Resources for Students & Families

State mandated COVID-19 training: https://rutgersu.percipio.com
University-wide COVID-19 Information: https://coronavirus.rutgers.edu

Fall Campus Plan Town Hall with the Chancellor and Rutgers Leaders: https://www.youtube.com/watch?v=fdXexmc5-qM&feature=youtu.be
New Brunswick Fall 2020 Status: https://newbrunswick.rutgers.edu/2020status

Office of the Dean of Students: deanofstudents@echo.Rutgers.edu
Guest Dashboard: https://studentabc.rutgers.edu/parentsguardians
(For access to your student’s term bills and other resources)

Academic Assistance for Students:
Student Tech Guide: https://it.rutgers.edu/technology-guide/students/
Learning Centers: https://rlc.rutgers.edu
Tutoring for Writing Courses: https://writingctr.rutgers.edu/enroll-in-tutoring
How to succeed in an online course: https://rlc.rutgers.edu/remote_instruction
School of Arts and Sciences Advising: https://sasundergrad.rutgers.edu/help
School of Environmental and Biological Sciences Advising: https://sebs.rutgers.edu/advising/
School of Engineering Advising: https://soe.rutgers.edu/oas/advising
Rutgers Business School Advising: https://myrbs.business.rutgers.edu/undergraduate-new-brunswick/advisement

Immigration:
Reissuance of I-20s with updated spring 2021 start date:
Contact ruinternational@admissions.rutgers.edu

Parent and Family Programs:
ruparents@echo.rutgers.edu
https://www.facebook.com/ruparents/
Newsletter: go.rutgers.edu/pfnewsletter

Programming and Virtual Opportunities:
Welcome Week Schedule: http://studentaffairs.rutgers.edu/welcome-week/
Student Success Website: https://success.rutgers.edu
Get Involved platform: http://getinvolved.Rutgers.edu
Global Roommate Program:  http://ruoncampus.rutgers.edu/grp
Living Learning Communities:  http://ruoncampus.rutgers.edu/rulc
Virtual First Year Experience:  http://ruoncampus.rutgers.edu/first-year-experience/
Rutgers International Buddy Program:  https://global.rutgers.edu/international-buddy-program
#RUGlobalAtHome:  https://global.rutgers.edu/global-at-home
Rutgers Global Get Involved:  https://rutgers.campuslabs.com/engage/organization/global
Rutgers Global Instagram:  https://www.instagram.com/rutgers.global/
Rutgers Global Facebook:  https://www.facebook.com/RutgersGlobal

CAPS Resources:
Let’s Tele-Talk:  http://health.rutgers.edu/medical-counseling-services/counseling/therapy/community-based-counseling/
RU Health:  Http://health.rutgers.edu/
Health & Wellness:http://health.rutgers.edu/education/medical-information/
RU Mindfulness Meditation:  http://health.rutgers.edu/education/self-help/guided-exercises-meditation/
RU Mindfulness Based Stress Reduction:  http://health.rutgers.edu/education/self-help/mbsrc/
RU Virtual Workshops:  http://health.rutgers.edu/education/self-help/virtual-workshops-resources/
How to respond effectively to crisis:  https://youtu.be/BmvNCdpHUyM
Progressive Muscle Relaxation-https://youtu.be/ihO02wUzgkc
TIPP Skills:  https://www.youtube.com/playlist?list=PLVlLbxLe1Eo51fBqC3u48AyikKun3mcT
How to relax:  https://www.headspace.com/meditation/how-to-relax
Free Yale course on the Science of Well-Being:  https://www.coursera.org/learn/the-science-of-well-being

Career Exploration and Success Resources:
Rutgers Handshake:  https://careers.rutgers.edu/about-us/resources-services/online-career-tools/rutgers-new-brunswick-handshake
GoinGlobal:  https://careers.rutgers.edu/about-us/resources-services/online-career-tools/goinglobal-visas-guides-etc
CES Virtual Offerings:  https://careers.rutgers.edu/ces-operating-updates-and-virtual-offerings
CES Employment Outcomes:  https://communities.rutgers.edu/outcomes/