May 19, 2020

KCC Students!

This week’s Student Affairs Wave Wire is here! It features our 3rd Town Hall with President Schrader TODAY!, Dean’s Dialogue, Update to Petrie Emergency Funds, and other events!

Please visit Kingsborough’s Distance Learning page and CUNY’s Coronavirus Updates page for updates!

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.

I hope all is well!

Dr. Brian R. Mitra
Dean of Student Affairs
NEWS AND UPDATES

**TODAY - 3rd Town Hall with President Schrader - TODAY**

Dean’s Dialogue
Continuing, Graduating, Transferring? Fall of 2020: Courage to Face the Unknown

Petrie Emergency Funds UPDATE

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.

**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

3rd Town Hall with President Schrader - TODAY

We would like to invite you to our 3rd virtual town hall meeting with President Schrader. We will have two sessions for students this Tuesday, May 19, 2020 at 11am and 4pm via Zoom (you can attend either one). The President would like to check in with you and see how you’re doing. In addition, you can ask questions about the end of semester, the graduate salute, summer session or provide us with any other feedback you’d like to share. We will take questions and suggestions and try to address your needs. Information on how to join the call is below. Hope you will join us!

11am
Join Zoom
Meeting: https://zoom.us/j/97927304323?pwd=SDhQaDRuMDVvajlFOq0M0RNRYNURzZ09
Call in: 929-205-6099  Meeting ID: 979 2730 4323  Password: 187371

4pm
Join Zoom
Meeting: https://zoom.us/j/96005296109?pwd=Y3JtNFVaWWNmb0JUNWpHRGowdy9MZzZ09
Call in: 929-205-6099  Meeting ID: 960 0529 6109  Password: 122497

Dean’s Dialogue – Continuing, Graduating, Transferring? Fall of 2020: Courage to Face the Unknown

Join us on Thursday, May 21st at 3pm for our 2nd Dean’s Dialogue discussing how to continue, graduate, and transfer with the courage to face the unknown. Zoom information is below. We look forward to our conversation with our Counseling & Wellness staff.

Join Zoom Meeting
https://zoom.us/j/95853032002?pwd=WTc1TW4xWjB6TkN6OGliZZi0ZEJzZ09
Meeting ID: 958 5303 2002  
Password: 005736
One tap mobile
+19294362866,,95853032002# US (New York)

Petrie Emergency Scholarship Update

As of now, KCC is experiencing record requests and applications for Emergency Scholarship grants, due in large part to the COVID-19 crisis. As a result, funds are extremely limited at this time. KCC is doing everything it can to consider every application and award funding accordingly. However, due to the high demand and limited funds, we cannot always accommodate every request.

Please know that KCC is also making every effort to secure additional funding, and expects to have more Emergency Grants available. As soon as this funding situation changes, we will update this webpage and make sure you and your fellow KCC students are made aware of the replenished funds.
Counseling and Wellness Support Sessions - UPDATED

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 Tuesdays 10:30**
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.

**Continuing, Graduating, Transferring? Fall of 2020 – Courage to Face the Unknown, Tuesday at 1 pm, Wednesday at 4 pm and Thursday at 12 pm**
Allow yourself to experience discomfort and difficult emotions – it does not mean you cannot do what you need.
- Get Support.
- Identify challenges and ask for help now. Challenge is a flip side of growth.
- Strengthen your Adaptability - Acknowledge Your Strengths and Capitalize on Them.
- Realize your Resiliency - How does distance learning work for you?
- Graduating? What is next?
- Preparing for the Fall 2020 - plan now for both, distance learning and on campus classes.
- What are your plans if you decide not to return to Fall2020? Plans and options.
- Practice self-care - it is not an option - it is a necessity.

**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.

**Sessions for Nursing students only:**
**Because You Matter, Tuesdays 3pm and Fridays 4 pm**
No RSVP required; all nursing students will receive Zoom meeting invitation.
These support sessions offer a safe and nonjudgmental space for nursing students to share their experiences of being in the profession that is currently at the frontlines of the pandemic. Connect and communicate with your fellow students about how you manage at a time of crisis, be validated and supported, and learn practical skills/tools to realize your resilience and reduce distress. Your wellbeing matters, you matter.

**Sessions for current or former ESL students only:**
**ESL Conversation and Support Session, Thursdays 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 counselingandhealthservices@kbcc.cuny.edu from your KCC email.

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.

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.

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

**PREVIOUS NEWS & UPDATES**

**Academic Affairs Updates**
- Academic Calendar Updates are listed [HERE](https://www.kbcc.cuny.edu/). This also includes updated changes to course withdrawals, etc.
- Credit/No Credit Grading Option Policy information is listed [HERE](https://www.kbcc.cuny.edu/).

**Career Services Newsletter**

The latest edition of [KCC CAREER BUZZ](https://www.kbcc.cuny.edu/)

**Wellness Wednesdays are LIVE! - 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/](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=Vk5lNDJDMmFqZEljVFcwZmJNTWxmZz09](https://zoom.us/j/95985375555?pwd=Vk5lNDJDMmFqZEljVFcwZmJNTWxmZz09)
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.

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 20
Wednesday, May 27

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 Opportunities

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.
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