As a group, graduate students experience the normal stresses and strains of everyday life—losses, disappointments, and conflicts. They may experience additional stress because of their status as graduate students. This brochure was developed to help prepare graduate students for some of the predictable crises and common stresses they may face. It also provides information about services that are available to help graduate students successfully meet the academic and personal challenges of graduate school.

**PREDICTABLE CRISES**

**Transition to Graduate School**

The first year of graduate school can be especially challenging as students encounter the many demands of their coursework and research. For some students, graduate school will be the first time they have been on their own, capable as they are in their prospective disciplines, and to a whole new culture. For international students, the transition to graduate school may be major differences in the academic system and to a new geographical location, to new people with other anxieties as well. Students must often adjust to the status difference and to a problem involving any form of relationship that academic life can provide, and thus may have little time or energy left over for a spouse or lover. This can be especially frustrating for a partner who does not understand the enormous time pressures placed on students seeking advanced degrees. He or she may not experience the same intellectual stimulation and interesting peer interaction that academic life can provide, and thus may have fewer releases from the stresses of maintaining a household, raising children, or doing relatively uninteresting work to support a family. This imbalance in quality of life can be complicated by the student’s close daily contact with others who share the same pressures and academic interests, who may seem more appealing. Financial pressures may also contribute to stress, and can be a focus of disagreement between partners.

The comings and goings of the academic year, and finally the possibility of pursuing career opportunities in different locations after graduation, make relationships harder to maintain. In marriage and long-term relationships dual careers may cause difficulty.

**WHEN TO SEEK HELP**

Many problems are both common and readily resolvable, and seeking help is normal and prudent. Staff members at the centers listed in this brochure encourage students to seek help sooner rather than later, and an introductory interview with a professional may ease concerns.

**AVAILABLE SERVICES**

There are a number of different kinds of psychological services available on or near the New Brunswick/Piscataway campuses. They include:

- **Counseling, Alcohol and Other Drug Assistance Program** & **Psychiatric Services (CAPS)**
  - CAPS is part of Rutgers Student Health. It is staffed by psychologists, drug and alcohol counselors, psychiatrists, social workers, and select graduate students in training.
  - CAPS staff collaborate with students to develop an individualized Action Plan, based on each student’s unique needs and the range of resources available at CAPS, within the university, and in the surrounding community. Once the best course of action is determined from an initial conversation, students will be connected to the most appropriate services.
  - health.rutgers.edu/caps

**Counseling Services**

Counseling services help students understand and change behaviors or attitudes that are creating problems in their lives. Most students come to counseling when their usual ways of coping aren’t working well.

Available counseling services include:

- **Individual therapy**
- **Group therapy**
- **Crisis intervention**
- **Workshops and educational programs**
- **Referral to specialists in the community**
- **Consultation and collaboration with campus partners**
- **Community-based counseling**
- **An on-campus concentrated care program**
Alcohol & Other Drug Assistance Program (ADAP)
As a part of CAPS, ADAP is a counseling and information program for students who are concerned about their drinking or other drug use, as well as drinking or other drug abuse among family and friends.
ADAP programs include:
- Consultation, evaluation, and assessment
- Individual alcohol and other drug counseling
- Recovery support groups
- Recovery house
- Early recovery program
- Nicotine assessment and referral
- Adult children and alcoholics/addicts groups

Psychiatric Services
Psychiatric services is a clinical program staffed by psychiatrists (physicians specializing in the diagnosis and treatment of mental health problems). Services include:
- Psychiatric evaluations
- Medication monitoring/supervision

CAPS Locations
Services are free to students and privacy is carefully protected in accordance with ethical standards and the law. For more information about CAPS, go to health.rutgers.edu/caps.

- College Avenue
  17 Senior Street, College Avenue Campus
- Cook/Douglass
  61 Nichol Avenue, Douglass Campus

Making an Appointment
- Call 848-932-7884
- Visit 17 Senior Street, College Avenue Campus
- Online at health.rutgers.edu/appointments

Additional Resources on Campus
At the Graduate School of Applied and Professional Psychology:
- Center for Psychological Services
  848-445-6111
  psychologicalservices.rutgers.edu
  For long- and short-term psychotherapy by graduate students under supervision. This clinic also offers family/relationship therapy and testing for learning disabilities.
- Anxiety Disorders Clinic
  848-445-5394
  anxietyclinic.rutgers.edu

Office for Violence Prevention and Victim Assistance (VPVA)
VPVA offers a range of free and confidential services including:
- Direct advocacy and support to survivors of interpersonal violence and other crimes
- Educational and awareness programs
- Trainings
- Policy Development
- Primary prevention programming

3 Bartlett Street, College Avenue Campus
848-932-1181
(available 7 days a week, 24 hours a day)
vpva.rutgers.edu

In the Community
University Behavioral Health Care
1-800-969-5300
Services for a fee, usually based on a sliding scale, are available here. Offers some “Charity Care” reduced fee services.
Referrals to therapists in private practice are available through campus counseling and mental health services as appropriate.

SPECIAL SERVICES
Faculty and Staff Counseling
Rutgers Faculty and Staff Assistance Program
848-932-3956 (24-hour hotline)
uhr.rutgers.edu/worklife-balance/employee-counseling
Counseling is provided by a licensed, credentialed counselor. Common areas of concern for staff include family relationships, bereavement, financial problems, caring for adult family members, child and adolescent development, and substance abuse. Conversations with counselors are completely confidential. Where necessary, outside referrals are made. Coverage for private mental health services is provided through the standard University employee health insurance programs.

Graduate Students in Helping Fields
Because a number of graduate students in professional psychology, social work, and counseling psychology receive practical training at the campus counseling centers, other students in these fields may meet a friend or colleague when seeking help there. However, special efforts are made to ensure confidentiality for these students, and senior staff psychologists provide therapy for them. Faculty members in helping fields may be able to help find a low-cost private therapist as an alternative.

Career Services
Career Services can help with career guidance, employment services, job search strategies, career seminars and programs, and other areas related to career management. careers.rutgers.edu

Services for International Students
Rutgers Global-International Student and Scholar Services
A number of services to help students adjust to American culture are available through the center. global.rutgers.edu/international-scholars-students
- 180 College Avenue, College Avenue Campus
  848-932-7015

Additional Resources
Sexual Harassment and Discrimination
Complaints about sexual harassment may be brought either to the office of the dean of the graduate or professional school involved, or to:
Office of Employment Equity
ASB II, Cook Campus
848-932-3973
uhr.rutgers.edu/uhr-units-offices/office-employment-equity

General Questions
Office of the Dean,
School of Graduate Studies
25 Bishop Place, College Avenue Campus
848-932-7747
grad.rutgers.edu

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