



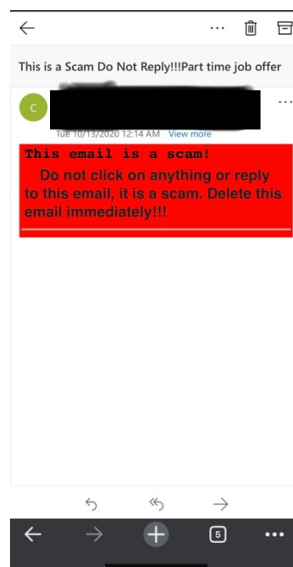
OFFICE OF STUDENT AFFAIRS

October 13, 2020

Kingsborough Students,

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](#).

There have been several **PHISHING AND FRAUDULENT EMAILS** circulating in the past few days. 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. You will begin to receive the following SPAM message when emails are suspicious:



Please visit [HERE](#) for more information.

This week's Student Affairs Wave Wire features registration for Kingsborough's new **eSPORTS** league. There are several Open Houses, including an information session for you to participate with in our **Student Government Association**. 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.

My **DROP-IN WITH THE DEAN** series will resume next week. Based upon feedback, I will host an evening session! Stay tuned for more information, next week.

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 – DEADLINE EXTENDED!

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](#)

FREE VEGGIE DISTRIBUTION!!

FREE VEGGIE DISTRIBUTION IS HAPPENING EVERY WEEK!!

Happening Every **THURSDAY 3-9pm**
 @Grandchamps Restaurant
 197 Patchen Avenue
 SIGN UP --> bit.ly/3fKtWfa



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 13TH

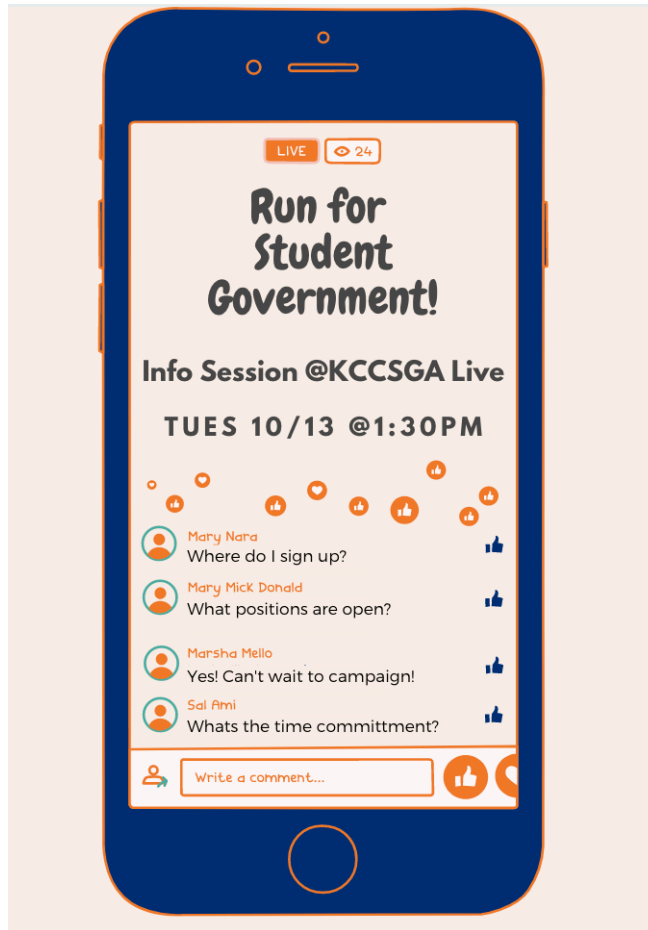
COUNSELING & HEALTH CENTER INFO SESSION – 12pm

You are cordially invited to **Counseling and Health Services Information Session** organized by Student Wellness Center.
Come meet our counselors, front staff and Graduate Interns
Join us for our virtual information session.

Meeting ID: 890 3562 7283

Passcode: 822711

STUDENT GOVERNMENT ASSOCIATION INFO SESSION – 1:30pm



WEDNESDAY – OCTOBER 14TH

WELLNESS WEDNESDAYS – 1pm
Breast Cancer in the time of COVID-19

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:

Iona 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

PRIMARK INFO SESSION - 1PM

Location: [Online](#)

Here from a Primark Recruiter and learn about what it's like to work for the organization, the type of opportunities they have available and how you can apply!

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

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