May 12, 2020

Kingsborough Students!

The Student Affairs Wave Wire features Apple Retail Workshops & Info Sessions, Self-Care Workshops and other events!

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.

Stay Safe!

Dr. Brian R. Mitra
Dean of Student Affairs

NEWS AND UPDATES

Have you filled out the 2020 Census?

Apple Retail Workshops & Information Sessions

Self-Care Workshop

JOBS! Employment Opportunities for Contact Tracer, Team Supervisor, or Community Support Specialist

KBCC Foundation Grants are Available! Details below

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.

**Wellness Wednesdays are LIVE!**
Our Health and Wellness Centers are here to keep you active. Check out more information at the EVENTS section

**EMAIL SCAM**
We are aware of an email scam that is taking place stating there are jobs available for our students. Please read my correspondence with steps to prevent fraud in a previous message HERE. All opportunities will be sent from official Kingsborough email address (@kbcc.cuny.edu). Please stay vigilant and do not send bank account information to ANYONE!

**EVENTS**

**Have you filled out the 2020 Census?**

In the next decade or so do you want to see change? Not in just your life but also maybe your children’s? Do you want funding for statewide Medicaid, Mental Health services and Head-Start?

FILL OUT THE CENSUS!!! You would be helping out, not just now but also in the future. YOUR vote will COUNT.

- Noor Khalid, CUNY Census Corp – Kingsborough Community College

**APPLE Workshops and Information Sessions**

Laguardia Community College has two workshops hosted by Apple Retail and an invitation is extended to all CUNY Students to participate.

5/13: Resume and Interview Tips Session


**Self-Care Workshop**

Host: Military & Veteran Affairs
Facilitator: Student Wellness Center

This workshop will introduce the concepts of self-care & wellness.

JOIN US Wednesday, May 13th 1PM
Webex Meeting Code: 290-139-894 Password: 7VjPvET532P

JOBS! JOBS! JOBS!
Contact Tracer, Team Supervisor, or Community Support Specialist

We have a unique opportunity for our community to respond to the COVID-19 crisis and we are seeking participation from faculty and staff. New York State has officially launched the NYS COVID-19 Contact Tracer Initiative in an effort to recruit 6,400 to 17,000 tracers to help prevent the spread of the virus.

Employment Opportunity: The Initiative will recruit employees for three positions: Contact Tracer, Team Supervisor or Community Support Specialist. Please encourage our students and graduates to apply for any of the three available positions.

Note: students of all majors may be eligible for the Contact Tracer position (which is a minimum of 20 hours/week), while health and human service students and graduates may meet the qualifications for the Supervisor or Support Specialist roles. The roles are not allocated to CUNY, our students are competing for these roles with the general public.

KBCC Foundation Grants are Available!

Once a matriculated student has established a GPA of 2.0 or better, they may apply for grant assistance, which can be used towards tuition, textbooks, transportation and other expenses related to their college attendance.

Application:
https://www.kbcc.cuny.edu/admission/documents/application_for_grant.pdf
KBCC grants also require a 500-word statement as to how the funds will be used towards your education. Please be advised that all grants/scholarships with the exception of the KCC Foundation Scholarship (FSA) and the Senior Administrator's Fund (SAM), may be awarded only once per academic year to the same recipient. Average grants are $250. Upon receiving a scholarship, it is the College’s expectation that you complete the current academic semester at Kingsborough.

Please send completed application and essay to: scholarships.kcc@kbcc.cuny.edu
Wellness Wednesdays are LIVE!

HEALTH CENTER & STUDENT WELLNESS
invite you to
WELLNESS WEDNESDAYS
Every Wednesday, 1pm

ZOOM in from the comfort of your home to learn and share:

- how to protect yourself from COVID-19
- confirm facts and identify myths
- what to do if you are sick
- tips and strategies to keep yourself well and focused on your classes during
- social and physical distancing

Speak with:
- Dottie Gale, R.N., Health Center (718) 368-5684
- https://www.kbcc.cuny.edu/healthservices/
- Maribel Mendoza, Health Educator, Student Wellness Center (718)368-5300

Moderator:
Ilona Fridson, LCSW, Program Manager, Student Wellness Center

Zoom meeting information
Meeting: https://zoom.us/j/95985375555?pwd=Vk5lNDJDMmFqZEliYVcwZmJNTWxmZz09
Meeting ID: 959 8537 5555
Password: 514011

Let's face it, we are all dealing with tough times. We want you to know that we are here for you.

Counseling and Wellness Support Sessions

Free Zoom Support Sessions for ALL Kingsborough Students during COVID-19 distant learning and physical/social isolation.

These free sessions will provide safe, supportive, and nonjudgmental space for students to process the current health crisis and learn practical coping skills. During these sessions, students can share their experiences of distance learning and learn how to reduce distress and cope with their feelings of physical/social isolation, stress, and anxiety.

Mindfulness Toolbox Support Sessions, Mondays 1pm
Get together, share your experiences, and get practical tips and tools to support your whole self. Learn and practice self-care through meditation, self-awareness and self-compassion.

Stress Management support sessions for International Students and Recent Immigrants, Tuesdays 10:30
Gather in the 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.
Realize Your Resilience at a Time of Uncertainty, Wednesday 4pm
Get together and share your experiences of recent changes and what you are doing to adapt. Learn/share coping skills and tools of practicing resiliency at a time of crisis. Understanding your emotions/practicing self-care/understanding your why.

Communicate and Connect support sessions on Thursdays 1pm
Get together and share what is important to you now, what works already and what you want to work on. Find support during this time of physical disconnect.

Taking time for yourself: Self-care journaling, Tuesday 1pm @ Thursdays 12pm
If you’ve always wanted to try journaling but don’t quite know where to start, this is a safe space where we can practice together. During these difficult times, it is important to spend time doing things that make us feel good. Journaling is a way to de-stress, make sense of your thoughts, and even improve your writing skills.

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. 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

To participate in these sessions:

1. RSVP to Counselingandhealth.Services@kbcc.cuny.edu from your KCC email. Put RSVP in the subject line followed by the session number. For example, if you are signing up for Monday 1 pm group please put RSVP1. **Group codes:** Monday 1 pm – RSVP1; Tuesday 10:30 am – RSVP2; Wednesday 4 pm – RSVP3; Thursday 1 pm – RSVP4
2. Please include your CUNY Empil ID#. We will send you Zoom link with meeting id and password.
3. Download Zoom app or open in your browser. 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 weekly session.

PREVIOUS NEWS & UPDATES

Academic Affairs Updates

- Academic Calendar Updates are listed HERE. This also includes updated changes to course withdrawals, etc.
- Credit/No Credit Grading Option Policy information is listed HERE.

Career Services Newsletter
The latest edition of **KCC CAREER BUZZ**

**Comics in the Time of COVID-19**

Artists and illustrators: We invite you to use your creativity as an outlet for how you are experiencing the current circumstances. Topics could address but are not limited to, social distancing, distance learning, heroes, viruses, hygiene, etc.

We look forward to seeing what you come up with!
Selected submissions will be compiled into a PDF comic book.

**What can be submitted for consideration:**
1. Comic Books (1-5 pages)
2. Comic Strips
3. Scripts
4. Roughs

Please follow the guidelines below.

**What do we prohibit?**
1. No pornography or any eroticism whether literary or visual.
2. Profanity, slurs.
3. Real people places or things. Unless it is your own likeness in your own project.
   Everything must be either generalized or invented.
4. No politics or religious content of any kind.

If you have any questions please contact Helen-Margaret Nasser or Kenly Dillard.

**Deadline: Friday, June 5th**
Submissions should be emailed to: scepter@kbcc.cuny.edu

**Roughs**
The concept is to rough in the joke in a visual form to hit its punch line. Story strips should show a build up to a cliff hanger.
- Using the Roughs as the reference draw a tight detailed version of the strip in pencil or pen.

**Scripts**
To produce a fully realized story that has a beginning, middle, climax, and conclusion. Must be written in a clear and concise fashion that would give an artist a clear idea for illustrations.
- Each page must have each panel written out with “drawable” descriptions (meaning concrete things that can be seen). Underneath the “drawable” description the dialogue and sound effects should be placed underneath.
Repeat the instructions listed above for each panel. Until your entire idea for a comic book page is fully written.

**Comic strips**
To draw the Scepter newspaper comic strip in 1-4 panels
To draw 1-4 panels that is drawn in either pen and ink or dark pencil.

**Comic Book Submissions**
To draw 1-5 page finished comic book stories that is drawn in either pen and ink or dark pencil with a developed storyline that has a beginning, middle, climax, and conclusion and completed illustrations.

**Men’s Resource Center Drop-In Sessions**
The Men’s Resource Center will be hosting a series of virtual meet ups or students. Drop in and meet with the MRC staff and fellow students to touch base and check-in. All are welcomed.

Wednesday, May 6
Wednesday, May 13
Wednesday, May 20
Wednesday, May 29

All events will take place at 1 p.m.

To RSVP and get access information. Please email Dr. Michael Rodriguez at Michael.rodriguez@kbcc.cuny.edu

**USS Scholarships Now Available**
The Fall 2020 USS Scholarship Application is now available for students to apply! During these challenging times, we have worked diligently to assure that CUNY students still have access to finding ways to fund their education. Please note ONLY ELIGIBLE STUDENTS will receive a notification in their CUNY First under the "To do tab". Students are required to upload documents through their CUNY First.

Scholarship Open Date: April 13, 2020
Scholarship Closing Date: June 13, 2020

Below are the initial requirements for each scholarship. If students do not have the required GPA or credit registration minimum, they WILL NOT receive a notification in their CUNY First. Eligible students will be able to view the requirements to apply for the scholarships in their CUNY First.

Undergraduate students MUST be registered for at least 6 credits
Graduate students MUST be registered for at least 3 credits

Ernesto Malave Merit Scholarship: Minimum 2.7 GPA
Graduate Peer Mentoring Scholarship: Minimum 3.0 GPA
Donald & Mary Ellen Passantino International Student Scholarship: Minimum 2.5 GPA
Donald & Mary Ellen Passantino Student with Disabilities Scholarship: Minimum 2.5 GPA

Recruitment Events and Opportunities

NYC Men Teach - Fall 2020 Recruitment is Open
The following are the criteria:
- In order to be eligible for this program, applicants typically meet the following criteria:
- Interested in becoming a certified teacher in New York State
- Academically qualified with a minimum 3.0 cumulative GPA
- Experience working/volunteering in urban communities
- Committed to working/teaching in a New York City public school
- Have nearly completed 24 credits toward an associate degree or 45 credits toward a bachelor's degree, or be currently enrolled in a CUNY graduate teacher education program

Enrolled CUNY students who do not meet the full criteria should still apply, and may be accepted as a “pipeline” student with at least a 2.75 cumulative GPA. Eligible? The Fall 2020 application is open, and the priority deadline is June 1, 2020.

https://nycmenteach.formstack.com/forms/nycmt_application_fall_2020

The final Fall deadline is September 2020

For more information contact the NYC Men Teach Program Manager, Eric Conte at Eric.Conte@kbcc.cuny.edu

CUNY Tutor Corps is HIRING
- For more information CLICK HERE