



OFFICE OF STUDENT AFFAIRS

October 20, 2020

Kingsborough Students,

The **PHISHING AND FRAUDULENT EMAILS** continue to circulate. As mentioned, be cautious when responding to employment opportunities, secret shopper ads, and other emails requesting you to purchase gift cards, or require you to deposit checks into your accounts. We have implemented a SPAM feature to help identify these fraudulent emails. Please note the following resources available from CUNY:

CUNY's Cybersecurity Resources:

[How to Protect Yourself Against Secret Shopper, Personal Assistant, and Other Online Scams!](#)

[CUNY Issued Security Advisories](#)

[CUNY Information Security Guidelines for Working Remotely](#)

[CUNY's Zoom Security Protocol](#)

CUNY's [Online Security Awareness Course](#) that is catered to CUNY students, faculty and staff.

[CUNY's Security Policies & Procedures](#)

Remember that CUNY also provides an [online security awareness course](#) (please provide the registration information requested) that is catered to CUNY students, faculty and staff. We also provide a growing security resources list on the [CUNY Information Security pages](#). You may also want to subscribe to [OUCH!](#) — the world's leading, free security awareness newsletter designed for technology users. Please visit [HERE](#) for more information.

A reminder, effective **IMMEDIATELY**, 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. There will be no opportunity to take the retake the survey. As a result, you will be required to quarantine for 14 days before being allowed back to campus and will be required to provide medical clearance or a negative COVID-19 test results. Arrangements should be made with respective faculty if you fall into this situation. When completing the survey, please read each question carefully and take your time! More information can be found on our Campus Entry Guidelines [HERE](#).

This week's Student Affairs Wave Wire features a **MEET AND GREET** with **COUNCIL MEMBER JOE BORELLI**. Join us for a **BLACK LIVES MATTERS TEACH-IN** starting Thursday. Registration for Kingsborough's new **eSPORTS** league is still open. Finally, there have been several updates to our **FREE STUDENT SUPPORT SESSIONS** each week. If you are feeling alone, isolated, anxious, or uncertain stop by and talk through these feelings with our Wellness and Counseling staff.

My **DROP-IN WITH THE DEAN** series resumes with two opportunities to drop-in. Wednesday at 5:30pm and Thursday at 11am. I look forward to seeing you there!

While our classes are mostly online, we will be with you weekly to update you with the latest news and updates with our *Student Affairs Wave Wire*. 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](mailto:brian.mitra@kbcc.cuny.edu) or [student.affairs@kbcc.cuny.edu](mailto:student.affairs@kbcc.cuny.edu). Visit our homepage [HERE](#)

Dr. Brian R. Mitra  
Dean of Student Affairs

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## NEWS AND UPDATES

Please visit [Kingsborough's Distance Learning](#) page and [CUNY's Cononavirus 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!

### **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](mailto:David.Shields@kbcc.cuny.edu).

### **COUNSELING VIRTUAL CHECK-IN HOURS IS HERE!**

We are launching Counseling Center virtual front desk. In addition to the website and the calendar I am sending this information to JoAnne Meyers to place on FB and IG. We will add days to cover every day of the week after we pilot it. I will send this to the college community.

**Counseling Center Virtual Check-in**  
**Mondays 10:30am-11:30am and 3pm-4pm**  
**Fridays 9am-10am and 4pm-5pm**

Learn about the benefits of counseling  
Make an appointment to speak with a mental health counselor  
Take brief mental health screening <https://screening.mentalhealthscreening.org/kbcc>  
Connect with campus resources  
<https://zoom.us/j/95495439805?pwd=MkhlcjZoeHJSL1p1NkZKQUZzT0p0Zz09>  
Meeting ID: 954 9543 9805  
Passcode: 918140

Please have your ID ready upon entering the room. To protect your confidentiality, we meet with one student at a time. It may take a few minutes in the waiting room. We appreciate your patience and look forward to speaking with you.

Disclaimer: These check-ins are not counseling/psychotherapy sessions. However, you will be able to schedule counseling sessions during the check in.

### ESPORTS IS HERE!!!



For more information and to sign-up visit [HERE](#)

### FREE VEGGIE DISTRIBUTION!!



Free veggie distribution is happening every week!! Happening every Thursday 3-9PM at Grandchamps Restaurant 197 Patchen Avenue.

Sign up: [bit.ly/3fKtWfa](https://bit.ly/3fKtWfa)

## **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](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](https://www.kbcc.cuny.edu/admission/documents/application_for_grant.pdf)

Please send all completed applications to: [Scholarships.kcc@kbcc.cuny.edu](mailto: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.

# EVENTS

## WEDNESDAY – OCTOBER 21<sup>ST</sup>

### MEET COUNCIL MEMBER JOE BORELLI – 2PM

Join Councilmember Joe Borelli on Wednesday, 10/21 at 2pm. These events provide opportunities for students to meet their elected officials and to help students understand an individual's path to politics. The aim is for students to see themselves in their elected officials and walk away with an understanding of how they can get involved in the political life of their communities.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZwscu2qqjsjGdCYUk9nJ4o-5PqjNUjGfZEd>

After registering, you will receive a confirmation email containing information about joining the meeting.

Joe Borelli was elected to serve the constituents of the 51st Council District in a special election held on November 3, 2015, and was re-elected to his first full term in November 2017. His district includes the South Shore of Staten Island. Joe serves as the Minority Whip, and is the current Chairperson for the Committee on Fire and Emergency Management at the New York City Council. Joe also currently serves as a member of the Committee on Education, Committee on Parks and Recreation, and the Committee on Cultural Affairs, Libraries and International Intergroup Relations.

### DROP-IN WITH THE DEAN – 5:30PM

Stop by and chat with Dean Brian R. Mitra, ask questions or just drop-in to say hello! I will be hosting these weekly, look forward to seeing you! - [CLICK HERE](#) to drop in!

## THURSDAY – OCTOBER 22<sup>ND</sup>

### Head, Heart, Hands: The Development of Racism | Delia Hernandez, PhD – 3PM

Thursday, October 22, at 3:00pm

Join us for an interactive presentation exploring the relationships between stereotypes, prejudice & discrimination.

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZAsd-6grj8sH9A1bMdOIB8kWK8S18Z0JtLL>

After registering, you will receive a confirmation email containing information about joining the meeting.

## **DROP-IN WITH THE DEAN – 11AM**

Stop by and chat with Dean Brian R. Mitra, ask questions or just drop-in to say hello! I will be hosting these weekly, look forward to seeing you! - [CLICK HERE](#) to drop in!

## **MONDAY – OCTOBER 26<sup>TH</sup>**

### **Media Portrayals of Black People | Paule Lafortune – 1PM**

How are perceptions of Black people socially constructed? Join Paule Lafortune for a discussion on how we can shift these perceptions in: literature, social media, television.

**Monday, October 26, at 1:00pm**

**Register in advance for this meeting:**

<https://us02web.zoom.us/join/register/tZMsdeqhqzsrGdyMnkEFDsrMXNFEq5AJ0yO->

After registering, you will receive a confirmation email containing information about joining the meeting.

### **STUDENT LIFE: IG Challenge - Vogue**

**Description:** Strike a POSE! Send us your best vogueing pose or ballroom walk! The Office of Student Life will select ONE winner for a \$50 giveaway to the KCC Bookstore. Follow rules to enter!

**Rules:** In order to enter a chance win the \$50 giveaway, participant must be a current KCC student, like the post, and follow @kccstudentlife. Choose one of the following options:

If student's IG account is PUBLIC: Tag @kccstudentlife in either an IG grid post or IG story.

If student's IG account is PRIVATE: DM @kccstudentlife your photo.

Winner must provide EmplID to receive prize. All entries agree to give The Office of Student permission to post their photo on their social media.

**Dates:** Monday, October 26 – Friday, October 30

**Location:** Student Life IG @kccstudentlife

## **FREE FALL SUPPORT SESSION FOR ALL KINGSBOROUGH STUDENTS**

**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 (changed time)**

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.

*Sessions 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](mailto:counselingand.healthservices@kbcc.cuny.edu) from your KCC email.

### **Wellness Wednesdays – Wednesday @ 1 pm**

HEALTH CENTER & STUDENT WELLNESS CENTER invite you to ZOOM in:

10/21- Looking for Love During COVID: Because COVID Can't Stop Love!

10/28 –Mental Health Awareness

Presenters:

Dottie Gale, R.N., Health Center, KBCC

Maribel Mendoza, Health Educator, Student Wellness Center, KBCC

Moderator:

Iлона 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>

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](mailto:Counselingandhealth.Services@kbcc.cuny.edu).

To participate in these sessions:

1. Send email to [Counselingandhealth.Services@kbcc.cuny.edu](mailto:Counselingandhealth.Services@kbcc.cuny.edu) from your KCC email. Please indicate which session(s) you want to sign up for.
2. Please include your CUNY Empil ID#. We will send you the Zoom link with the meeting id and password.
3. Sign in with your KBCC email and join the meeting.

**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