MESSAGE FROM THE DEAN

Kingsborough Students,

I hope that you had a restful Spring Break. This week’s issue highlights our NEW KOGNITO for Students. In supporting our students’ wellness, we have partnered to help students build resilience, strengthen relationships, and develop connections with campus resources. There are several information sessions including the KINGSBOROUGH LEARNING CENTER and SCEPTER, more information below. We also have several new STUDENT SUPPORT SESSIONS, check out the listing below. Lastly, I will be hosting a DROP-IN WITH THE DEAN session on Monday, please see the information below.

As a reminder, all new Spring 2021 Freshman and Transfer students are required to complete the Sexual & Interpersonal Violence Prevention And Response Course – SPARC via Blackboard. For more information, contact studentconduct@kbcc.cuny.edu.

If you still need a LAPTOP, DEVICE, or HOTSPOT, click HERE for instructions on how to reserve a device through INSIDE KCC.

I also recognize that this continues to be challenging times for many of our students. The CRISIS TEXT LINE, in collaboration with CUNY Central. Crisis Text Line is a not-for-profit organization with which we have contracted, offering crisis counseling access, 24 hours a day, seven days a week. This tool is a service that provides students access to a trained Crisis Counselor, not employed by CUNY, to assist in problem-solving and safety planning during moments of crisis, using SMS messaging. You can text CUNY to 741741 to start. A detailed information sheet can be found below.

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

WANT TO WRITE FOR THE KCC STUDENT NEWSPAPER? JOIN SCEPTER!

Want to write for the KCC Student Newspaper? Join Scepter! Scepter, Kingsborough's student run newspaper, meets every Thursday at 3:30pm via Zoom. No experience necessary - come meet new students - develop and write stories for the paper!

Zoom link: https://us02web.zoom.us/j/83188297268?pwd=L2Qra0dLQWg3TTFBYQVdpNE9OQUxMUT09

Meeting ID: 831 8829 7268
Passcode: 051013
Questions? Contact hnasser@kbcc.cuny.edu

KOGNITO FOR STUDENTS IS HERE!

Kognito is a mental health educational program, simulation-based, online that allows users to practice conversations designed to help students build resilience, strengthen relationships, and develop connections with campus resources.

Get Started – CLICK HERE

- If you are a returning user, sign in using your email and password.
- If you are a new user, visit the website and choose “Click here” in the upper right hand corner of the sign-in box to create your account.
- Enter your Information. We recommend using your Kingsborough e-mail, but you may also use a personal e-mail address.
- If you are a student, enter enrollment key: ‘kbccstudent.’
- Click “Next Step” and follow on-screen instructions to access the simulation page.
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Get Started:

Visit: https://kognitocampus.com

- If you are a returning user, sign in using your email and password.

- If you are a new user, visit the website and choose “Click here” in the upper right hand corner of the sign-in box to create your account.

- Enter your Information. We recommend using your Kingsborough e-mail, but you may also use a personal e-mail address.

- If you are a student, enter enrollment key: ‘kbccstudent.’

- Click “Next Step” and follow on-screen instructions to access the simulation page.

- Click “Launch” to start your simulation.
SAVE THE DATE – CUNY WELLNESS FESTIVAL

CUNY Wellness Festival

Save the Date
April 27, 2021

REMINDERS

BECOME A MRC PEER MENTOR

The MRC is looking for students committed to helping others.

Requirements:
- Minimum of a 2.9 Gpa
- At least 12 credits
- Attend weekly Friday trainings
- Able to mentor for 1 or 2 hours a week

For questions email:
Dr. Michael Rodriguez
Michael.Rodriguez@kbcc.cuny.edu
or
Noel Sawhney
nka2126@columbia.edu

Application:

Get paid to help others. This is a paid position and we are hiring students immediately. If you are interested click the link below and complete an application. If you have any questions please do not hesitate to contact the Director, Dr. Michael Rodriguez at michael.roriguez@kbcc.cuny.edu. The application to be a mentor link: https://bit.ly/3blzDAt
CUNY CRISIS TEXT LINE

About Crisis Text Line
Crisis Text Line is free, 24/7 support for those in crisis. Text CUNY to 741741 from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis.

How Does It Work?
First, you’re in a crisis. Crisis doesn’t just mean thinking about ending your own life. It’s any painful emotion and anytime you need support. So, you text us at 741741. Your opening message can say anything. Keywords like "HOME," "START" and "CUNY" just help us identify how people hear about us. The first two responses are automated. They tell you that you’re being connected with a Crisis Counselor and invite you to share a bit more. The Crisis Counselor is a trained volunteer, not a professional. They can provide support, but not medical advice. It usually takes less than five minutes to connect you with a Crisis Counselor. (It may take longer during high-traffic times). When you’ve reached a Crisis Counselor, they’ll introduce themselves, reflect on what you’ve said, and invite you to share at your own pace. You’ll then text back and forth with the Crisis Counselor. You never have to share anything you don’t want to. The Crisis Counselor will help you sort through your feelings by asking questions, empathizing, and actively listening. The conversation typically ends when you and the Crisis Counselor both feel comfortable deciding that you’re in a “cool,” safe place. After the conversation, you’ll receive an optional survey about your experience. This helps us help you and others like you! The goal of any conversation is to get you to a calm, safe place. Sometimes that means providing you with a referral to further help, and sometimes it just means being there and listening. A conversation usually lasts anywhere from 15-45 minutes.

How Do Crisis Counselors Help?
Our Crisis Counselors bring texters “from a hot moment to a cool calm” using techniques in empathetic listening. Once they’ve built rapport and trust, explored the issues, and established the texter’s goal, they collaboratively problem-solve to help the texter come up with a plan to stay safe.

Who Are the Crisis Counselors?
Our Crisis Counselors are dedicated, trained, supervised volunteers from around the United States. After a rigorous multi-stage application process, background check, and training program, each commits to volunteering 4 hours a week until 200 hours are met. Supervisors (staff who all have Master’s degrees in a relevant field, or commensurate crisis intervention experience) oversee the Crisis Counselors.

Is Crisis Text Line Confidential?
Yes. Crisis Counselors only know what texters share with them, and that information stays between you, unless sharing it with emergency services is absolutely necessary for your safety. We take your confidentiality seriously. Check out our Terms of Service here.

FAQs
FAQs are located here.

CAREER BUZZ

Please find the latest issue of CAREER BUZZ HERE
TAX APPOINTMENTS

Tax appointments are currently being placed on the waiting list. The first day to file your return is February 12th.

Please send your:
1. Full Name
2. Phone contact
3. Email contact

To:
1. Hattie.elmore@kbcc.cuny.edu
2. Ashanti.thompson1@kbcc.cuny.edu
VIRTUAL 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.

Topic: Virtual office hours with Nurse Dottie
Time: Thursdays 10AM-12PM

Apr 8, 2021 10:00 AM
Apr 15, 2021 10:00 AM
Apr 22, 2021 10:00 AM
Apr 29, 2021 10:00 AM
May 6, 2021 10:00 AM
May 13, 2021 10:00 AM
May 20, 2021 10:00 AM
May 27, 2021 10:00 AM
Jun 3, 2021 10:00 AM
Jun 10, 2021 10:00 AM

Join Zoom Meeting
https://us02web.zoom.us/j/88176852727?pwd=MWVTRjNDcTVhSWxkK3Nvb0lDektHdz09
STUDENT WELLNESS CHECK-INS

Student Wellness Check-In:
The Counseling Center hosts wellness virtual check-ins to help students faster connect to support and resources. No appointment necessary for a check-in session.

Monday: 10:30-11:30am and 3-4pm
Tuesday: 4-5pm
Wednesday: 4-5pm
Thursday: 2-3pm
Friday: 1-2pm

- 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/j/91901374136?pwd=OFZGQ3ROVnlaY1htUlJTeVkzSTY4dz09

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

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
**EVENTS**

**TUESDAY – APRIL 6TH**

**EVERYTHING YOU DIDN’T KNOW ABOUT KCC’S LEARNING CENTER – 11am**

A 45-minute virtual program session on KCC’s Tutoring Services, you can share with students, faculty, and staff an overview of your program, its benefits and impact on student achievement, and more, which will conclude with a Q&A session for everyone. Sponsored by the Student Union and Intercultural Center.

Register in advance for this meeting: [https://us02web.zoom.us/meeting/register/tZUpcu-hpjwvGNZrPpfNUK9FeL_xsuBKSaCvG](https://us02web.zoom.us/meeting/register/tZUpcu-hpjwvGNZrPpfNUK9FeL_xsuBKSaCvG)

Questions? Contact hnasser@kbcc.cuny.edu

**WEDNESDAY – APRIL 7TH**

**MRC – THE BOUNCE BACK – 3pm**

Success is about learning how to bounce back when things don't go your way. Learn about current productivity trends and how to apply them towards your success. Get your personalized success strategy plan from our center team and staff. [Join us via Zoom on Wednesdays from 3:00 pm - 4:00 pm](https://kbcc.cuny.zoom.us/join). To access the space please use the following link:
Join Zoom Meeting
https://us02web.zoom.us/j/86319736991?pwd=anB4e2lXZnNydvDv0Wnp4YW1xQ0ZpQT09

Meeting ID: 863 1973 6991 Passcode: 585386

**BINGO! FOR BOOKS – 4pm-5:30pm**

Play BINGO! with a musical twist! Multiple chances to win money for the KCC Bookstore! Up to $200 for books! Bring your best BINGO! Game to pay for your books. Join anytime to play!

**Date:** Wednesday, April 7  
**Time:** 4 PM – 5:30 PM  
**Register:** [https://tinyurl.com/KCCBINGO4](https://tinyurl.com/KCCBINGO4)

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**THURSDAY– APRIL 8th**

**THE LOCKER ROOM – 2pm**

The Locker Room: Masculinity in Gaming & Media Support Space  
Come join the Men’s Resource Center in a weekly support space to discuss masculinity and male gender identity in gaming and media. Facilitated by Gerald Maitre, MSW and Neel Sawhney students will engage in open discussions about what it means to be a man in a world of mixed messages. The space will be held via Zoom on Thursdays from 2:00pm – 3:00pm. To access the space please use the following link: [http://bit.ly/MascGame](http://bit.ly/MascGame)
MONDAY– APRIL 12TH

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!

MRC DISCORD SERVER HANGOUT – 4pm

Join the MRC every Monday at 4:00 pm to meet for folx, play games, chat, swap stories & memes and plan events together like game or movie nights.

MRC Discord Link: discord.gg/9qWnt8KyF5

WEEKLY STUDENT WELLNESS SESSIONS

NEW - ESL Conversation & Support Group Mondays at 4 p.m.
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.

Casual Chat offered weekly on Tuesday @ 1 p.m.
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 and free your mind.

Self-Care Lunch Hour, offered weekly on Thursdays @ 12 p.m.
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!

**Student of Color Support Group on Thursday 3/11 & 3/25/2021 @ 4 p.m.**
Safe space for students of color to have open discussions about issues that are most important to you. This is judgement free zone so you can feel free to express yourselves as you wish.

**New! Current Happenings: Discussing the Difficulties of COVID Vaccination, Fridays, 10:15-11am**
Kingsborough Community College students are invited to a weekly discussion space to express feelings, thoughts, and reactions to current goings-on in our community and world. The meetings, hosted by the Men's Resource Center and the Wellness Center, offer a space to share on the ongoing COVID vaccination rollout and vaccination concerns.
To access the space, please use the following link: [http://bit.ly/3oWUuO2](http://bit.ly/3oWUuO2).

To participate in these sessions:

- RSVP to Counselingandhealth.Services@kbcc.cuny.edu from your KCC email.
- Please include your CUNY Empil ID#. We will send you Zoom link with meeting ID and password.
- Sign-in with your KBCC email and join the meeting.
- Enter the meeting ID and password that was sent to you by Counselingandhealth.services@kbcc.cuny.edu. You will use this info for each bi-weekly session.