April 28, 2020

Attention KCC Students!

This week’s Student Affairs Wave Wire features our Dialogue with the Dean series, Wellness Wednesdays, Women’s Center Workshops, the latest edition of Scepter, Email Scam updates, and other 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.

Stay safe!

Dr. Brian R. Mitra
Dean of Student Affairs

**NEWS AND UPDATES**

• Dialogue with the Dean - No, Nothing Is Wrong with You, It Is a Crisis: Realizing Your Resilience at a Time of Uncertainty

  I will be hosting a conversation with members of our Counseling, Health, and Wellness Center on Thursday, April 30th at 3pm. Zoom information is listed under the EVENTS section

• **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 to prevent fraud in a previous message HERE. All opportunities will be sent from official Kingsborough email address (@kbcc.cuny.edu). Please stay vigilant and do not send bank account information to ANYONE!
Student Government nominations Are Here!

Find out how more information on the nominations process below.

Wellness Wednesdays are LIVE!

Our Health and Wellness Centers are here to keep you active. Check out more information at the EVENTS section.

The latest edition of SCEPTER is HERE.

The Women’s Center hosts Preparing For The Future in Times of Uncertainty
Details below.

Credit/No Credit Policy FAQ link – HERE.

TRiO Student Support Services Program

On campus and on-line, TRiO can assist you with a full range of student services including advisement, registration, counseling, academic and technology coaching, tutorials, and so on. You need not feel alone and overwhelmed. E-mail TRiO’s director today and feel connected and assisted: faith.fogelman@kbcc.cuny.edu

Kingsborough’s Honor Program is hosting Keys to Your Dream Transfer College
Details below.

Counseling and Wellness Support Sessions

Support sessions for our students are underway! More information is listed under the EVENTS section.

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

Dialogue with the Dean Series

No, Nothing Is Wrong with You, It Is a Crisis: Realizing Your Resilience at a Time of Uncertainty

Topics include -

Mental health:
• Managing your attention and the relationship with stress: listening to news, toxic conversations, arguments, etc.
• Awareness of your emotions: Understanding vs. Judgement.
• Jumpstarting you adaptability - Shifting Priorities, Acknowledging Your Strength and Capitalizing on It. What is important now?
• Meaning and purpose - What is your why for keeping it going?
• Staying connected at a time of social and physical distancing and getting validated and supported.

Physical Health:
• How to protect yourself from COVID-19: Confirm Facts and Identify Myths
• What to do if you are sick
• Tips and strategies to keep yourself well and focused on your classes during social and physical distancing

Panelists:
• Dorothy Gale, College Nurse
• Dr. Orsolya Varconyi, counselor and faculty member at Baruch College Psychology Department
• Veronica Vargas, NUY Mental Health Counseling Program Intern
• Dasha Gorinshreytn, Director, Counseling and Health Services

If you have questions that you would like us to address, please send them to brian.mitra@kbcc.cuny.edu.

We look forward to you joining us – please find the zoom info below:

CLICK HERE TO JOIN ZOOM MEETING

Meeting ID: 935 1300 5624
Password: 070275

Student Government Elections – It’s not to late!

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 here. 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
Women’s Center Workshop

Preparing For The Future in Times of Uncertainty

The Women's Center would like to invite you to attend a virtual workshop focusing on how we can encourage our students to plan for their future in these uncertain times.

Professor Thompson will be hosting a one hour panel discussion on "Preparing For The Future in Times of Uncertainty".

The discussion will center around panelist careers, how they got started, how they are adjusting to the current circumstances and advice they have to offer students.

"Preparing For The Future In Times of Uncertainty"
Thursday, April 30th from 10:30-11:30
Panelists Are As follows:
- Alicia Appleton: Founder of Amber Poitier Inc, Sculptural Accessories Company
- Schillivia Baptiste: CEO Laland-Baptiste, LLC
- Kira Brereton: Paul Associates General Counsel & Corporate Secretary, S&P Global Ratings
- Isis Thomas: Creator and owner of Divine Sacred Space, Co-Owner of 2 holistic Day Cares in Brooklyn
- Kamilah O'Brien: Senior Financial Manager, Charter School Business Management

*Please note, a representative from the KCC Career Services office will also be on hand to share information about their services and ways they can assist students in navigating and exploring career goals.

All students, staff and faculty are invited to attend this event. In order to gain access to the event you must RSVP to: frances.robinson@kbcc.cuny.edu. If you have questions, I can be reached via email or you can call the Women's Center at: 718-368-4700.

Wellness Wednesdays are LIVE!

HEALTH CENTER & STUDENT WELLNESS
invite you to
WELNESS WEDNESDAYS
Every Wednesday, starting April 29, 1pm - 2pm

ZOOM in from the comfort of your home to learn and share:
- how to protect yourself from COVID-19
- confirm facts and identify myths
- what to do if you are sick
- tips and strategies to keep yourself well and focused on your classes during
- social and physical distancing

Speak with:
- Dottie Gale, R.N., Health Center (718) 368-5684
Let's face it, we are all dealing with tough times. We want you to know that we are here for you.

**Honors hosts: Keys to Your Dream Transfer College**  
Thursday, April 30 - 12pm

Kingsborough Honors is inviting you to a scheduled Zoom meeting.

**Topic:** Keys to Your Dream Transfer College  
**Time:** Apr 30, 2020 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting  
https://us04web.zoom.us/j/76394339145

Meeting ID: 763 9433 9145

**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**  
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**  
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 Uncertainly, Wednesday 4pm**  
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
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.

PREVIOUS NEWS & UPDATES

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](#).

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
• For more information CLICK HERE