



OFFICE OF STUDENT AFFAIRS

VOLUME 3 | ISSUE 9

NOVEMBER 10, 2020

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## *MESSAGE FROM THE DEAN*

KCC Students,

November is **MOVEMBER** and our Men's Resource Center has several events planned. I will be hosting a **DROP-IN WITH THE DEAN** on Thursday, November 12<sup>th</sup> at 4pm. There are also several workshops and career sessions listed below.

Please **SAVE THE DATE** 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. Hope to see you there.

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*

**STUDENT TOWN HALL WITH PRESIDENT SCHRADER – NEXT WEEK!**

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. Hope to see you there.

<https://tinyurl.com/NovemberTownHall>

## **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 VITRUAL 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 12, 2020      10:00 AM

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

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# ***EVENTS***

## **TUESDAY – NOVEMBER 10<sup>TH</sup>**

### **INTERNSHIP ORIENTATION WORKSHOP (BUSINESS) – 1pm**

Find out about current internship opportunities, how to make your application stand out and your rights as an intern!

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

## **THURSDAY – NOVEMBER 12<sup>TH</sup>**

### **WHAT'S YOUR PULSE? – 2pm**

This will be a discussion where students can speak openly about how they are coping with stress, anxiety and isolation as well as other topics they deem important. This will be a guided discussion with a mental health professional.

Register in advance to attend: <http://bit.ly/whatsyourpulse>

### **MACMILLAN INFORMATION SESSION – 2pm**

Hear from Macmillan staff about what it's like to work in the book publishing field, the type of opportunities they have available and how you can apply!

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

### **DROP-IN WITH THE DEAN – 4pm**

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 – NOVEMBER 16<sup>TH</sup>**

### **MEDIA NETWORKING EVENT – 10:30am**

Network and meet with industry professionals in the media field, learn about their responsibilities, and share your skills with them.

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

## **IT'S OKAY NOT TO BE OKAY – 3pm**

Participants will develop a self-care plan to enhance their health and well-being, manage stress, and maintain calmness at hectic moments. Having a self-care plan will help them achieve more balance, manage general challenges, honor emotional and spiritual needs, foster and maintain relationships, and achieve an equilibrium across all faces of life.

Register in advance to attend: <https://bit.ly/3mXElas>

## **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:

- o building community | identifying systems of support | navigating your environment
- o What's in a pronoun?
- o healthy relationships | staying safe in times of COVID
- o self-acceptance and internalized homophobia
- o 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.

*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:

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

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## 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 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!

**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](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.