

NewsBlast

April 3, 2020

As we roll into Spring Break, we hope you will take time to relax and enjoy some down time. So much has changed so quickly, and you have managed to move into a new virtual learning environment with tremendous grace and skill. We know you have experienced challenges trying to adjust to many changes and demands on your time, and we want you to know that we are here to assist you in any way possible.

In this NewsBlast we have provided some important academic dates, access to and updates from College and community resources and services, and a link to some fun virtual events and activities. By clicking on <https://myfcc.frederick.edu/portal.aspx> and going to the Announcement section and clicking on Free Virtual Events for Students.

The link below takes you to our Student Guide webpage that provides a collection of great information in one place. Scroll down the page on the link to see department email addresses and phone numbers you can contact with questions, as well as Frequently Asked Questions (FAQs) that are updated weekly, online library and tutoring services, and more.

Link - https://www.frederick.edu/coronavirus-covid19/emergency-remote-learning.aspx?fbclid=IwAR2GQYofhcYXLD0TWx1K-gKyO9_sfSQgW0KflnEb9hIx4iX4aWA5HkSgc78

Your success remains our top priority. Please call on us if we can assist you, and remember to check your MyFCC email frequently for important messages from the College.

Enjoy your break!

Academic Dates

April 6-7, 2020 – Spring Break, no classes, College Services available remotely
April 8-10, 2020 – Spring Break, no classes, College Offices and Services closed
April 17, 2020 – Military and Veterans Priority registration opens
April 20, 2020 – Summer 2020 and Fall 2020 registration opens
May 16, 2020 – Last day of spring semester classes

Virtual Access to College Services and Resources

Programs and Services

[The Admissions Office](#) is here to support all of our students through the application and enrollment process both for Credit Programs and Continuing Education Workforce Development (CEWD). If you are new to FCC, transferring from another institution, bridging from either Dual Enrollment, English as a Second Language (ESL) or Adult Education, our staff will guide you through the steps. Please contact us at admissions@frederick.edu or 301.624.2716. We look forward to working with you and sharing all that Frederick Community College has to offer.

Office of Adult Services OAS - If you are currently a participant in the Office of Adult Services and have questions or concerns, or wish to schedule a remote advising appointment, please contact us by phone or email. We are happy to help in any way we can. To learn about what services we offer, visit us at <https://www.frederick.edu/student-resources/adult-services.aspx>. If you are interested in becoming a participant, please contact us using the front office/scheduling contacts below to schedule a remote intake interview. We'd love to speak with you!

For the remainder of time that College services and instruction are delivered remotely, Office of Adult Services staff can be reached in the following ways:

Janice Brown JBrown@frederick.edu
240-415-8570

Stacey Yost SYost@frederick.edu
240-668-4010

Front office/scheduling adultservices@frederick.edu
240-415-8903

Athletics - All athletics activities--practices, games, post-season, and national championships--have been cancelled for all spring sports. <https://www.njcaa.org/general/2019-20/releases/20200317ey2h6u>
Additional concerns/inquiries can be emailed to the Director of Athletics, Chad Smith chasmith@frederick.edu or call the main office at (301)846-2500 and leave a message. Your message will be returned within 24 hours.

Bookstore - The Bookstore will be CLOSED for the week of Spring Break. Orders placed on our website will not be processed until we return for web processing on April 13.

The Bookstore is closed for walk-in business, but continues to process orders made on their website for course materials and other merchandise during this time. All shipping charges will be waived for the duration of the closure. Please visit <http://bookstore.frederick.edu/home> to place your order.

Our Spring semester buyback scheduled for May 13, 14, 18, and 19 will now be conducted entirely online. Please check our website for updates and details. <http://bookstore.frederick.edu>

If you rented a textbook from the FCC Bookstore for this Spring semester, the return deadline of May 15 has been extended to June 15.

Should you have any questions please email bookstore@frederick.edu. That email is being monitored regularly and is the quickest and most efficient method to address your concerns.

Career Services advisors are available to assist you remotely with both your decisions surrounding choice of major and career AND with your job or internship search (including resumes, interviewing, and networking).

You can schedule an appointment with a Career Advisor at <https://www.frederick.edu/student-resources/counseling-advising.aspx>. Our feedback from students has been very positive as we use a

virtual environment to demonstrate resources and provide interpretation of Focus 2, our online career assessment tool.

Focus 2 can be found at <https://www.focus2career.com/Portal/Login.cfm?Sid=1459>. The passcode for creating a new account is: cougar.

You can find valuable resources online to help you with your choice of major and career, as well as your job search at the following sites:

- Services website: www.frederick.edu/careers
- FCC Library Guide for Careers and Jobs: <https://guides.frederick.edu/careers>
- Online Jobs Platform - College Central Network: www.collegecentral.com/frederick

Please feel free to direct general questions to careercenter@frederick.edu.

Counseling and Advising - Advisors will be available to assist students through email, phone, and virtual to support all student advising needs. Students can also use the Counseling and Advising website to get updates and utilize advising resources for additional assistance. Assistance and questions should be sent to emailadvising@frederick.edu.

Financial Aid - Current students can view financial aid awards online in PeopleSoft. If you have outstanding items on your "to do" list, students can still fax documents to 301-624-2886. If you do not have access to a fax machine, one option is to use www.faxplus.com to fax documents to our office. If you have questions about your financial aid eligibility, please email financialaid@frederick.edu.

The Financial Aid Office will continue to disburse financial aid for students as attendance is confirmed by instructors. Students will receive an email when the financial aid has been disbursed. After the funds have been disbursed, please allow up to 14 days for the refund to be posted to your BankMobile account. You will receive a second email when the funds have posted to your BankMobile account. If you have questions, please email financialaid@frederick.edu.

It is very important to contact the Financial Aid Office prior to withdrawing from any class if you are receiving federal financial aid. (Federal Pell Grant, Federal SEOG, Federal Direct Loans). You can email the Financial Aid Office at financialaid@frederick.edu. Financial aid staff are reviewing emails on a daily basis and will respond to your questions regarding withdraw from classes.

The Office of Multicultural Student Services remains committed and will continue to support you academically and personally as always. Please note, we will be implementing the following support services through alternative methods.

- If you have an academic advising, academic support, or PASS appointment, we are still planning and available to meet with you remotely.
- If you need or would like to schedule an appointment, please use the following link: narias@frederick.edu.
- Multicultural Student Service Appointment Requests. If you need to reschedule, please use the link mentioned previously.

The below applications will be used during your appointment:

- WhatsApp at (330) 451-6901 – Ms. Chianti Blackmon or (240) 397-8628 – Mr. Eugene Smith
- Zoom
- Google Voice at (330) 451-6901 – Ms. Chianti Blackmon or (240) 397-8628 – Mr. Eugene Smith

- Follow us on [Instagram MSS FCC](#) —we will be going live and hosting programs there! In order to stay up to date on all official announcements, a Remind account has been established. To gain access to Remind/Multicultural Student Service, please reach out to Natalie Arias at narias@frederick.edu. We highly encourage you to opt-in to our Remind app account.

If you do not have access to any of the above mentioned applications, please let us know so that we can find alternative methods for your appointment. Take good care of yourself and stay safe.

[Services for Students with Disabilities \(SSD\)](#) - Please contact your advisor in the office if you have questions or need assistance with accommodations. If you are unsure who that is or if you do not have an advisor in SSD, please contact the office directly with questions or concerns at Disability_Services@frederick.edu or call 301-846-2408 (Voice).

If you currently do not work with the Services for Students with Disabilities Office but develop the need for a temporary accommodation as the result of a change in your health or because your course moved online, please email Disability_Services@frederick.edu or call 301-846-2408 (Voice) as soon as you recognize the need for the accommodation.

[Veteran and Military Services \(VMS\)](#) - Please visit the VMS Blackboard site for up to date announcements regarding GI Bill benefits. If you need additional information, please contact Rachel Nachlas at rnachlas@frederick.edu. To set up an appointment with VMS staff, please visit www.frederick.edu/vms.

If you are a National Guard Student and you have been or may be called up to provide support throughout the state, or if you are a Veteran concerned about VA Housing Allowance payments if all courses switch to an online format, please contact the Director of Veteran and Military Services, Rachel Nachlas at rnachlas@frederick.edu. All FCC Credit Programs are approved by the VA for both in-residence and online delivery so our student benefits payments will remain the same for the rest of the term.

If you have any questions, concerns, etc., reach out to Rachel, Amy or Tricia.

- Rachel rnachlas@frederick.edu
- Amy acoldren@frederick.edu
- Tricia trmorris@frederick.edu

Students can also call our phone at the office (301-624-2836) because we are checking messages regularly. Appointments are available by phone and by Skype. Click on [Appointment](#) to get set up.

Helpful Resources

Computer and Internet Safety - During times of crisis like the COVID-19 pandemic, cyber criminals try to take advantage and exploit the situation with phishing messages and other scamming tactics. Cybersecurity during this time of online/alternative instruction is very important, so be vigilant of suspicious emails. Here are some tips to identify phishing emails:

- **Reviewing emails** - Scan emails received from outside the College. If any email has the “EXTERNAL” banner in it, be sure to examine the content before taking any action.
- **Think before you click** - Cyber criminals are taking advantage of people seeking information on COVID-19. They are distributing malware campaigns that impersonate organizations like the World

Health Organization, the Centers for Disease Control and Prevention (CDC), and other reputable sources by asking you to click on links or download outbreak maps. Your best defense is to think before you click and go directly to a reputable website to access the content directly instead.

- **Look out for urgent language:** If you are asked to click on a link, or provide personal identifiable information (PII) in order to receive a benefit, Do Not respond! Instead, question the email's content, contact a trusted source, and reference the email.

Here are other resources and tips to aid you in practicing secure computing:

- GCFUglobal.org
- <http://microsoft.com/safety>
- [Internet Safety Tips](#)

Questions may be directed to the IT Help Desk at (301) 846-2509 or by emailing ITSupport@frederick.edu

Emergency Child Care - The YMCA of Frederick County has been approved for Essential Personnel Child Care and Essential Personnel School-Age programs. This means the YMCA will be providing programming for children ages 6 weeks through age 12. Programming is available from 6:30 A.M. to 8:00 P.M., Mon.-Fri. Parents will need to send their children with a lunch and water bottle with their name clearly displayed.

What does this mean?

- You will need to review and complete the newly created "Family Registration Form" issued by the Maryland State Department of Education. In order for the Y to provide service to you and your family, you will need to qualify as an Essential Personnel, as defined by the Governor's Executive Order issued March 25.
- If deemed qualified, you will not need to complete additional paperwork.

The good news: If you qualify, as of Monday, March 30, the State of Maryland will pay for your child care costs during this time.

Next steps: You will need to determine if you are considered Essential Personnel. If you receive care and the State deems that you did not meet the Essential Personnel requirement, then you will be responsible for payments at that time. Here is the list we have been given:

- Providers of healthcare, long term or acute patient care, emergency medical or pharmaceutical services
- Public Health Employees
- Law enforcement personnel
- Correctional Services employees
- Firefighters and other first responders
- Government workers required to work in the State of Emergency
- Employees and representatives of insurance carriers
- National Guard called to active duty
- Staff or providers of child care or education services, including custodial and food service worker
- Food distributors and suppliers
- Transportation and delivery services personnel
- Gasoline service station operators and auto mechanics
- Critical Infrastructure employees, such as emergency and support personnel for gas and electric utility operations, public works, water treatment, and waste management

- Personnel of other institutions ORDERED to remain open during the State of Emergency
- Other persons the State Superintendent deems necessary

In addition to the MSDE form indicating your place of employment, YMCA will need to have documentation of such employment. They will require either an ID badge, letter from employer, or a pay stub. To inquire about availability and for paperwork to apply, contact:

- Diana Lewis, BASE (School Age Program) dlewis@frederickymca.org, 1-301-663-5131 ext. 1269
- Krista Kaplan, ELC Downtown Director, kkaplan@frederickymca.org, 1-301-663-5131 ext. 1278
- Tammy DeGrange, ELC Green Valley Director, tdegrange@frederickymca.org, 1-301-607-6258

PLEASE NOTE: YMCA is only processing registrations from 6:30am-6:30pm, Mon.-Fri.

FCC ALERTS - Be sure to sign up for FCC Alert at www.frederick.edu/fccalert and to check your College email regularly. The Alert feature ensures that you are getting the most current and accurate information as soon as it becomes available.

Food Pantry - If you rely on services at the College to eat, please see below for options in the community while the FCC food pantry is inaccessible.

- **Bread of Life Community Kitchen - Soup Kitchen and Food Boxes**
www.therescuemission.org
- **Community Action Agency – three to five day supply of food**
www.cityoffrederick.com
- **FCPS free food program for students**
<https://www.fcps.org/about/news/1677052/fcps-feeds-children-while-schools-are-closed>
- **Food pantries in Frederick County**
<https://www.foodpantries.org/ci/md-frederick>
- **211 MD - Food pantries in Maryland**
<https://211md.org/211provider-md-search-results?q=Food%20Pantries>
- **Maryland Food Bank Listings - Find Food Banks Near You**
<https://mdfoodbank.org/find-food/>
- **Religious Coalition for Emergency Human Needs**
<https://www.thereligiouscoalition.org/programs-services/food-banks/>
- **Rescue Mission, Food Distribution - one visit per week**
<https://www.therescuemission.org/programs/bread-of-life-food-ministries/>

Information on Free Internet Access

- **Comcast** - For any students who do not currently have internet access, Comcast (Xfinity) is providing free internet access to the community through hotspots. You can visit <https://wifi.xfinity.com/> for information and hotspot locations.
- **Comcast (Xfinity)** is also offering a service called Internet Essentials; a low-cost internet service to those who qualify. Visit <https://www.internetessentials.com/> for further information.
- **Educause** is also offering information (and updating it) for many other providers and services (depending on student location and need). It's a one stop shop for connectivity ideas.
<https://library.educause.edu/topics/teaching-and-learning/online-learning>

Mental and Physical Health and Wellness - The COVID-19 pandemic presents stress for all of us, but the anxiety, fear, and isolation we are living with can present unique challenges for people with mental health issues and substance use disorders and in recovery. The following resources may help:

- **2-1-1** is a quick and easy way to find information and get referrals for thousands of programs and services across Maryland. Resources include food, housing and shelter, utility assistance, mental health, substance use, healthcare, children and families, aging and disabilities, legal and tax services, veterans, domestic/family violence, and employment. Call or text 211 on your phone or go online to <https://211md.org/>
- **Alcohol and Drug Abuse**
 - **Alcoholics Anonymous** - https://www.aa.org/pages/en_US
 - **Coronavirus and Addiction: How to Protect Your Recovery During a Pandemic** <https://www.facebook.com/FrederickSAO/posts/3589398044435549>
 - **Narcotics Anonymous** – virtual meetings online and by phone - <https://virtual-na.org/>
 - **National Institute on Drug Abuse** https://www.drugabuse.gov/related-topics/covid-19resources?fbclid=IwAR1a_wiL7ipHRcCq46wRs42N9B07ijbQtJqSmbemydURlrPOLr0vp7C6Dq0
 - **Substance Abuse and Mental Health Services Administration - SAMHSA**
 - https://www.samhsa.gov/find-help/nationalhelpline?fbclid=IwAR0FB1GQoZ8Yi-HFkAlACmL9Y9v_fUoyiBoypmja7M7vGQysnEI4VYIGxM
- **Exercise and Fitness**
 - **Free Disney Zumba Videos** https://www.youtube.com/watch?v=1Ku0qUAFUZk&list=PLRkbw8g_10_D
 - **Meditation & Meetup for High School and College Students** - Register Online at Zoom with the following link:
 - Monday, April 6th- https://zoom.us/meeting/register/vJ0pd-ggqTso-J68B9y6JBvHDG_DtU2-w
Zoom meetup, 8:30-9:30pm on specific dates
 - **YMCA 360** Online exercise videos -<https://ymca360.org/>
- **Sexual Assault Awareness and Support - April is Sexual Assault Awareness Month** and services are available to survivors of sexual violence at all times, including during this health crisis. To find information on your local Rape Crisis Center, including hotline numbers and available services during COVID-19, please visit: <https://mcasa.org/survivors/find-a-rape-crisis-center>.
- **National Suicide Prevention Hotline** - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call 1-800-273-8255 or go online to <https://suicidepreventionlifeline.org/>
 - **American Foundation for Suicide Prevention** – Mental health resources during COVID19 <https://afsp.org/campaigns/covid-19/>

Scholarships and Assistance

- **The Fall 2020 Application for FCC Foundation Scholarships** – Beginning April 1, 2020, students may apply for FCC Foundation scholarships for the Fall 2020 semester. Students can apply for these scholarships at www.frederick.edu/foundationsscholarships. You will be asked to complete one general application which will identify scholarships you may be qualified to receive. The application

will be open through June 30, 2020. Students will be notified of awards in July. To accept the award, students will be asked to complete and turn in a thank you note prior to the award being made available in their student account. For further information and any questions, please contact Michael Thornton, Scholarship Program Manager at mthornton@frederick.edu.

- **The FCC Foundation maintains a Student Success Fund** for currently enrolled students needing emergency assistance with food and other needs. Students can self-apply at www.frederick.edu/studentsuccess. Applications will be evaluated on a case-by-case basis.

Transcript Requests

- **Official transcripts** can be requested from our expedited vendor, Parchment, at https://exchange.parchment.com/send/adds/index.php?main_page=login&sid=ShOqCalAHV0imfs5

Campus and Community Events

FCC's Spring Break will be observed for students and faculty April 6 – 12 and for staff and administrators April 8 – 12.

While we can't get out and visit new sites and destinations, we have created a listing of FREE Virtual Events for Students. You can visit museums, historic sites, tropical beaches, natural wonders, zoos – and even other planets - by clicking <https://myfcc.frederick.edu/portal.aspx> and going to the Announcement section and clicking on Free Virtual Events for Students.

If you are interested in virtual activities and ways to get involved, follow the SGA Instagram page ([@sgafcc](https://www.instagram.com/sgafcc)) and like the Center for Student Engagement at Frederick Community College on Facebook ([@CSEatFCC](https://www.facebook.com/CSEatFCC)). We will begin activities and contests the week after Spring Break! Join us for some fun and chances to win prizes!

Safe and happy virtual travels and don't forget to write!

The Business Plan Will Go On – Online Application Due Today

The seventh annual FCC Business Plan Contest will still go on as scheduled for April 28, 2020, though the contest will be moved to an online format due to the current State of Emergency in Maryland.

The contest, sponsored by M&T Bank, gives students the opportunity to present a business plan to a panel of judges and compete for scholarships.

The deadline to complete an online application has been extended to Friday, April 3. Students must then provide the full written business plan electronically by Friday, April 17.

The contest judges, made up of local business experts, will review all business plan submissions and

select three finalists. Those finalists will be notified by April 24.

On April 28, finalists will present their plans to the judges via Skype.

The judges will determine the first, second, and third place winners, who will receive scholarships from M&T Bank that can be used at FCC or to further their education at another college or university.

First place - \$2,500 scholarship

Second place - \$1,500 scholarship

Third place - \$1,000 scholarship

Individuals and teams of two students can enter. Teams will split scholarship awards equally.

For complete contest rules and more information, [click here](#). If you have additional questions about the contest, please contact Doree Lynn Miles at DMiles@frederick.edu.

[Student Clubs and Organizations](#) - Clubs and organizations will be meeting virtually after Spring Break. Please continue to check your MyFCC email for announcements and updates. If you have any questions, contact Jen Moxley at JMoxley@frederick.edu.

[Service Learning](#) – If your class has stated that you need to complete service learning hours as part of a class requirement, please contact your instructor for updates regarding the assignment. If you need assistance completing the requirements for class, please contact Jen Moxley at JMoxley@frederick.edu.

Have a safe and restful Spring Break – and be good to yourself and others!