



OFFICE OF STUDENT AFFAIRS

October 27, 2020

KCC Students,

As we enter the last week in October, be reminded that we are here to continue to support you! We have several **FREE STUDENT SUPPORT SESSIONS** highlighted below that provide opportunities for you to speak about your concerns, anxieties, and other topics that you may have interests.

The **PHISHING AND FRAUDULENT EMAILS** continue to circulate. 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. More information can be found on our Campus Entry Guidelines [HERE](#).

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!

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.

Mondays: 10:30am-11:30am and 3pm-4pm starts November 2nd

Tuesdays: 4pm-5pm starts November 3rd.

Thursdays: 2pm-3pm starts November 5th

Fridays: 10:30am -1130am starts October 30th

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

Register in advance for this meeting:

https://zoom.us/meeting/register/tJEpfuysrTtiGtEG2lE_sMvwNjzmngEw6OZZ .

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

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

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 27TH

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

WEDNESDAY – OCTOBER 28th

DRAG QUEEN IG LIVE – 3PM

Description: Q & A with Brita Filter, the stage name of Jesse Havea, an American drag queen who has appeared on Shade: Queens of NYC and the twelfth season of RuPaul's Drag Race. Join in as Brita Filter discusses the history and impact of drag and NYC Ballroom.

Location: Student Life IG @kccstudentlife

THURSDAY – OCTOBER 29th

BROOKLYN NAVY YARD EMPLOYMENT CENTER INFO SESSION- 12:30PM

Location: Online (Zoom)

Learn about opportunities available at the Brooklyn Navy Yard Employment Center. This event is sponsored by Brooklyn College's Magner Career Center.

Sign up here: <https://tinyurl.com/nonbcsignup>

Zoom link will be provided 1 to 2 days before the event

WHAT'S THE KIKI? – 3PM

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](#)
[Meetings are from 3 pm – 4 pm.](#)

Participants must register to join the meeting.

Zoom meeting:

Thursday, October 29:

<https://us02web.zoom.us/join/zoom-join-link>

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.

MONDAY – NOVEMBER 2nd

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/meeting/register/tZMsdeqhqzsrGdyMnkEFDsrMXNFEq5AJ0yO-](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZMsdeqhqzsrGdyMnkEFDsrMXNFEq5AJ0yO-)

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

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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 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.

To participate in these sessions:

1. Send email to 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