



OFFICE OF STUDENT AFFAIRS

October 6, 2020

KCC Students,

As we continue to monitor the recent spikes in COVID-19 cases in Brooklyn and Queens, please continue to remain vigilant – wash your hands, practice social distancing, stay home if you are not feeling well, and WEAR A MASK! If you are accessing our campus, you must complete the **CUNY WELLNESS SURVEY** via the Everbridge app. 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 **Conversation with Congressman Hakeem Jeffries** on Wednesday, October 7th at 2pm, more information is listed in the EVENTS section. There are several Open Houses, including a conversation with our **Student Government Association** leaders. Lastly, there are **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.

I remind you to be cautious when responding to employment opportunities, secret shopper ads, and other **PHISHING AND FRAUDULENT EMAILS** that are circulating through your Kingsborough student email. These ads ask for your bank information, request you purchase gift cards, or require you to deposit checks into your accounts. Please visit [HERE](#) for more information.

My weekly **DROP-IN WITH THE DEAN** series will be on Thursday at 10am. Stop by and ask questions or just to drop-in and say Hi! I look forward to seeing you. More information is listed below.

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 or student.affairs@kbcc.cuny.edu. Visit our homepage [HERE](#)

Dr. Brian R. Mitra
Dean of Student Affairs

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!

WAVE SCHOLARSHIPS AVAILABLE NOW!

An advertisement for the Wave Scholarship Program. The background is a dark teal color. At the top, the text "APPLY FOR WAVE" is written in large, bold, yellow letters. Below this, in white text, it says "The WAVE Scholarship Program was created to assist students who are approaching their third semester at Kingsborough with a cumulative grade point average of 3.0 or higher." To the right of this text is a pink piggy bank sitting on top of a stack of books. The bottom book in the stack has "KINGSBOROUGH COMMUNITY COLLEGE" and "DREAMS BEGIN HERE" printed on it. Below the main text, it says "As a result of the pandemic, we have extended the deadline date for the Wave Scholarship." In large, bold, orange and white letters, it says "We will be accepting applications until Oct 5." At the bottom left, in white text, it says "For questions please email Valarie Matta, vmatta@kbcc.cuny.edu".

APPLY FOR WAVE

The **WAVE Scholarship Program** was created to assist students who are approaching their third semester at Kingsborough with a cumulative grade point average of 3.0 or higher.

As a result of the pandemic, we have extended the deadline date for the Wave Scholarship.

We will be accepting applications until Oct 5.

For questions please email Valarie Matta, vmatta@kbcc.cuny.edu

ESPORTS IS HERE!!!



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

THE MEN'S RESOURCE CENTER IS HIRING MENTORS!

The Men's Resource Center is looking for smart and ambitious students, who are looking to make a difference, to serve as mentors.

Criteria:

- minimum 2.8 Gpa
- have two hours a week available for training and mentoring (weekly training's every Friday)
- a heart to help others

If this is you feel free to apply using the link below, apply today there are limited spots available:

https://docs.google.com/forms/d/1v4aQumwj-91_72uav7mK_R_hDJZXeyfFR_F8qZjXQvw/edit

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

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.

EVENTS

TUESDAY – OCTOBER 6TH

FDNY INFO SESSION – 2pm

Location: Online

The Fire Department offers many opportunities to start a rewarding career in public service. Everyday, FDNY personnel make a real difference every community of New York City. Learn more about

FDNY career paths and how you can start your journey today.

Best-in-class training and advancement opportunities are just some of the benefits FDNY offers. If you have the courage, the heart and the desire to be a leader, we invite you to explore what it takes to Join FDNY. All are welcome to serve our great City.

RSVP on Career Wave: <https://kbcc-csm.symplicity.com/students/>

WEDNESDAY – OCTOBER 7TH

TRiO STUDENT SUPPORT SERVICES OPEN HOUSE – 11am

TRiO is an academic support program. We increase your chances to persist and graduate as we address academic, financial, and other needs. This open house is for continuing TRiO students, new ones, and students who are curious about TRiO. For more information, e-mail the director at faith.fogelman@kbcc.cuny.edu

TRiO @KBCC - small program - BIG IMPACT FOR YOU

Join Zoom Meeting

<https://zoom.us/j/97877875338?pwd=ZDdjQVBhM01ua1BieVI5TjhRTHIYZz09>

Meeting ID: 978 7787 5338

Passcode: 873529

WELLNESS WEDNESDAYS – 1pm

Self-Care during a Pandemic: Self Care is a Necessity Not a Luxury

ZOOM in from the comfort of your home to learn from experts

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

“Life doesn’t get easier or more forgiving; we get stronger and more resilient.” Steve Maraboli

Zoom meeting information

Meeting: Join Zoom Meeting

<https://us02web.zoom.us/j/87374377616?pwd=cVlGYlFGeUV5TGprNnhxYjJFaldsUT09>

Meeting ID: 873 7437 7616

Passcode: 528476

**A CONVERSATION WITH CONGRESSMAN HAKEEM JEFFRIES –
2pm**

Hakeem Jeffries represents the diverse Eighth Congressional District of New York, an area that encompasses large parts of Brooklyn and a section of Queens. Serving his fourth term in the United States Congress, Rep. Jeffries is a member of the House Judiciary Committee and House Budget Committee. Join our session to find out about his journey to politics, his passion and find out how you can help him achieve change in your communities.

Co-sponsored by the Office of Government Relations and the Xi Kappa Chapter of Phi Theta Kappa.

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJkdeGqrDoqGN2vsXyysctwzFS7p72GPCMJ>

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

Questions: contact helen.nasser@kbcc.cuny.edu

THURSDAY – OCTOBER 8TH

DROP-IN W/ THE DEAN –at 10am

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!

**THE RISE OF ANTI-ASIAN RACISM IN THE AGE OF COVID-19:
WHAT CAN YOU DO ABOUT IT? – 1pm**

Thursday, October 8th at 1pm

Presenter: Dr. Vivi Wei-Chun Hua, Psy.D.

Numerous incidents of anti-Asian discrimination/racism, such as verbal harassment, physical assaults, or shunning, have been reported nationally and globally during the COVID-19 pandemic. This webinar will discuss the phenomenon of anti-Asian racism in U.S. history, recent data, as well as steps you can take as Asians or allies of Asians. Q&A will follow at the end of the webinar.

Register in advance for this meeting:

[https://zoom.us/meeting/register/tJMudO2qrjoiGdHMJatSQ74QJETOIJR4PWZ](https://zoom.us/join/zoom/register/tJMudO2qrjoiGdHMJatSQ74QJETOIJR4PWZ)

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

Questions: contact helen.nasser@kbcc.cuny.edu

BUILD YOUR ONLINE PORTFOLIO WITH WIX - 3:30pm

Location: [Online](#)

Join Wix staff to learn more about creating your online portfolio website.

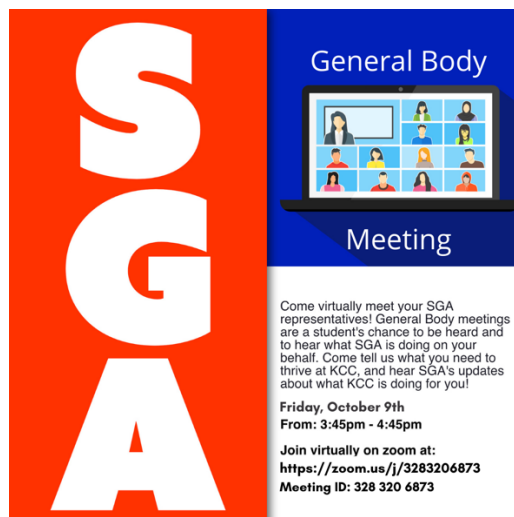
They will cover how to plan a website, use the Wix platform and explore professional design features.

And... a one-year FREE Wix premium plan to all attendees!

RSVP on Career Wave: <https://kbcc-csm.symplicity.com/students/>

FRIDAY – OCTOBER 9TH

STUDENT GOVERNMENT GENERAL BODY MEETING – 3:45pm



The poster features a large red vertical rectangle on the left with the letters 'S', 'G', and 'A' stacked vertically in white. To the right is a blue vertical rectangle. At the top of the blue rectangle, the text 'General Body' is written in white. Below this is a graphic of a laptop screen displaying a Zoom meeting grid with several participants. Underneath the laptop, the word 'Meeting' is written in white. At the bottom of the blue rectangle, there is a block of white text providing details about the meeting.

Come virtually meet your SGA representatives! General Body meetings are a student's chance to be heard and to hear what SGA is doing on your behalf. Come tell us what you need to thrive at KCC, and hear SGA's updates about what KCC is doing for you!

Friday, October 9th
From: 3:45pm - 4:45pm

Join virtually on zoom at:
<https://zoom.us/j/3283206873>
Meeting ID: 328 320 6873

Kingsborough's Student Government Association (SGA) invites students to join their General Body meeting to share their experiences at KCC and express needs they may have.

When: Oct 9, 2020 03:45 PM Eastern Time (US and Canada)

Where: Join Zoom Meeting via <https://zoom.us/j/3283206873>;
Meeting ID: 328 320 6873 or call
+19292056099,,3283206873# US (New York)

FREE FALL SUPPORT SESSION FOR ALL KINGSBOROUGH STUDENTS

These free sessions will provide a safe, supportive, and nonjudgmental space for all students. During these sessions, students can share their experiences of ongoing changes and adjustments to fast pace and uncertainty. They will have a chance to learn from each other and counselors how to reduce distress, adjust to discomfort, gain emotional control and learn practical coping skills. These sessions will help them address stress and anxiety in more adaptive ways.

Black Mental Health Matters, Thursdays@3pm

As a Black student do you...

- ...have difficulties sitting with and expressing your thoughts and feelings about racism?
- ...feel as if you or others do not understand your unique experience?
 - experience direct or indirect racism, discrimination, or microaggressions?
- ...feel confused about how to advocate for the community while protecting your health?
- ...ever wish you had a supportive, safe place to explore any of the aforementioned?

If so, then these support sessions are for you!

Casual Chat at Noon, Wednesdays@12pm

All are welcome to join a group for casual conversation at noon. Drop by, bring your food, chat with fellow students and disconnect from stress and pressure.

Self-Care Lunch Hour, 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, Wednesdays@3 pm,

- ... does the new normal feel normal?
- ... are you feeling stressed out and more overwhelmed more than you ever did?
- ... 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 from your KCC email.

Wellness Wednesdays - Wednesday@1 pm

HEALTH CENTER & STUDENT WELLNESS CENTER invite you to ZOOM in from the comfort of your home to chat about:

- How to protect yourself from COVID-19
- What to do if you are sick
- Practicing safe sex
- Face masks and coverings/ Confirm facts and identify myths
- Tips and strategies to keep yourself well and focused on your classes
- Self-care: what can you do while learning/working from home

..... and much more.

Ask questions, share your experiences and receive accurate information and helpful resources.

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.

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 weekly session.

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