September 22, 2020

KCC Students,

I hope that the start of the fall semester has been relatively seamless!

Please note, we are aware of several **PHISHING AND FRAUDULENT EMAILS** that are circulating through your Kingsborough student email, please read the message below and visit [HERE](#) for more information.

Today is **NATIONAL VOTER REGISTRATION DAY**! Please be sure that you are registered to VOTE. Your voice matters and will make a difference. You will see events hosted by the Student Union & Intercultural Center and Student Life aligned with our KCC Votes campaign.

Throughout the semester I will be hosting a **DROP-IN WITH THE DEAN** weekly series. Stop by and ask questions or just to drop-in and say Hi! I look forward to seeing you this Thursday at 2pm. More information is listed below.

While our classes are mostly online, we will be with you weekly to update you with the latest news and updates with our **Student Affairs Wave Wire**. You can review previous editions and the latest edition on our [STUDENT AFFAIRS WEBSITE](#).

I encourage you to patriciate and engage with the various events listed below.

Lastly, please review my Dean’s Welcome to the 2020-2021 located [HERE](#).

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](#).

Be well!

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

Please visit Kingsborough’s Distance Learning page and CUNY’s Coronavirus Updates page for the latest updates on academic policies, 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!

FREE VEGGIE DISTRIBUTION!!

Free veggie distribution is happening every week!! Happening every Thursday 3-9PM at Grandchamps Restaurant 197 Patchen Avenue.

Sign up: bit.ly/3fKtWfa

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.

GREETINGS FROM FR. MIKE!!

Hi! My name is Father Mike Tedone. I am a Catholic priest and Campus Minister at KCC. Welcome to Kingsborough! The NEWMAN CATHOLIC CLUB does things like Bible faith sharing, talking
about the Catholic faith and service activities to give back to others. We also prepare students to receive the Sacrament of Confirmation. We will be on Zoom. For more information, please call me at my church (718) 763-5533 ext 20 or e-mail me at mtedone@diobrook.org with your phone number and e-mail.

There are 3 Jewish clubs- HILLEL, YAVNEH and TAGAR - Contact Student Life Office
There is also the MUSLIM STUDENT ASSOCIATION- Again contact Student Life Office
I look forward to hearing from you.

Good luck this semester!

Peace, Fr. Mike

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.
EVENTS

DROP-IN W/ THE DEAN – Thursday, September 24th at 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!

To Drop-In CLICK HERE.

IG CHALLENGE: SHOW YOUR KCC PRIDE IN YOUR NEIGHBORHOOD

Description: Tag us in your “Show Your KCC Pride in Your Neighborhood” photo! The Office of Student Life will select ONE winner for a $50 giveaway to the KCC Bookstore. Follow rules to enter!
Date: Monday, September 21- Friday, September 25
Location: Instagram: @kccstudentlife

IG CHALLENGE: YO PERREO SOLX

Description: Comment in the post with your favorite Latin song and a friend you would bring to the perreo! The Office of Student Life will select ONE winner for a $50 giveaway to the KCC Bookstore. Follow rules to enter!
Date: Monday, September 21- Friday, September 25
Location: Instagram: @kccstudentlife

FINDING YOUR “HIDDEN” NETWORK TO AID YOUR JOB SEARCH - Wednesday, September 23, 2020 @12:30PM

Location: Online (Zoom)
Featuring Yuliya Mykhaylovska, University Talent at Greylock Partners This event is sponsored by Brooklyn College’s Magner Career Center.

Sign up here: https://tinyurl.com/nonbcsignup
*Zoom link will be provided 1 to 2 days before the event*
BLACK STUDENT CONNECTIONS

**Description:** This is an opportunity for incoming and returning students to connect with one another and engage with Black faculty and staff leadership on how to navigate college.

**Date:** Wednesday, September 23

**Time:** 1:50 PM

**Location:** Zoom

https://zoom.us/j/93148347807

Zoom Meeting ID: 931 4834 7807

---

LINKEDIN WORKSHOP - Thursday, September 24, 2020 @12:30pm

**Location:** Online

Gain tips to boost your LinkedIn profile and make it stand out!

RSVP on Career Wave: https://kbcc-csm.symplicity.com/students/

---

CAREER DEVELOPMENT MEET N MINGLE - Friday, September 25, 2020 @10:30am

**Location:** Online

Come learn about our services, interact with staff, participate in fun activities and share your thoughts/concerns/ideas about how we can help you.

RSVP on Career Wave: https://kbcc-csm.symplicity.com/students/

---

COUNSELING & HEALTH CENTERS OPEN HOUSE – SEPTEMBER 29TH @ 12PM

- You will have an opportunity to meet and chat with the Director of Counseling and Health Services, front staff and counselors.
- Learn all about the supports offered by Counseling and Health Services.
- Find out how to make an appointment and what counseling session can offer to you
- Learn about free zoom support sessions
- Let us know what supports we can offer to help you have a successful semester.

Join Zoom Meeting

https://zoom.us/j/95615768436?pwd=UG9SclBVcTVlVDFnSnRQeFjiaUw4QT09

Meeting ID: 956 1576 8436
Passcode: 870325
One tap mobile
+19292056099,,95615768436# US (New York)
FREE FALL SUPPORT SESSION FOR ALL KINGSBOROUGH STUDENTS

These free sessions will provide a safe, supportive, and nonjudgmental space for all students. During these sessions, students can share their experiences of ongoing changes and adjustments to fast pace and uncertainty. They will have a chance to learn from each other and counselors how to reduce distress, adjust to discomfort, gain emotional control and learn practical coping skills. These sessions will help them address stress and anxiety in more adaptive ways.

Black Mental Health Matters, Thursdays@3pm starting October 1
As a Black student do you…
  ...have difficulties sitting with and expressing your thoughts and feelings about racism?
  ...feel as if you or others do not understand your unique experience?
    experience direct or indirect racism, discrimination, or microaggressions?
  ...feel confused about how to advocate for the community while protecting your health?
  ...ever wish you had a supportive, safe place to explore any of the aforementioned?

If so, then these support sessions are for you!

Casual Chat at Noon, Wednesdays@12pm, starting September 23
All are welcome to join a group for casual conversation at noon. Drop by, bring your food, chat with fellow students and disconnect from stress and pressure.

Self-Care Lunch Hour, Thursdays@12pm, starting September 24
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, Wednesdays@3 pm, starts September 23.
  … does the new normal feel normal?
  … are you feeling stressed out and more overwhelmed more than you ever did?
  … 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, starting September 21
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, starting September 30
HEALTH CENTER & STUDENT WELLNESS CENTER invite you to ZOOM in from the comfort of your home to chat about:
  • How to protect yourself from COVID-19
  • What to do if you are sick
• Practicing safe sex
• Face masks and coverings/ Confirm facts and identify myths
• Tips and strategies to keep yourself well and focused on your classes
• Self-care: what can you do while learning/working from home

...... and much more.

Ask questions, share your experiences and receive accurate information and helpful resources.

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.
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 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