

BEOC TODAY

SUNY BROOKLYN EDUCATIONAL OPPORTUNITY CENTER
www.sunybeoc.org

A GUIDE TO MASK USE



Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

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Follow us on



A MESSAGE FROM THE EXECUTIVE DIRECTOR

BEOC Reopening Plans

Dear All:

I hope that this note finds you and your families in good health.

As we approach the end of the Fall 2020 semester, we have begun limited in-person instruction for our second semester Medical Assisting students so that they can gain clinical skills needed for certification. These classes are part of our phased reopening plans. During the spring 2021 semester, only selected hands-on classes in Medical Assisting and Direct Support Professional will be offered onsite. All other classes are scheduled to be offered remotely. Note that our reopening plans are based on our current knowledge and they may have to be adjusted due to guidelines from the State, City, or CUNY.

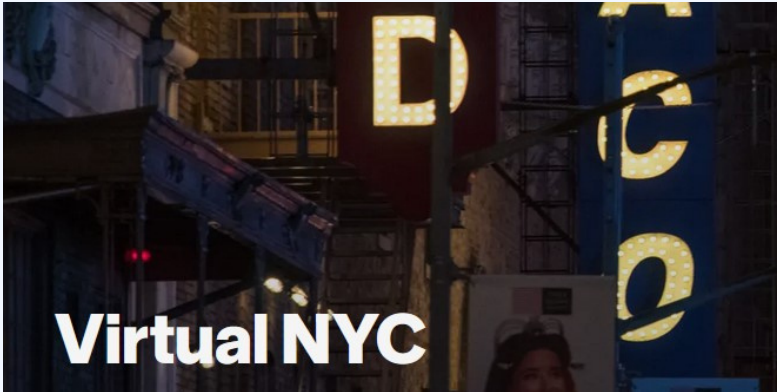
We continue to operate remotely and limit the number of occupants on our premises for the health and safety of all. In the meantime, faculty and staff may request access to the premises for specific periods. They may request access from the Director of Business and Administrative Services.

Thank you,

Jacinth V. Hanson, Ed.D.



EXPLORE NYC VIRTUALLY



There are plenty of ways to explore the five boroughs anytime, from anywhere. We've rounded up the best online experiences—including recorded performances, digitized exhibitions, social media gatherings and virtual tours—from museums, galleries, comedy clubs, theaters and other venues all over the City. Visit the Virtual NYC website to reconnect with your favorite NYC attractions—and discover some new ones in the process.

With all the restrictions the country is experiencing this holiday, NYC has ways for its residents to explore the city virtually. Visit NYC - The Official Guide via this link:

<https://www.nycgo.com/virtual-nyc/>

Follow these tips for coping during the holiday amidst the pandemic

- ___ **Contact your loved ones:** This can be done by phone, Zoom, Facetime or Skype.
- ___ **Get some exercise:** Take a walk, workout with videos, or dance.
- ___ **Send holiday cards:** This can be done electronically, or by mail.
- ___ **Set a budget:** During the holiday, it is easy to overspend. Set a budget on what you can afford to spend and stick to it.
- ___ **Try not to overeat or drink excessively:** Eat and drink in moderation.
- ___ **Keep a journal:** Write down events, thoughts, and feelings. A journal can give you a better perspective on your feelings.
- ___ **Read a book:** Reading a book can help you develop your imagination and could be very entertaining.
- ___ **Seek professional help:** If you find yourself feeling persistently sad or anxious, unable to sleep, irritable, and hopeless, talk to your doctor or a mental health professional.

Are you experiencing anxiety due to the coronavirus emergency? Call 1-844-863-9314

8 TIPS TO BEATING THE HOLIDAY BLUES





A WORD FROM THE COMMUNITY...

BEOC is featured in the Transition & College Access Center newsletter

Brooklyn Transition & College Access Center, a division of NYC Department of Education, featured SUNY BEOC in their inaugural December 2020 newsletter. See the introduction to the newsletter and the article on BEOC.

TRANSITION & COLLEGE ACCESS CENTER NEWSLETTER INTRO:

"Greetings from Brooklyn Transition and College Access Center (TCAC). We're excited to share with you the 2020 inaugural newsletter. Our goal is to support students with diverse learning needs, along with their teachers and families in accessing educational information, transition resources and work-based learning opportunities. We hope that you will find the information useful and please share with colleagues."

"Looking for a tuition-free training program? If so, consider Brooklyn Educational Opportunity Center (BEOC). Funded by the State University of New York, BEOC has provided tuition-free training to eligible New York State residents since 1966. BEOC promotes upward mobility by helping students obtain a high school equivalency diploma, prepare for college, and learn job skills. BEOC is also an official HSE/TASC test center.....

Want to learn more? Visit BEOC at www.sunybeoc.org. There you will find a complete list of program offerings, services, eligibility requirements and information on how to apply.

Spring 2021 classes are forming now, so we encourage you to submit your on-line admissions application by December 15, 2020. You may also contact us at admissions@beoc.cuny.edu or 718-802-3344 to learn more."

The HSE Peer Mentoring group – a collaboration between the Advisement Center and Library/ Learning Resources, began on October 14 with 14 students. Now the group has 4-5 committed Fall 2 HSE students.

Students review the class materials from Schoology including Math and English with the Library Assistant, Ms. Khatun. In each meeting, there is also a review of related videos from YouTube to further enhance learning.

After each meeting, students are emailed additional study guide information and YouTube video links based on the topics discussed in the group to supplement their class notes. The Library Assistant also follows up with students regarding their tutoring needs. Students are encouraged to share their emails and work together outside of the group meeting dates.

Additionally, Ms. Ameh and Ms. Williams-Nicholas, two other advisors, have started an **Allied Health Peer Group** that meets on Wednesdays at 3:30pm. Both peer groups have started off small, but are hoping to increase participation.

The facilitators of these group hope that the BEOC community continues to assist them by advertising and promoting the workshops.

A special thanks to the creator of this program, Ms. Zakia Dunson, Senior Student Advisor. Her dedication to the students and hard work, have created an additional learning space for students.

PEER MENTORING GROUP

