MESSAGE FROM THE DEAN

Kingsborough Students,

As the weather begins to cool, please remember to continue to wash your hands, wear a mask, and stay home if you are not feeling well. If you have courses on campus, you must complete the CUNY WELLNESS SURVEY to enter campus. For more information on our campus entry guidelines, visit HERE.

This Wednesday is our November Virtual Student Town Hall meeting will be on Wednesday, November 18, at 11am via Zoom. Join KCC’s President Schrader and her senior staff as they answer questions and address concerns from students. Information below.

You can review previous editions and the latest edition on our STUDENT AFFAIRS WEBSITE. Please continue to check your KCC email for upcoming events and information. 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.

Dr. Brian R. Mitra
Dean of Student Affairs
NEWS AND UPDATES

COVID-19 EMERGENCY RELIEF AVAILABLE – APPLY TODAY

KCC is pleased to announce a generous new grant to help students who are experiencing financial emergency due to COVID-19. This grant will provide direct cash assistance to qualified students suffering from job loss, food insecurity, rent crises, medical expenses, unpaid bills, tuition and more.

Fill out the application HERE

STUDENT AFFAIRS CHAT IS LIVE

Want to Chat with a Student Affairs Representative in real time?

Head over to our Student Affairs webpage HERE and click the ASK ME button and a Student Affairs staff member will be able to live chat with you. Our hours for LIVE CHATS are Monday through Thursday, 10am to 3pm.

NEW VIRTUAL OFFICE HOURS WITH NURSE DOTTIE

You and your students are invited to zoom in weekly to chat with Nurse Dottie and ask any questions you have. Please see the dates and Zoom information below.

November 19, 2020       10:00 AM

Join Zoom Meeting – CLICK HERE
Meeting ID: 834 5325 0812
Passcode: 660966

TECHNOLOGY COACH FOR YOU

Do you have difficulty with technology?
Do you need someone to coach, prompt, or teach?
Does your professor expect you to know a navigation?

Your Technology Struggles are Over
David Shields, TRiO's technology expert, can assist with all pedagogical, communication, and studentship technology issues. Do not hesitate to contact him at David.Shields@kbcc.cuny.edu.
EVENTS

TUESDAY – NOVEMBER 17TH

IT’S OKAY TO NOT BE OKAY. – 12pm

KINGSBOROUGH COUNSELING & HEALTH SERVICES
ORGANIZED BY STUDENT WELLNESS CENTER

IT'S OKAY TO NOT BE OKAY.

Suicide Prevention and Awareness Workshop

TUESDAY, NOVEMBER 17, 2020
12PM-1PM

ZOOM MEETING
ID: 827 8509 8334
PW: 843096

HAVING A CONVERSATION ABOUT MENTAL HEALTH
MIGHT BE UNCOMFORTABLE, BUT IT CAN MAKE ALL
THE DIFFERENCE. JOIN US FOR A CONVERSATION ON
TIPS AND RESOURCES THAT CAN HELP THOSE IN NEED!
WEDNESDAY – NOVEMBER 18th

STUDENT TOWN HALL – 11AM

Join Zoom Meeting: https://tinyurl.com/NovemberTownHall

We want to know how you’re doing!

The Virtual Student Town Hall Meeting is an opportunity for students to speak with President Schrader and her senior staff. Join the conversation to share feedback and express any concerns you may have.

Contact studentlife@kbcc.cuny.edu with any questions.

VIRTUAL STUDENT TOWN HALL MEETING

Please join us for the monthly Virtual Student Town Hall Meeting with President Schrader and her senior staff. Join us this Wednesday, November 18th at 11am via Zoom. You will have the opportunity to hear from President Schrader and other administrators on campus as well as share your concerns and feedback with us. We want to know how you are doing! We will be taking questions and suggestions and do our best to address your needs. Information on how to join the call is below; we hope you will be able to join us!

Wednesday, November 18, 11am
Join Zoom Meeting: https://tinyurl.com/NovemberTownHall
WELLNESS WEDNESDAYS – 1pm

Wellness Wednesdays
@ 1pm – 2pm

HEALTH CENTER & STUDENT WELLNESS CENTER
ZOOM in from the comfort of your home to learn from experts:

11/4 - Developing and Shaping a New Life around COVID
11/11 - Resiliency during Challenging Times
11/18 - Holiday Celebrations: Know the Risk Involved
11/25 - Quarantine Weight & You: Not the Time to Stress

SWC (718)368-5300

Meeting ID: 873 7437 7616
Passcode: 528476

Presenters:
Dottie Gale, R.N., Health Center, KBCC
Maribel Mendoza, Health Educator, Student Wellness Center, KBCC

Moderator:
Ilona Fridson, LCSW, Program Manager, Student Wellness Center, KBCC

“Life doesn’t get easier or more forgiving;
we get stronger and more resilient.” - Steve Maraboli
How Can College Policies Better Support the Working Student at Kingsborough – 10:20am

LIVING WITH A DISABILITY IN 2020

You are invited to a Zoom discussion on disability with KCC alum, Margot Cole, and her cast of the films “A Stroke of Endurance” and “Only Those Who Limp Allowed”. A collaboration of Crip Video Productions [http://cripvideoproductions.com](http://cripvideoproductions.com) and KCC, hosted by Professors Bartolomeo-Maida and Jeremy Sawyer (Psychology) with support from AccessAbility Services. In this talk, students will learn about the challenges of living with cerebral palsy, visual impairment, autism spectrum, and other disabilities, as well of joys of living a vibrant, healthy life, and get to ask questions about all aspects of disabilities, particularly how it relates to living through this unprecedented time of COVID-19. Themes around employment, intersectionality, and keeping busy through the arts will be woven into the talk. The first 50 minutes will be a presentation from the speakers, followed by a Q & A.

Here is the zoom meeting info
[https://us02web.zoom.us/j/88659431881?pwd=Tk9nM0JDNnpzVWJPS3E93REdrTW1Kdz09](https://us02web.zoom.us/j/88659431881?pwd=Tk9nM0JDNnpzVWJPS3E93REdrTW1Kdz09)
VIRTUAL GAME NIGHT – 4pm

**Description:** Join DJ Swift for a night of live music and games! Students are able to join teams for a chance to play two games to win prize money for the KCC Bookstore. Bring your best game face and have fun!

**Date:** Thursday, November 19
**Time:** 4 PM
**Location:** Zoom
**Registration Link:** [https://tinyurl.com/KCCVirtualGameNight](https://tinyurl.com/KCCVirtualGameNight)

FREE FALL SUPPORT SESSION FOR ALL KINGSBOROUGH STUDENTS

During these challenging times, please remember to register for our weekly support sessions:

**NEW LGBTQIA+ Support Session**
Join a new support session offered by Counseling & Health Service, *What's the kiki?* A bi-weekly LGBTQIA+ support session. Let's gather and create a shame-free environment to talk about life and the uncomfortable (and not so uncomfortable) topics affecting the LGBTQIA+ community. Let's together experience ways to calm our nerves, reduce stress, make new connections, and create community.

Topics include:
- building community | identifying systems of support | navigating your environment
- What’s in a pronoun?
- healthy relationships | staying safe in times of COVID
- self-acceptance and internalized homophobia
- KCC’s Safe Zone – What is Safe Zone?

Meeting dates are:
Thursday, 10/29/20; Thursday, 11/12/20, **Wednesday, 11/25/20**, and Thursday, 12/10/20 from 3 pm – 4 pm.

**Student of Color Support Group** (formerly Black Mental Health Matters – BMHM) offered weekly on Thursdays @ 4 pm (changed time)
Safe space for students of color to relax, relate, and release and have open discussions about matters most important to you. This is judgement free zone so you can feel free to express yourselves as you wish.

**Casual Chat** offered weekly on Tuesday @ 1pm
Join us for an open discussion about anything that is important to you. There is no agenda to this group. If you are in between classes or just need a break, stop by to unload and free your mind.

**Self-Care Lunch Hour, offered Thursdays @ 12pm**
During these uncertain times, it is essential to carve out time to feed our mind, body and spirit. Let’s sit and share nourishing tips and thoughts to help build a well-balanced emotional Self. Bring your lunch!

New Normal – Stress Management Revisited offered Wednesdays @3 pm
- are you feeling stressed out and more overwhelmed?
- are you wondering if you are the only one feeling that way?
- do you work harder and feel less satisfied?
Connect and chat with fellow students. Share what stress busters work for you and learn from other students. Gain practical skills and tools to ease your stress and make your overall experience more enjoyable.

Sessios for current or former ESL students only:
ESL Conversation and Support Session, Mondays @ 3pm
Gather in a 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. To attend, call 718-368-5975 or email counselingand.healthservices@kbcc.cuny.edu from your KCC email.

Wellness Wednesdays – Wednesday @ 1 pm
HEALTH CENTER & STUDENT WELLNESS CENTER invite you to ZOOM in:

Presenters:
Dottie Gale, R.N., Health Center, KBCC
Maribel Mendoza, Health Educator, Student Wellness Center, KBCC
Moderator:
Ilona Fridson, LCSW, Program Manager, Student Wellness Center, KBCC

Zoom meeting information
Meeting: Join Zoom Meeting
https://us02web.zoom.us/j/87374377616?pwd=cVlGYlFGeUV5TGprNnhxYjJFaldsUT09
Meeting ID: 873 7437 7616
Passcode: 528476
16465588656, 87374377616# US (New York)
Find your local number: https://us02web.zoom.us/u/kdrKDxpJEe

To participate in these sessions:
1. RSVP to Counselingandhealth.Services@kbcc.cuny.edu from your KCC email.
2. Please include your CUNY Empil ID#. We will send you Zoom link with meeting ID and password.
3. 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 session.

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.
REMINDERS

A reminder, if a student answers any CUNY WELLNESS SURVEY questions in error and subsequently receives a red checkmark/token, they will be restricted from entering the Kingsborough campus. More information can be found on our Campus Entry Guidelines HERE.

Please visit Kingsborough’s Distance Learning page and CUNY’s Coronavirus Updates page for the latest updates on academic polices, the updated calendar, and more!

**PHISHING EMAIL & FRAUD ALERT**
We are aware of an email scam that is taking place stating there are jobs available for our students. Please read updated information with steps to prevent fraud in a previous message HERE. Please stay vigilant and do not send bank account information to ANYONE!

ESPORTS IS HERE!!!

For more information and to sign-up visit HERE

GRAB-AND-GO FOOD PANTRY BAGS
KCC’s Food For Thought Food Pantry is still providing food to our students and campus community in need. Stop by the front gate to pick-up a grab-and-go bag.

EMERGENCY FUNDS ARE STILL AVAILABLE!
Emergency Funds are available to qualifying KCC students. To be considered for an Emergency Grant, you must fill out the Emergency Scholarship Application and provide credible documentation as proof of your emergency. Once you provide these materials, your application will be reviewed by the Committee for Emergency Scholarships.

https://www.kbcc.cuny.edu/admission/scholarships_grants_awards.html

Important: if you have already received a Petrie Emergency Grant or KCC COVID-19 Emergency Grant in the current semester, you are not eligible to receive an additional emergency grant at this time.
The KCC Foundation offers a variety of scholarships year-round for eligible students in need of direct financial assistance. Once a student has established a GPA of 2.0 or better, they may apply for scholarship assistance, which can be used towards tuition, textbooks, transportation and other expenses related to their college attendance.

https://www.kbcc.cuny.edu/admission/documents/application_for_grant.pdf

Please send all completed applications to: Scholarships.kcc@kbcc.cuny.edu

CAREER SERVICES NEWSLETTER
The latest edition of KCC CAREER BUZZ

CAMPUS Well Digital Magazine can be found HERE
You can also find a wealth of information about healthy eating, stress busters, and tips for getting better grades written by health and mental health professionals. Please sign up and you will receive weekly updates on your phone.