions

Call 848-932-7884, menu option 2 to schedule a Let's Talk session.

Click [HERE](#) to learn more and view the schedule for drop-in sessions.

Click [HERE](#) to learn more about individual CAPS Community Based Counselors (look for “Community Based-Counselor”).

Let's Talk sessions are free, private and confidential drop-in conversations with licensed mental health professionals offered by Rutgers Student Health: CAPS. Let's Talk sessions are offered by CAPS community-based counselors who are located on all five campuses with a variety of availability options. Community-based counselors are diverse in social, racial, ethnic, gender, age, and sexual identities to meet the diverse needs of our graduate population. 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. Let's Talk sessions are offered in-person, via telehealth or phone.

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](#).