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FOLLOW US!



Office of Graduate Student Life

The OGSL is here to enhance the educational experience and quality of life of Rutgers graduate and professional students. We partner with the various graduate schools, academic graduate programs, and graduate student organizations to foster a vibrant and supportive grad community, create a sense of belonging, and help students navigate the vast array of resources available at Rutgers.

Advocacy

*Support
Resources*

Connections

Community

CONTACT US!

gradstudentlife@echo.rutgers.edu

and

<https://graduatestudentlife.rutgers.edu/>

VISIT US!

College Avenue Student Center
Graduate Student Lounge
126 College Avenue

Click [HERE](#) to view staff drop-in hours.

Graduate Student Life

Weekly Digest

STAY INFORMED!

The Graduate Student Life Weekly Digest provides weekly updates on events, programs, employment opportunities, and student support resources available to graduate students at Rutgers!

Scan or Click [HERE](#) to
Subscribe!



LGBTQIA+ GRADUATE STUDENT SOCIAL

Wednesday, September 13 5:00PM-7:00PM
11 Bartlett St. College Ave Campus

Join us for some snacks and a meet and greet!
For more information, visit @rutnight!

Express yourself



COMMUNITY WALKING TOUR OF NEW BRUNSWICK

JOIN US FOR AN INFORMATIVE AND FUN LOOK AT THE NEIGHBORHOODS OF NB INCLUDING THEIR HISTORY OF IMMIGRATION, COMMUNITY ARTS, RECREATIONAL SPACES, AND LOCAL INSTITUTIONS.

TUESDAY SEPTEMBER 24 3PM - 5PM

DEPARTS FROM THE NEW BRUNSWICK PERFORMING ARTS CENTER



SATURDAY, OCTOBER 5

GRADS ON THE GROUND

JOIN THE GRAD SCARLET DAY OF SERVICE TEAM!

Scarlet Day of Service is a day-long service event at Rutgers University-New Brunswick hosted by @rupapresents aimed at cleaning up communities, revitalizing outdoor spaces, working with youth and older adults, and more.

Breakfast and lunch provided!

Registration NOW Open!



GLOBAL GRADS

FRIENDSGIVING SOCIAL GATHERING

International Graduate Students are invited to join us for a Friendsgiving lunch! Food to be provided by Efes Mediterranean Grill. Rutgers Global and the Office of Graduate Student Life are excited to welcome you!

NOVEMBER 18TH
11:30 AM TO 1 PM
THE COVE
BUSCH STUDENT CENTER



GRADUATE STUDENT YOGA

YOGA, MEDITATION & MAKING CONNECTIONS

- Enjoy being with other graduate students and participating in the practice of yoga and meditation.
- The practice of yoga is great for muscular strength, stress relief, flexibility, and overall wellbeing.

1- Wednesdays starting September 18th for the Fall 2024 semester!

2- Graduate Student Lounge, 101 College Avenue, Student Parents on College Ave.

Meet Your Instructor: Meet your instructor, Priya, a devoted yoga & Pilates student at the Exercise Department's Fitness & Performance Center. She'll be teaching you to breathe.



Upcoming Programs & Events!

[First Weeks @ Rutgers: Welcome Programs 2024](#)



Exclusive Events for Graduate Students!

Community & Belonging & Affinity-Based Programs!

Shopping Trips & Local Excursions

University-Wide Social Events

Community Engagement Events

... And More!

All incoming and continuing graduate students are invited to participate in welcome and community-building programs to kick off the initial weeks of the Fall semester. Programs are designed to introduce you to essential resources, provide opportunities to connect with other graduate students, learn about Graduate Student Organizations and participate in campus-wide events. There are graduate-exclusive programs and university events open for both undergraduate and graduate students.

View the full schedule of events for Fall 2024 on [THIS](#) webpage!

Upcoming Programs & Events!

First Weeks @ Rutgers: Welcome Programs 2024

VOLUNTEER OPPORTUNITIES & COMMUNITY ENGAGEMENT

INFORMATION SESSIONS FOR GRADUATE STUDENTS

MONDAY, 9/23 3:30-4:30 PM (ZOOM)
WEDNESDAY, 9/25 12-1 PM (ZOOM)

Scan Here to register!



Graduate Student Life & GSA

OPEN HOUSE

@ Graduate Student Lounge
126 College Avenue (behind Panera Bread)

Check out the Graduate Student Lounge to meet the Graduate Student Life staff and Graduate Student Association to learn about how we can support your graduate student experience! Great place to study, relax, or connect with friends.

Equipped with a microwave, mini-fridge, and the Farmer's Market happening right outside!

SEPT 5 12-2PM

FREE INSOMNIA COOKIES, GIVEAWAYS, AND MESSAGES!

Stop by the Graduate Student Lounge from 12-2pm on September 5!

Upcoming Programs & Events!

Graduate Student Welcome Reception & Resource Fair

All graduate Students are invited to join the Office of Graduate Student Life and [Graduate Student Association \(GSA\)](#) to enjoy food and networking while engaging with Graduate Student Organizations and University Departments that provide support services and resources for graduate students!

OFFICE OF GRADUATE STUDENT LIFE AND
THE GRADUATE STUDENT ASSOCIATION PRESENT...

GRADUATE STUDENT WELCOME RECEPTION & RESOURCE FAIR

ALL GRADS WELCOME!

Enjoy food, networking, and meeting graduate student organizations and university departments that provide academic and support services!

THURSDAY, SEPT. 12TH, 3-6PM

BUSCH STUDENT CENTER
MULTIPURPOSE ROOM

RSVP @
<https://go.rutgers.edu/welcomeRSVP>



R | RUTGERS-NEW BRUNSWICK
Student Affairs

Offices of the Dean of Students
Graduate Student Life

Thursday, September 12

3:00pm-6:00pm

Busch Student Center

Multipurpose Room



Scan or Click

[HERE](#) to RSVP!

Finding Your Community



RUTGERS-NEW BRUNSWICK
Graduate Student Life
Division of Student Affairs

Graduate Affinity Groups

Fall 2024

Grad students are invited to join a peer-designed and -facilitated affinity group for:

- **Bisexual+ students** (Facilitator: Grace Wetzel, Ph.D. student, Psychology)
- **BIPOC LGBTQIA2S+ students** (Facilitator: Veerja Mehta, MSW student, Social Work)
- **Chinese students** (Facilitator: Alvis Zhao, Ph.D. student, Mathematics)
- **International students** (Facilitator: Gabriela Constantin-Dureci, Ph.D. student, Spanish & Portuguese)
- **African students** (Facilitators: Zainab Mustapha, Ph.D. student, Chemistry & Chemical Biology and Mazvita Chikomo, Ph.D. student, Earth & Planetary Sciences)
- **Neurodivergent students** (Facilitator: Jules Vivid, Ph.D. student, Sociology)

To learn more & register, scan below or visit go.rutgers.edu/Affinitygroups

Affinity groups are affirming spaces to:

- **Build community** with peers who share experiences, backgrounds, & social identities
- **Connect** with personal and professional support
- **Deepen** collective learning around shared interests



Click [HERE](#) to learn more about Graduate Affinity Groups!

Graduate Affinity Groups

Interested in joining a peer-led group with other students who share similar backgrounds, identities, or experiences?

Consider joining a Graduate Affinity Group!

Six Peer-led Graduate Affinity Groups:

- Bisexual+ Student Support Group
- BIPOC LGBTQ+ Graduate Students Group
- Chinese Graduate Student Group
- Rutgers International Graduate Students
- Rutgers African Graduate Students
- Supporting Neurodiversity at Rutgers

Student Basic Needs

Student Basic Needs

RU Student Basic Needs provides support for basic needs including but not limited to food, housing, clothing, childcare, mental health, financial resources, and transportation

More Information: basicneeds.Rutgers.edu

Make an appointment with Student Basic Needs by emailing:

basicneeds@echo.rutgers.edu

Emergency Aid Fund

The Rutgers Emergency Aid Fund provides RU-New Brunswick students with one-time need-based financial support for unforeseen, unavoidable, and unplanned costs associated with emergencies like accidents, illnesses, fire and water damage, or the need for emergency housing and food.

International students and undocumented students are eligible to apply for the Emergency Aid Fund.

Learn more [HERE](#).



EMERGENCY AID

Follow Basic Needs!

 [RUbasicneeds](https://www.instagram.com/RUbasicneeds)

Student Basic Needs

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Follow Basic Needs!



Food Resources

Rutgers Food Pantry

The Rutgers Student Food Pantry is dedicated to helping all Rutgers students in need of food. Students can visit the Pantry in the College Avenue Student Center and receive about one week's worth of groceries, no questions asked.

Rutgers Mobile Food Pantry

Can't make it to College Ave? The Rutgers Mobile Food Pantry makes stops in Downtown New Brunswick, Douglass, Busch, and Livingston.

More Information including operating hours and locations can be found [HERE](#).

Student Health and Wellness



Call 911 in case of emergency, if you or someone else is in immediate danger, or need immediate medical attention.

Learn More at dosomething.rutgers.edu

Do Something to Help: Share a Concern!

Rutgers is a community that cares, share concerns [HERE](#) about any of the following:

- Students who may be using dangerous drugs (heroin, prescription drugs, etc.)
 - Students who may be a threat to themselves or others.
 - Students' emotional state or wellbeing
 - Disruptive or aggressive behaviors
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- To share a concern regarding a bias incident, click [HERE](#).
 - To share a concern regarding sexual harassment, sexual assault, dating violence, domestic violence, or stalking, click [HERE](#).
 - To share a concern regarding a violation of the code of conduct, click [HERE](#).

Support for Pregnant and Parenting Graduate Students

"Being a parent-student demands constant effort to balance the demands of academia and raising a family. My daughter is also a constant source of inspiration and motivation to strive harder for my dreams."

- Bhavya Blaze



Resources for Pregnant & Parenting Graduate Students

Find information on:

- Adding spouses and dependents to Rutgers Health Insurance.
- Lab and workplace safety for reproductive health & pregnancy.
- Legal protections for pregnant and parenting students and partners of those who are pregnant and parenting.
- On-campus lactation spaces.
- Leaves of absence (academic and employment)
- Accommodations for pregnant students and students experiencing pregnancy-related conditions
- Support services and resources for pregnant and parenting students available through Rutgers and the local community.

Resource Webpage for Pregnant and Parenting Graduate Students!

Check out the new resource webpage for pregnant and parenting graduate students for information about support services, resources, policies, and community engagement opportunities that are available to pregnant and parenting students at Rutgers.

Click [HERE](#) to view the Resource Webpage for Pregnant and Parenting Graduate Students!

**Have questions or having trouble finding
support?**

**Email the Office of Graduate Student Life for
assistance!**

gradstudentlife@echo.Rutgers.edu