



GRADUATE STUDENT LIFE

WEEKLY DIGEST

GRADUATE & PROFESSIONAL STUDENT APPRECIATION WEEK

Graduate Student Life Weekly Digest Special Edition: Graduate & Professional Student Appreciation Week

[Graduate and Professional Student Appreciation Week](#) (March 31-April 4) is a recognition and celebration of the excellence and outstanding contributions and accomplishments of YOU, our graduate and professional students! The Office of Graduate Student Life is collaborating with partners across the university to host a variety of programs from March 29-April 12 that show appreciation for our graduate and professional students.

RSVP NOW For the Signature Event of the Week!

Knight at the Museum: Graduate and Professional Student Appreciation Reception – Tuesday, April 1, 4:30pm-7:30pm

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

RSVP [HERE!](#)

Thank-A-Grad for Graduate and Professional Student Appreciation Week!

Thank-A-Grad is an initiative organized by the Office of Graduate Student Life in the Division of Student Affairs during Graduate and Professional Student Appreciation Week. From March 31 to April 4, faculty, staff, and students from across Rutgers-New Brunswick are invited to submit letters of gratitude to recognize the outstanding graduate and professional students in their lives. Click [HERE](#) to recognize an outstanding graduate or professional student in your life with a Thank-A-Grad message during Graduate and Professional Student Appreciation Week 2025!

EVENTS

– Saturday 3/29 –

Basketball as a Tool to Promote Wellness and Build Community – Saturday, March 29, 9am-11am

Location: College Ave Gym, Annex (130 College Ave, New Brunswick, College Ave Campus)

Register [HERE!](#)

Enjoy a fun morning of basketball games and activities while connecting with fellow Rutgers graduate students! All skill levels and abilities are welcome. Please reach out to Alexander Gamble at a.gamble@scarletknights.com with any questions.

– Monday 3/31 –

Bagels and Backpacks: #GRADitude Breakfast and Giveaway – Monday, March 31, 9am-11am

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

Drop in to the Graduate Student Lounge to kickoff Graduate and Professional Student Appreciation Week with yummy bagels, coffee and juice! Attendees will receive a complimentary sling style backpack! This event is hosted by the Office of Graduate Student Life.

Virtual Guided Meditation and Mindfulness Session – Monday, March 31, 3pm-3:30pm

Location: Zoom

Join the session [HERE!](#)

Join CAPS counselor Dana Simons and your peers for a virtual guided meditation and mindfulness session. Focus on the here and now without judgment, and practice mindfulness meditation exercises. Join on or off camera for sessions held on Monday, March 31 and Thursday, April 3.

Spinning (Indoor Cycling) Class for Graduate Students – Monday, March 31, 4:30pm-5:15pm

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

Register to attend [HERE!](#)

Join Rutgers Recreation for a graduate student exclusive spinning (indoor cycling) class! Spinning is a low-impact, individually paced, cardio workout using a stationary bike that provides a great workout experience for individuals of all fitness levels. An instructor will guide participants through the basics, including how to adjust the bike for a proper and comfortable fit. Participants are encouraged to wear comfortable clothing, bring a water bottle, and arrive 5–10 minutes early to secure their bike.

GSA Game Night – Monday, March 31, 7pm-10pm

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

Register [HERE!](#)

Join the Graduate Student Association (GSA) for an exciting Game Night, to 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 new ones! Come ready to play, learn, and have fun. All are welcome!

– Tuesday 4/1 –

Knight at the Museum: Graduate and Professional Student Appreciation Reception – Tuesday, April 1, 4:30pm-7:30pm

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

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

Register to attend [HERE!](#)

Join the Graduate Student Association and the Office of Graduate Student Life for the signature event of the week! You won't want to miss this spectacular evening filled with food, live music, and the opportunity to explore the museum while mingling with your fellow graduate students!

– Wednesday 4/2 –

GSA Coffee and Conversation – Wednesday, April 2, 9am-11am

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

Register to attend [HERE!](#)

Join the Graduate Student Association (GSA) for a delightful morning of warmth, conversation, and scrumptious delights at a special GSA Coffee and Breakfast for Graduate and Professional Student Appreciation Week. The first 25 students will receive an appreciation gift. Whether you're here to kickstart your day or savor a leisurely morning, the GSA would be delighted to host you. Please contact help@gsa.rutgers.edu with any questions.

“Rock” the Interview: Building Interview Skills for Virtual Platforms – Wednesday, April 2, 2pm-4pm

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

Register to attend [HERE!](#)

In preparation for the virtual career fair for students with disabilities, join the Office for Career Exploration and Success and the Office of Disability Services for an interactive session to walk through valuable tips for preparing for virtual interviews, from setting up your space to managing your nerves. You'll also have the chance to practice mock interview questions to improve your responses in real-time. To help you stay calm and focused, this event will conclude with a creative rock painting activity hosted by Scarlet Arts Rx, which will serve as a reminder to stay grounded and centered throughout your interview process and beyond. For any accommodation needs or requests, please email careers@echo.rutgers.edu.

School of Management and Labor Relations Information, Pizza Networking Event, and Giveaway Table – Wednesday, April 2, 4pm-6pm

Location: Janice H. Levin Building, Room 101 Student Lounge (94 Rockefeller Road, Piscataway, Livingston Campus)

Register to attend [HERE!](#)

The School of Management and Labor Relations (SMLR) is hosting a networking and giveaway event for all SMLR graduate students. Drop by to meet up with Francis Ryan, Director of the MLER program and Labor Historian, and network with other SMLR students! Don't miss out on pizza and giveaways! Advance registration encouraged!

– Thursday 4/3 –

Virtual Guided Meditation and Mindfulness Session – Thursday, April 3, 12pm-12:30pm

Location: Zoom

Join the session [HERE!](#)

Join CAPS counselor Dana Simons and your peers for a virtual guided meditation and mindfulness session. Focus on the here and now without judgment, and practice mindfulness meditation exercises. Join on or off camera for sessions held on Monday, March 31 and Thursday, April 3.

Sweet Dreams Station – Thursday, April 3, 3:45pm-4:45pm

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

Drop by the Sweet Dreams Station, hosted by Rutgers Student Health: Office of Health, Outreach, Promotion & Education, for a relaxing exploration of better sleep habits.

Learn simple, natural ways to improve your nightly routine while crafting soothing sleep masks and assembling your personalized sleep kit. Enjoy free swag, a sweet treat, and the chance to connect with your peers on the journey to quality ZZZs!"

Graduate Student Yoga & Special Giveaway – Thursday, April 3, 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](#) and will be held every Thursday from 5-6pm.

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! All attendees will receive a special giveaway for Graduate and Professional Student Appreciation Week! Hosted by Rutgers Recreation and Office of Graduate Student Life.

LGBTQIA+ Graduate Student Social & GAYpril SparkNight at the Zimmerli – Thursday, April 3, 4:30pm-8pm

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

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

Join the Center for Social Justice Education and LGBT Communities (SJE) at the Zimmerli Art Museum's GAYpril SparkNight for their final Graduate Student Social of the spring semester! This evening will be dedicated to celebrating LGBTQIA+ Pride at Rutgers University and in the New Brunswick community and will showcase the Queer art of drag as well as the important contributions of Queer artists who participated in Windows of Understanding. Stop by for drag performances, an artmaking workshop, pop-up tours, a photo booth, and more! Light complimentary refreshments will be provided. SparkNight is free and open to the public, click [HERE](#) for more information about GAYpril SparkNight at the Zimmerli.

Queer Prom 2025 – Thursday, April 3, 7pm-11pm

Location: Douglass Student Center, Traves Hall (100 George St, New Brunswick, Douglass Campus)

Purchase tickets [HERE](#)!

Queer Prom is BACK. Step into a magical night where fairy tales come to life—whether you're the daring hero, the mischievous villain, or something in between! Join LLEGO and the Center for Social Justice Education and LGBT Communities (SJE) for a Queer Prom filled with enchantment, celebration, and community. Dress to impress in your most whimsical, regal, or darkly charming attire, and get ready for a night of music, dancing, and unforgettable memories! Tickets are \$8 for students (with a student ID) and \$10 for guests. Email llego.general@gmail.com for questions regarding tickets.

– Friday 4/4 –

Career Resources for PhD Students Virtual Info Session – Friday, April 4, 2pm-2:30pm

Location: Virtual

Register to attend [HERE](#)!

Are you wondering what career resources are available to you as a PhD student? Join the Office of Career Exploration and Success (CES) for this 30-minute info session to explore the career services, tools, and support tailored specifically for doctoral students. Learn how to access career advising, job search platforms, professional development workshops, and networking opportunities designed to help you navigate both academic and non-academic career paths.

Mini Rage Piñatas Pizza Party – Friday, April 4, 3:30pm-4:30pm

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

Relax, enjoy some candy, grab some pizza and create mini rage piñatas with Scarlet Arts Rx! These tiny piñatas can be kept on desks and smashed whenever frustration strikes. All supplies, including candy for filling, will be provided. Come destress, eat candy, and feel better!

Asian, Pacific Islander, Desi, and Arab (APIDA) Graduate Student Social – Friday, April 4, 4pm-6pm

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

Asian, Pacific, Islander, Desi and Arab (APIDA) graduate students are invited to join the Asian American Cultural Center, Scarlet Arts RX and the Office of Graduate Student Life Rutgers for an APIDA Graduate Student Social! Join your fellow graduate, professional students and doctoral candidates at the Asian American Cultural Center to enjoy amazing cultural food, an arts activity and appreciation giveaways. Please contact Naima Chowdhury naimach@echo.rutgers.edu with any questions.

– Monday 4/7 –

RU LinkedIn or Left Out? How to Network Effectively Online - Monday April 7, 2pm - 3pm

Location: Virtual

Register to attend [HERE!](#)

Join the Office of Career Exploration and Success (CES) for this how-to session will equip students on the best practices for LinkedIn profile optimization. In this session, CES will discuss personal and professional online presences, and participants will walk with a better understanding of how to represent themselves on LinkedIn by showcasing the key attributes and qualities desired by all employers.

How to Win at Career Fair: Strategies for Graduate Success Part 1 - Prepare to Impress – Monday, April 7, 6pm-7:30pm

Location: Virtual

Register to attend [HERE!](#)

Ready to land your dream job or internship? In this session, the Office of Career Exploration and Success (CES) will dive into the essential tools and strategies to create standout applications. Learn how to tailor your resume and cover letter to specific opportunities, making sure they grab the attention of recruiters and pass applicant tracking systems. Explore where to find jobs and internships that align with your career goals and how to organize your application timeline for success. This interactive workshop will include real-time feedback on your materials and provide templates to get you started. By the end, you'll have the confidence and resources to craft polished, impactful applications that open doors. This event is co-sponsored by the Graduate Student Association (GSA) and CES.

– Tuesday 4/8 –

Queer Priests Panel: Faith, Identity, and Inclusion – Tuesday, April 8, 7pm-9pm

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

Join QuaC (Queer and Christian) for a panel discussion with LGBTQIA+ clergy members on Faith, Identity, and Inclusion that will explore questions about the intersecting identities of being Queer and religious.

– Wednesday 4/9 –

Writing Productivity Workshop – Wednesday, April 9, 10am-12pm

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

Register to attend [HERE!](#)

Join the Graduate Writing Program for a Writing Productivity Workshop during Graduate and Professional Student Appreciation Week. The first 10 students to attend will receive an appreciation gift! This Writing Productivity Workshop will provide a comfortable space for getting writing accomplished with Graduate Writing Program faculty available for optional consultations. Additionally, a "Conversation Cafe" will be provided for students who would like to practice speaking English. Food will be served!

Mid-Day Rest & Reset: Lunchtime Musical Performance – Wednesday, April 9, 12:30pm-1:15pm

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

Graduate Students and staff serving graduate students are warmly invited to join Scarlet Arts Rx and drop in to de-stress with a free lunchtime music performance series, Mid-Day Rest & Reset! The performance will take place in a gorgeous meditative space: the beautiful Kirkpatrick Cathedral. Bring your lunch to eat inside the chapel and learn about the connection between music and well-being! This is not a religious event, only the venue is being used, all are welcome! Click [HERE](#) to learn more.

Appreciation Gift at Farmers Market – Wednesday, April 9, 11am-3pm

Location: Busch Student Center, International Lounge (604 Bartholomew Rd, Piscataway, Busch Campus)

Don't forget to visit the last winter pop-up of the season! Purchase fresh produce and home-baked goods—where community and quality come together! Connect with local producers and support the farmers and small businesses. Graduate students are invited to stop by the welcome table and mention Graduate and Professional Student Appreciation Week to receive an appreciation gift! Looking for more info? Follow the New Brunswick Community Farmers Market on Instagram @[nbcfarmersmarket](#) or visit their website [HERE](#)!

Beyond the Academy: Finding and Securing Internships in the Humanities and Social Sciences, Wednesday April 9, 3pm- 4pm

Location: Virtual

Register to attend [HERE](#)!

A Practical Introduction to Internship Strategies and Career Exploration for Graduate Students. This talk introduces graduate humanities and social sciences graduate students to the value, process, and possibilities of pursuing internships during their doctoral studies. Drawing on early content from a new Internship Toolkit currently in development on Canvas, the session will help participants understand how internships can enhance their scholarly and professional development, expand their career options, and support meaningful public engagement. The talk will explore identifying and aligning internship opportunities with personal values, skills, and goals using tools like ImaginePhD, where and how to find internships beyond traditional job boards, and strategies for securing competitive, paid positions. Whether you're exploring nonacademic career paths or looking to extend the impact of your research, this session will offer practical guidance and inspiration. Sponsored by School of Graduate Studies

– Thursday 4/10 –

GSA Game Night – Thursday, April 10, 7pm-10pm

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

Register to attend [HERE](#)!

Join the Graduate Student Association (GSA) for an exciting Game Night, to 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 new ones! Come ready to play, learn, and have fun. All are welcome!

– Friday 4/11 –

Graduate Student Appreciation Lunch: Efes Mediterranean Grill – Friday, April 11, 12pm-2pm

Location: RWJMS Research Tower, Dean's Conference Room 123 (675 Hoes Ln West, Piscataway, Busch Campus)

Register to attend [HERE!](#)

All graduate and professional students are invited to sign up to receive a chair massage (spots are limited!) and a delicious lunch catered by Efes Mediterranean Grill! This event is hosted by Dr. Janet Alder, the School of Graduate Studies - Biomedical and Health Sciences, and Molecular Biosciences GSO and sponsored by the Office of Graduate Student Life.

Friendship Fridays – Friday, April 11, 4pm-5pm

Location: Livingston Student Center, Coffeehouse (48 Joyce Kilmer Ave, Piscataway, Livingston Campus)

Register to attend [HERE!](#)

Friendship Fridays are a monthly opportunity for the Rutgers community to step away from classwork and research and just hang out and relax together. Join Rutgers Global to enjoy games, activities, food, and conversation - and make new friends from around the world!

– Saturday 4/12 –

Basketball as a Tool to Promote Wellness and Build Community – Saturday, April 12, 9am-11am

Location: College Ave Gym, Annex (130 College Ave, New Brunswick, College Ave Campus)

Register [HERE!](#)

Enjoy a fun morning of basketball games and activities while connecting with fellow Rutgers graduate students! All skill levels and abilities are welcome. Please reach out to Alexander Gamble at a.gamble@scarletknights.com with any questions.

Graduate Student and Family Rock Climbing – Saturday, April 12, 10am-12pm

Location: College Ave Gym, Rockwall (130 College Ave, New Brunswick, College Ave Campus)

Register to attend [HERE!](#)

Join Supporting Parents and Caregivers at Rutgers (SPCR) for a Fun and Active Climbing Adventure! Climb with other graduate students and families for an exciting 2-hour climbing session! A slack line will also be available for those who prefer to stay grounded. This event is open to all Rutgers-New Brunswick students who are parents or guardians, bring your kids along and enjoy an adventurous day together! Food & drinks will be provided to all attendees and restrooms will be available nearby. This climbing event will be a 2-hour session accommodating up to 30 climbers, so please

register and arrive early! Climbing activities are restricted to adults and children ages 5 and older. ***This is not a drop-off event. A parent or guardian must be present at all times with any children under the age of 18.***

– Ongoing –

Rutgers School of Public Health: Alumni April Series Events – Throughout April

Location: Virtual

Visit the Alumni April Webpage [HERE!](#)

Join the School of Public Health's Office for Career Services, as they gear up to host their fifth annual Alumni April series! Throughout the month of April, Rutgers School of Public Health faculty, staff, students, alumni, and community members are invited to attend networking events and career panels designed to help students and alumni make new professional connections and learn more about post-graduate career options and experiences in the field of public health. Explore the exciting career pathways available to graduate and professional students in the field of public health! This year's theme focuses on wellness and well-being across all dimensions. The virtual events featured below are open to all graduate students across the graduate schools! Contact Claire Brown, Director for Student Experiences & Alumni Affairs, at sphcareers@sph.rutgers.edu, with any questions.

Wednesday, April 2, 1-2pm: Careers in LGBTQ Health & Aging

Thursday, April 3, 12-1pm: Careers in Athletics - Physical Wellness, Safety and Sustainability

Friday, April 4, 12-1pm: Careers in Workplace Wellness, Safety & Training

Tuesday, April 8, 12-1:30pm: TRENDS TALKS Spring Edition - Urban-Global Alumni Outcomes and Career Pathways

Wednesday, April 9, 12-1:30pm: TRENDS TALKS Spring Edition - Biostatistics, Epidemiology, and Environmental & Occupational Health Alumni Outcomes and Career Pathways

Thursday, April 10, 12-1:30pm: TRENDS TALKS Spring Edition - Health Behavior, Society and Policy Alumni Outcomes and Career Pathways

Monday, April 14, 12-1pm: Info Session with the Maternal & Infant Health Innovation Authority (MIHIA) + Careers in Maternal and Child Health

Thursday, April 17, 5-6pm: Balancing Family & Work

Tuesday, April 22, 12-1pm: The New Public Health Workforce (Recent Alumni Panel)

Thursday, April 24, 12-1pm: PHirst Generation Alumni

Tuesday, April 29, 12-1pm: Careers in Health Equity & Justice