KCC Students

Please find this week’s Student Affairs Wave Wire! Your weekly update to news and upcoming events!

If you have any questions or concerns, please do not hesitate to email me at brian.mitra@kbcc.cuny.edu or student.affairs@kbcc.cuny.edu. Visit our homepage HERE.

Be well and be safe!

Dr. Brian R. Mitra
Dean of Student Affairs

NEWS AND UPDATES

• **KCC Students’ Townhall with President Schrader**
  ○ We will be hosting a Student Townhall with President Schrader on Wednesday, April 22nd at 11am & 4pm. Zoom information is listed under the EVENTS section

• **Counseling and Wellness Support Sessions**
  ○ Support sessions for our students are underway! More information is listed under the EVENTS section

• **Student Government Elections are almost here!**
  ○ Find out how more information on the nominations process below.

• **Laptops & iPad Devices**
We are still receiving devices and will send announcements to your KCC student email. To access your KCC student email visit HERE.

EVENTS

KCC Students’ Townhall with President Schrader

Join us for our 2nd Virtual Town Hall Meeting!

We would like to invite you to our 2nd virtual town hall meeting with President Schrader. We will have two sessions for students this Wednesday, April 22, 2020 at 11am and 4pm via Zoom (you can attend either one). The President would like to follow up with you and see how your transition to distance learning is going. We would also like feedback on what else you’d like KCC to offer students at this time. We will take suggestions and try to address your needs. Information on how to join the call is below. Hope you will join us!

11am
Join Zoom Meeting: https://zoom.us/j/91958687597
Call in: 929-205-6099 Meeting ID: 919 5868 7597

4pm
Join Zoom Meeting: https://zoom.us/j/94924036712
Call in: 929-205-6099 Meeting ID: 949 2403 6712

Counseling and Wellness Support Sessions

Free Zoom Support Sessions for ALL Kingsborough Students during COVID-19 distant learning and physical/social isolation.

These free sessions will provide safe, supportive, and nonjudgmental space for students to process the current health crisis and learn practical coping skills. During these sessions, students can share their experiences of distance learning and learn how to reduce distress and cope with their feelings of physical/social isolation, stress, and anxiety.

Mindfulness Toolbox Support Sessions, Mondays 1pm (starting April 20)
Get together, share your experiences, and get practical tips and tools to support your whole self. Learn and practice self-care through meditation, self-awareness and self-compassion.

Stress Management support sessions for International Students and Recent Immigrants Tuesdays 10:30, starting April 21)
Gather in the safe and supportive environment and connect with fellow students. Realize that you are not alone in feelings of isolation, stress, and anxiety. Learn concrete coping skills to deal with stress and anxiety.

Realize Your Resilience at a Time of Uncertainty, Wednesday 4pm (stating April 15)
Get together and share your experiences of recent changes and what you are doing to adapt. Learn/share coping skills and tools of practicing resiliency at a time of crisis. Understanding your emotions/practicing self-care/understanding your why.

**Communicate and Connect support sessions on Thursdays 1pm (starting April 16)**
Get together and share what is important to you now, what works already and what you want to work on. Find support during this time of physical disconnect.

**Taking time for yourself: Self-care journaling, Tuesday 1pm @ Thursdays 12pm**
If you’ve always wanted to try journaling but don’t quite know where to start, this is a safe space where we can practice together. During these difficult times, it is important to spend time doing things that make us feel good. Journaling is a way to de-stress, make sense of your thoughts, and even improve your writing skills.

Disclaimer: These Zoom sessions are not individual counseling sessions. If you would like to schedule individual sessions with one of our counselors call us at 718-368-5975 or email us at Counselingandhealth.services@kbcc.cuny.edu. For immediate individual mental health assistance please call:

**Confidential 24/7 Mental Health Helplines:**

- [COVID-19 Emotional Support](#) Helpline 1-844-863-9314
- [NYC Well](#) 1-888-NYC-WELL or Text WELL to 65173
- National Suicide Prevention Lifeline (Suicide Prevention) 1-800-273-8255
- Trevor Lifeline (LGBTQIA suicide prevention) 1-866-488-7386 or Text START to 678678
- LifeNet Crisis Helpline 1-800-543-3638
- [Safe Horizon](#) Helpline (domestic violence resource) 1-800-621-4673
- [National Domestic Violence](#) Helpline 1-800-799-7233
- [SAMHSA](#) Helpline (Substance Abuse/Mental Health) 1-800-662-4357

To participate in these sessions:

1. RSVP to Counselingandhealth.Services@kbcc.cuny.edu from your KCC email. Put RSVP in the subject line followed by the session number. For example, if you are signing up for Monday 1 pm group please put RSVP1. **Group codes:** Monday 1 pm – RSVP1; Tuesday 10:30 am – RSVP2; Wednesday 4 pm – RSVP3; Thursday 1 pm – RSVP4
2. Please include your CUNY Empil ID#. We will send you Zoom link with meeting id and password.
3. Download Zoom app or open in your browser. Sign in with your KBCC email and join the meeting.
4. Enter meeting ID and password that was sent to you by Counselingandhealth.services@kbcc.cuny.edu. You will use this info for each weekly session.

**Single Stop & New Americas Center**

**New American Center Q & A Session on Immigration Issues**
Thursday, April 23 at 4pm
Zoom Meeting ID: 955 1233 2012
Password: 002483

Single Stop and the New American Center continues to host virtual support services. Please email singlestop.kcc@kbcc.cuny.edu to make an appointment.
Hello KCC Student Leaders! It’s Student Government election season!
The KCC student community has always been and will continue to be resilient and resourceful! We want to elevate these inherent leadership skills by inviting you to run for Student Government Association (SGA).

SGA is YOUR voice in what’s happening on campus. SGA students work with on- and off-campus staff, administration, and legislators to represent student interests and create change. Student Government is THE student voice on campus. Joining SGA is an opportunity to represent your fellow students, create change on campus, and gain valuable leadership and networking skills for the future. You can plan events, start traditions, advocate for KCC students, and create opportunities for your fellow students to take ownership of their experience.

How to get involved:
Nominate yourself and indicate what positions you would like to be elected to by Monday, May 1st. Download the full Campaign & Election Summary with detailed timeline and position descriptions here. If you have any questions regarding this process, email the Office of Student Life at studentlife@kbcc.cuny.edu or visit our website: https://www.kbcc.cuny.edu/studentlife/joinstudentgovernment.html

Academic Affairs Updates
- Academic Calendar Updates are listed HERE. This also includes updated changes to course withdrawals, etc.
- Credit/No Credit Grading Option Policy information is listed HERE.

Email Scam
We are aware of an email scam that is taking place stating there are jobs available for our students. Please read my correspondence with steps in a previous message HERE.

Career Services Newsletter
The latest edition of KCC CAREER BUZZ

Men’s Resource Center Drop-In Sessions
The Men’s Resource Center will be hosting a series of virtual meet ups or students. Drop in and meet with the MRC staff and fellow students to touch base and check-in. All are welcomed.

Wednesday, April 29
Wednesday, May 6
Wednesday, May 13
Wednesday, May 20
Wednesday, May 29

All events will take place at 1 p.m.

To RSVP and get access information. Please email Dr. Michael Rodriguez at Michael.rodriguez@kbcc.cuny.edu
USS Scholarships Now Available

The Fall 2020 USS Scholarship Application is now available for students to apply! During these challenging times, we have worked diligently to assure that CUNY students still have access to finding ways to fund their education. Please note ONLY ELIGIBLE STUDENTS will receive a notification in their CUNY First under the "To do tab". Students are required to upload documents through their CUNY First.

Scholarship Open Date: April 13, 2020
Scholarship Closing Date: June 13, 2020

Below are the initial requirements for each scholarship. If students do not have the required GPA or credit registration minimum, they WILL NOT receive a notification in their CUNY First. Eligible students will be able to view the requirements to apply for the scholarships in their CUNY First.

Undergraduate students MUST be registered for at least 6 credits
Graduate students MUST be registered for at least 3 credits

Ernesto Malave Merit Scholarship: Minimum 2.7 GPA
Graduate Peer Mentoring Scholarship: Minimum 3.0 GPA
Donald & Mary Ellen Passantino International Student Scholarship: Minimum 2.5 GPA
Donald & Mary Ellen Passantino Student with Disabilities Scholarship: Minimum 2.5 GPA

Recruitment Events and Opportunities

NYC Men Teach - Fall 2020 Recruitment is Open

The following are the criteria:

- In order to be eligible for this program, applicants typically meet the following criteria:
- Interested in becoming a certified teacher in New York State
- Academically qualified with a minimum 3.0 cumulative GPA
- Experience working/volunteering in urban communities
- Committed to working/teaching in a New York City public school
- Have nearly completed 24 credits toward an associate degree or 45 credits toward a bachelor’s degree, or be currently enrolled in a CUNY graduate teacher education program

Enrolled CUNY students who do not meet the full criteria should still apply, and may be accepted as a “pipeline” student with at least a 2.75 cumulative GPA. Eligible? The Fall 2020 application is open, and the priority deadline is June 1, 2020.

https://nycmenteach.formstack.com/forms/nycmt_application_fall_2020

The final Fall deadline is September 2020

For more information contact the NYC Men Teach Program Manager, Eric Conte at Eric.Conte@kbcc.cuny.edu
CUNY Tutor Corps is HIRING

- Information Session will be THURSDAY, 4/23 at 2pm RSVP HERE
- For more information CLICK HERE