MESSAGE FROM THE DEAN

KCC Students,

I hope your week has been well. As we reflect on the past week, my thoughts are with those affected by the recent volcanic eruption in St. Vincent and more senseless gun violence throughout the country. We are here to support you through these difficult and challenging times. The CRISIS TEXT LINE, 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. Similarly, our Student Wellness areas offer STUDENT WELLNESS CHECK-INS, more information can be found below.

This week’s issue highlights REGISTRATION for FALL 2021/WINTER 2022 BEGINS, REGISTRATION FOR 3-K & PRE-K is open, and THE COST OF ZOOM. 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.

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

3-K & PRE-K REGISTRATION IS OPEN!

Registration for Fall 2021 and Winter 2022 begins this week! You will also be able to make adjustments to your Summer 2021 schedule. Check your CUNYFirst for your specific registration date. Classes for Fall 2021 will be offered online, hybrid, and some in-person. Please check the designation in CUNYFirst carefully when selecting classes/sections.

The earlier you register the better the choice of classes, times and modalities!
Contact your Advisor. Advisors are available via phone, email and Zoom. Schedule your appointment through Starfish. Don’t know who is your advisor? Check CUNYFirst or contact the Academy pertaining to your major:
ADDRESSING YOUR CONCERNS ABOUT THE COVID VACCINE!

Brooklyn College invites the KCC community to join experts and community leaders as they answer our questions about vaccine effectiveness, access, and equity in New York City. If you are wondering if the vaccine is right for you or a loved one, come and ask your questions at the Addressing Your Concerns about the COVID Vaccine event.


Panel speakers include:

Lois Jeannine Bookhardt-Murray, MD  
Morris Heights Health Center, Bronx, NY

Donald E. Moore, MD  
New York-Presbyterian Brooklyn Methodist Hospital

Co-Sponsored by Brooklyn College Department of Health and Nutrition Sciences, BC Health Clinic, PHaM Student Club, and the Center for Health Promotion.

SCHOLARSHIPS AVAILABLE – APPLY TODAY!

The KCC Foundation offers a variety of scholarships year-round for eligible students in need of direct financial assistance. Average scholarships are $250 and may be awarded only once per semester.

Eligibility Criteria:

- Must be a matriculated Kingsborough Community College student
- Registered for the current semester
- Have a cumulative GPA of 2.0 or higher
- Must submit a typed 500 word personal statement that describes: why you chose your current major and what career you plan on pursuing. Any financial obstacles you are facing. If awarded, how do you plan on using the funds received? Lastly,
please provide a “plan of action” for you intend to cover these expenses moving forward.

**Average scholarships are $250 and may be awarded only once per semester. Please note: these awards will go towards tuition balances**

Fill out the application HERE:
https://www.kbcc.cuny.edu/admission/documents/application_for_grant.pdf

**Student Emergency Funds** are available to qualifying KCC students.

Eligibility Criteria:
- Be a matriculated Kingsborough Community College student
- Be registered for the current semester
- Have a cumulative GPA of 2.0 or higher
- Submit official application
- Submit a typed 500-word personal statement that includes:
  - A summary of the financial obstacles you are facing
  - A description of how you would use the funds if awarded
  - A “plan of action” for how you intend to cover these expenses going forward

You will need to provide documentation to support your emergency request. Examples of acceptable documents include rent statement/lease, medical bills, utility bills, a letter from your employer stating your loss of job, police report for theft, etc.

**NOTE:** If you have already received a Student Emergency Fund Grant in the current semester, you are not eligible to receive an additional emergency grant at this time.

Fill out application here:

Email completed applications, essays and documentation to Scholarships.KCC@kbcc.cuny.edu
KONITO 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.
SAVE THE DATE – CUNY WELLNESS FESTIVAL

REMINDERS

BECOME A MRC PEER MENTOR

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/3blzDAy

CUNY CRISIS TEXT LINE

Text CUNY to 741741.

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

2021 TAX VIRTUAL SERVICES FOR KCC COMMUNITY!

Did you make $68K or less? If so you are more than welcome to participate in this FREE service.

ARC is starting their 2020 Tax season waiting list. Taxes will begin on January 25, 2021. Once the Tax Season starts you will be contacted to receive a secure dropbox link. An IRS Certified Tax Preparer will contact you to complete your taxes remotely.

Documents Needed:
- Original social security cards for all family members
- Birthdays for all family members
- Government state picture ID
- Wages - W2, W2-G, 1099 R, 1099 Misc
- 1099-T - Tuition
- Childcare Expenses & Provider Information
- Direct Deposit – confirm routing & account numbers
- IP - PIN - IRS Identify Fraud assigned number
- Unemployment Statement - available online only
- Notice 1444 - Economic Impact Payment Statement
- Health Insurance 1095
TUTORING AVAILABLE

The Kingsborough Learning Center- KLC
Your one-stop tutoring hub!

We offer tutoring in nearly every subject
Sign-up to meet with a tutor today
slots fill-up quickly
https://inside.kingsborough.edu/

Visit our website for more info.
www.kbcc.cuny.edu/KLC

Follow us on @KBCCKLC

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 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=MWVTRjNDcTVhSWvkK3Nvb0lDekrHdz09

Meeting ID: 881 7685 2727
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=OFZGQ3ROVnlay1htUljTeVkvzSTV4e909

After registering, you will receive a confirmation email containing information about joining the meeting
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.** To access the space please use the following link:

Join Zoom Meeting
[https://us02web.zoom.us/j/86319736991?pwd=anB4c2lXZnNydv0Wnp4YWJxQ0ZpQT09](https://us02web.zoom.us/j/86319736991?pwd=anB4c2lXZnNydv0Wnp4YWJxQ0ZpQT09)

Meeting ID: 863 1973 6991 Passcode: 585386

**THURSDAY – APRIL 15th**

**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 Maître, 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

EXCLUSIVE SCREENING: “IN THE HEIGHTS” – 9:30pm
HACU (Hispanic Association of Colleges & Universities) would like to invite students to register for an exclusive screening of the Warner Bros. film, “In the Heights”. There are two screenings available for students to sign up for: Thursday, April 15th at 6:30 PM EDT/3:30 PM PDT or Thursday, April 15th at 9:30 PM EDT/6:30 PM PDT.

Register for the 6:30pm screening of “In the Heights”: http://wbtickets.com/HACUIITH

Register for the 9:30pm screening of “In the Heights”: http://wbtickets.com/HACUHEIGHTS

MONDAY– APRIL 19TH

“THE COST OF ZOOM” – DISCUSSION PANEL PROJECT – 1pm
Access-Ability Services, Student Wellness Center, & Men's Resource Center welcomes students, faculty, and staff to a student & faculty run discussion panel on the costs and benefits of being on camera on Zoom during distance-learning. This discussion panel will touch on topics of accessibility, invasiveness, concerns, and strengths of utilizing the Zoom service, as well as discussing what the toll is of having classes at home and having to be on camera to attend classes. This discussion panel will be streamed via youtube and facebook, and will have live automated transcription. Please contact Neel Sawhney (nks2129@columbia.edu) for questions and access needs.

DROP-IN WITH THE DEAN – 2pm

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 Men’s Resource Center Discord Server to meet folx, hangout, chat, play games, swap stories & memes, and plan events like game or movie nights!
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 and movie nights. MRC Discord Link: discord.gg/9qWnt8KyF 5

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.

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.