



OFFICE OF STUDENT AFFAIRS

VOLUME 3 | ISSUE 13

DECEMBER 8, 2020

MESSAGE FROM THE DEAN

Kingsborough Students,

It's the final stretch and you did it! As we approach our final week of classes, there are several updates located in our **NEWS AND UPDATES** section below. We are hosting our final **STUDENT TOWN HALL** on Monday. There are **STUDY HOURS** on 12/8 and 12/15 hosted by our Library. **HOT SPOTS** are available to students via your INSIDE KCC link.

I would like to recognize our Fall 2019 and Spring 2020 **DEAN'S LIST** recipients! Although we could not be together, I would direct your attention to the website created to highlight these students' academic excellence!

Lastly, as noted in my last two messages, finals and the upcoming holiday season often bring difficult and challenging times. We are here to support you! Please know there are opportunities for support with our various **CHECK-INS** and **SUPPORT SESSIONS**. More information is provided below.

This will be our last **STUDENT AFFAIRS WAVE WIRE** for the semester. We will begin our Winter editions, in the new year. Happy Holidays and good luck on finals!

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

DECEMBER STUDENT TOWN HALL

NEXT MONDAY!

Our **December Virtual Student Town Hall** meeting will be on **MONDAY, DECEMBER 14, at 11am** via Zoom. Join KCC's President Schrader and her senior staff as they answer questions and address concerns from students. Stop by if you're having any issues you'd like to be addressed, to learn about resources available to you, or just to let us know how you're doing. Hope to see you there!

Student Town Hall Meeting

Monday, December 14, 2020, 11am

<https://tinyurl.com/KCCTownHall1214>

HOT SPOTS AVAILABLE



PRESENTS



**T-MOBILE HOTSPOTS
FOR CURRENT STUDENTS**

T-Mobile Hotspots can be reserved by contacting the Student Helpdesk at helpdesk@student.kbcc.cuny.edu or by calling 718-368-6679. Once reserved they can be picked up from M220 between 9:00AM to 4:00PM, Monday through Friday.

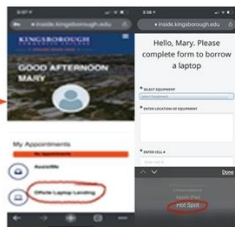
Using any browser on a PC, laptop or mobile device, navigate to **INSIDE KCC** <https://inside.kingsborough.edu>

Enter your Username & Password

Username: firstname.lastname + the last 2 numbers of your EMPLID
(Example: *Jane.Doe78@students.kbcc.cuny.edu*)

Password: Uppercase first initial, lowercase initial for your lastname and the first 6 numbers of your EMPLID
(Example: *Jd123456*)

Click Offsite Laptop Lending and fill out the form. See example. →



T-Mobile Hotspots makes it possible for you to connect to your online classes & study anywhere in...



GROUPS



STUDY PARTNERS



ALONE

CONGRATS TO OUR FALL 2019/SPRING 2020 DEAN'S LIST RECIPIENTS



[CLICK HERE](#) to visit the website to view our recipients and greetings!

LIBRARY SURVEY

We want your feedback! Help us improve our remote library services by taking this survey. We want to make sure your voices are heard.

<https://tinyurl.com/y3on4y5s>

NATIONAL INFLUENZA WEEK

December 6-12 is National Influenza Vaccination Week! We have a limited number doses available through our Health Center. Call 718.368.5684 or email dorothy.gale@kbcc.cuny.edu for more information.

VIRTUAL STUDY HOURS

The library will be hosting several virtual study halls for students. Study with your fellow peers! They will be Tuesday, December 8 & 15, 1-3pm. If you're interested in participating email Professor Jeffrey Delgado (Jeffrey.delgado@kbcc.cuny.edu) to get the link!

MENTAL HEALTH CHECK-INS

Mondays: 10:30 a.m. - 11:30 a.m. and 3 p.m. - 4 p.m.
Tuesdays: 4 p.m. - 5 p.m.
Thursdays: 2 p.m. - 3 p.m.
Fridays: 10:30 a.m. - 11:30 a.m.

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.

VIRTUAL CHECK-IN 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.

December 10, 2020 10:00 AM

December 17, 2020 10:00 AM

Join Zoom Meeting

<https://us02web.zoom.us/j/83453250812?pwd=Y2dVWmlIUEJrMHFTOHdtazY1b0RUdz09>

Meeting ID: 834 5325 0812

Passcode: 660966

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, and more.

Fill out the application [HERE](#)

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, 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 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 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 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.*

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

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.