

# NewsBlast

## April 24, 2020 – May 1, 2020

### Academic Dates

**Summer 2020 and Fall 2020 registration is open.**

*Please note: Academic session dates and schedule of classes are subject to change as needed. Visit [frederick.edu/schedules](http://frederick.edu/schedules) for the most up-to-date schedule information.*

Saturday, May 16, 2020 – Last day of spring semester classes

Thursday, August 13, 2020 at 6:00 pm – Rescheduled Commencement Ceremony

*Commencement Rehearsal: Tuesday, August 11, 2020 at 1:00 pm*

### Announcements

#### Academic Support

**Online Tutoring:** Students have access to online tutoring for many introductory courses, including English, writing (all courses), accounting, math, statistics, biology, chemistry, economics, and computing. Includes PDF how-to guides. Students can also choose the Live Writing help in the drop down menu to get real-time writing assistance. To connect, log into [BLACKBOARD](#). Click “ONLINE TUTORING,” under “TOOLS.”

**Other academic assistance is available for students in addition to online tutoring.**

- NEW! Students *in any course* can now request a one-hour virtual academic coaching appointment to meet with an FCC learning assistant. Schedule appointments at [www.frederick.edu/tutoring](http://www.frederick.edu/tutoring) or <https://frederick.libwizard.com/f/learningcenterrequest>

**FCC STEM Scholars Program** – The application period for the FCC STEM Scholars Program has been extend. The new deadline is July 15, 2020.

The STEM Scholars Program provides students who have academic talent and financial need with additional support while they pursue their STEM-related academic and career goals. Visit [frederick.edu/stem-scholars](http://frederick.edu/stem-scholars) for more information.

**FCC Meal Card Balance Expiration Extension** - All current FCC Meal Cards have been updated and are now valid through June 30, 2021. This includes all FCC Dining Services Meal Cards valid at the Cougar Grille and Smooth Joe’s. Please email any additional Meal Card Balance Extension questions to [diningservices@frederick.edu](mailto:diningservices@frederick.edu).

**Student Support REQUESTED** - Participation in a Google Forms-based survey collecting data for an honors project is requested. The topic is cross-generational greetings. Faculty and staff are welcome to answer, as well as students of all ages. The study is being conducted for Foundations of Communication Theory (COMM201) under the instruction of Dr. Kathy Brooks. For more information, please contact Kaitlin Wachter at [KWachter692@myfcc.frederick.edu](mailto:KWachter692@myfcc.frederick.edu). Survey can be accessed through this link: <https://forms.gle/cvBmAjt52B9X7KaGA>

**Blessings in a Backpack will be distributing non-perishable food to children under 18 every FRIDAY between 11:00 am-1:00 pm at the following locations.**

- Amber Meadows - Weiss Parking Lot - red car
- Heather Ridge School - Taney Ave - near yellow bus
- Lucas Village Community Center – near yellow bus
- Discovery Shopping Center (Walkersville) - near yellow bus
- Hickory Hills – by pool
- Robin Meadows – by pool
- New Market Shopping Center – near yellow bus
- Hillcrest Elementary School
- Ballenger Creek Elementary School
- 7th Street Shopping Center - by Giant Eagle, near yellow bus
- Concord Mobile Home Park Community - Jefferson - near yellow bus
- Brunswick Shopping Center - near yellow bus
- Overlook Park - Himes Ave. - near yellow bus
- Windsor Garden Apts. Key Parkway - **1:30 pm-3:00 pm NEW TIME**
- Twin Ridge Elementary - parking lot - **1:30 pm-3:00 pm NEW TIME**

Blessings will also be at the following schools: Orchard Grove, Waverley, Lincoln, Whittier, Parkway, North Frederick, Monocacy Elementary, Monocacy Middle, Tuscarora Elementary, Carroll Manor, Centerville, Green Valley, Urbana @ Sugarloaf, Glade, and Lewistown.

**Frederick Nonprofit resources through 2-1-1** were just recently awarded \$100,000 to support many of these resources listed in the link below and they will be wanting to make these available to individuals in Frederick who are in need. Site Link: <https://sites.google.com/view/covid19frederick/home>

**Facebook LIVE Author Talk - April 30 at 6:00 pm on the FCC Bess & Frank Gladhill Learning Commons Facebook page.** Join first-time FCC faculty author Sarah Bigham (professor, Social Sciences & Education Department) in a Facebook Live event as she reads from her book, talks about writing, and answers questions from the audience. <https://www.facebook.com/events/1006195703111379/>

Her first book is an essay collection called Kind Chemist Wife: Musings at 3am, and is currently available for purchase on Amazon: <https://www.amazon.com/Kind-Chemist-Wife-Musings-m/dp/1948920182>

## Bookstore

**The May 21, 2020 Commencement Ceremony has been rescheduled.**

New Date & Time: Thursday, August 13, 6:00 pm

Rehearsal: Tuesday, August 11, 1:00 pm

Regalia: Order your cap and gown by the extended deadline date of June 15, 2020. There is no charge for caps, gowns, and guest tickets. Visit Oak Hall to place your order:

<https://frederickcc.shopoakhalli.com/purchasewizard/welcome>

**Commencement Fair in the Bookstore- New Date!**

Students are encouraged to attend the Commencement Fair now scheduled for Monday, July 6 from 9:00 am - 5:00 pm. Students may pick up caps, gowns, and tickets during the Commencement Fair or

after the event during regular business hours until August 13. **A photo ID is required to pick up all caps, gowns, and tickets.**

**Additional Bookstore updates** – The Bookstore remains 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. To place your order, visit:

<http://bookstore.frederick.edu/home>

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](mailto:bookstore@frederick.edu). That email is being monitored regularly and is the quickest and most efficient method to address your concerns.

## Career and Transfer Corner

Check out these great short videos on networking and job searching.

- **How to Stay Healthy & Sane in the Job Search Process**  
<https://drive.google.com/file/d/1NRogQoTgsKeGeNbKsVC9T5Ss--VmD4c4/view>
- **Networking for a Job While Social Distancing – five tips to make it easy!**  
[https://drive.google.com/file/d/1tbvf9B\\_3LYRWhqtOCbu7daQLOC1X6a-M/view](https://drive.google.com/file/d/1tbvf9B_3LYRWhqtOCbu7daQLOC1X6a-M/view)

**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](http://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](http://www.collegecentral.com/frederick)

Please feel free to direct general questions to [careercenter@frederick.edu](mailto:careercenter@frederick.edu).

**Admission Information and Virtual Program Events-** For those students interested in learning about **Salisbury University's Community Health Bachelor of Science Degree**, which can be earned at the

Salisbury or University System of Maryland Hagerstown campus, please consider attending a virtual information session:

- April 30, 11:00 - 11:30 am or
- May 1, 2:00 - 2:30 pm

Sessions are via ZOOM. Contact [pcb@salisbury.edu](mailto:pcb@salisbury.edu) to RSVP

**University of Maryland Eastern Shore's accelerated three-year PharmD program** will be hosting online virtual information sessions. These sessions will be conducted by a member of the Admissions and Recruitment staff to provide a general overview of the University and the Doctor of Pharmacy Admissions process. Participants will be provided a link to a live virtual information session upon their requested time. Visit <https://www.umes.edu/PharmD/> for more information.

## Student Engagement Events and Activities

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.

### Student Government Association (SGA) – NOW ACCEPTING APPLICATIONS FOR OFFICERS

- SGA is looking to fill the following officer positions for next year – SGA President, Vice President of Administration, Vice President of Communications, Vice President of Finance, and Vice President of Public Relations. Each officer receives a \$500 stipend for each semester that they serve. The term of each position is one (1) year. Applications will be accepted online through **May 15**: <https://app.perfectforms.com/player.htm?f=yEGggMn>. If you have any questions about SGA, please email [SGA@frederick.edu](mailto:SGA@frederick.edu).
- **SGA Social Hours** – join us on Blackboard Collaborate each week for engaging conversations and fun games. There are prizes to win too! Tune in **Wednesdays from 7:00-8:00 pm and Thursdays from 12:00-1:00 pm**. For more information on how to access Blackboard Collaborate, visit <https://www.frederick.edu/student-resources/student-engagement/sga-clubs-organizations.aspx>.

**Student Clubs and Organizations** - Some clubs and organizations are interested in meeting virtually! Please continue to check your MyFCC email for announcements and updates. You can also join clubs by visiting their Blackboard page. Visit the "Community Resources" tab on Blackboard after you log in to find club pages. If you have any questions, contact Jen Moxley at [JMoxley@frederick.edu](mailto:JMoxley@frederick.edu).

### Cybersecurity Capture the Flag (CTF) Competition – Saturday, May 9, 12:30 – 4:00pm

Want to learn more about cybersecurity and get some hands-on experience with the technology frequently used by cybersecurity professionals? Join us for a casual competition full of learning and trivia related to cybersecurity. No prior knowledge or experience required. The top three winners will receive prizes.

Join us on our Blackboard Collaborate meeting at <https://bit.ly/3biVFS6> on the day of the event. Alternatively (or additionally), email us at [fcccyberteam@gmail.com](mailto:fcccyberteam@gmail.com) to receive participant instructions, which will be sent out the day before the competition.

**Honors Student Association** – HSA will be holding virtual meetings on April 29 and May 13 from 3:30 - 4:30pm. The meetings will be held through Zoom. If you would like to join the meeting, please contact Melanie Rojas at [MRojas@frederick.edu](mailto:MRojas@frederick.edu) or Matthew Green at [MGreen502@myfcc.frederick.edu](mailto:MGreen502@myfcc.frederick.edu).

## Service Learning and Volunteer Opportunities

If you have some spare time on your hands and are looking for a meaningful way to support others during this time, here are some great resources on how you can safely help during the pandemic:

- <https://govs.maryland.gov/volunteering-in-maryland/>
- <https://www.nationalservice.gov/serve>
- <http://volunteer.unitedwayfcdc.org>

We know so many of our students, faculty, and staff are already involved with helping the community during this time. We would love to hear how you have helped your family, neighbors, or the community during the pandemic. Send an email to [studentengagement@frederick.edu](mailto:studentengagement@frederick.edu) with your information and feel free to include a picture. We want to help share your story and highlight the good work you are doing.

## Student Support Services and Resources

**Admissions** 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](mailto:admissions@frederick.edu) or 301.624.2716. We look forward to working with you and sharing all that FCC 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, OAS staff can be reached in the following ways:

Janice Brown: 240-415-8570 or [JBrown@frederick.edu](mailto:JBrown@frederick.edu)

Stacey Yost: 240-668-4010 or [SYost@frederick.edu](mailto:SYost@frederick.edu)

Front office/scheduling: 240-415-8903 or [adultservices@frederick.edu](mailto:adultservices@frederick.edu)

**Counseling and Advising** - Advisors will be available to assist students through email, phone, and virtual means 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](mailto: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](http://www.faxplus.com) to fax documents to our office. If you have questions about your financial aid eligibility, please email [financialaid@frederick.edu](mailto:financialaid@frederick.edu).

Financial Aid 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](mailto:financialaid@frederick.edu).

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

**Mid-Atlantic Center for Emergency Management and Public Safety (MACEM&PS)** faculty and staff are functioning remotely supporting online classes, grant activity, and contracts. Students in Criminal Justice, Emergency Management Track I: FEMA Independent Study, Emergency Management Track II, Fire Service Administration, and Police Science should email [emergmgt@frederick.edu](mailto:emergmgt@frederick.edu) for assistance. Individuals with questions concerning MACEM&PS grant and professional services activities should email [scarter@frederick.edu](mailto:scarter@frederick.edu).

MACEM&PS supports our first responders and military personnel actively responding to the COVID-19 pandemic emergency. Some MACEM&PS faculty and students are currently deployed in various phases of the pandemic response. We are supporting their effort and sacrifice. If you are a student who has been deployed in the response, please let us know at [emergmgt@frederick.edu](mailto:emergmgt@frederick.edu).

**The Office of Multicultural Student Services** - Summer/Fall Registration is open! Please know that we are ready and available to schedule your registration advising meeting. If you need or would like to schedule an appointment, please use the following link: [Multicultural Student Service Appointment Requests](#). 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

If you do not have access to any of the above-mentioned applications, please let us know so 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](mailto:Disability_Services@frederick.edu) or call 301-846-2408 (Voice).

If you currently do not work with SSD 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](mailto: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 are a National Guard student or a Reservist and you have been or may be called up to provide support throughout the state, please contact the director of Veteran and Military Services, Rachel Nachlas, at [rnachlas@frederick.edu](mailto:rnachlas@frederick.edu).

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

- Rachel [rnachlas@frederick.edu](mailto:rnachlas@frederick.edu)
- Amy [acoldren@frederick.edu](mailto:acoldren@frederick.edu)
- Tricia [trmorris@frederick.edu](mailto: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://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](mailto: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 am - 8:00 pm, Mon.-Fri. Parents will need to send their children with a lunch and water bottle with their name clearly displayed. To inquire about availability and for paperwork to apply, contact:

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

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

**FCC ALERTS** - Be sure to sign up for FCC Alert at [www.frederick.edu/fccalert](http://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](http://www.therescuemission.org)
- **Community Action Agency – three- to five-day supply of food**  
[www.cityoffrederick.com](http://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/>

**Other food and community resources can be found on our Student Guide webpage at:**

[https://www.frederick.edu/coronavirus-covid19/emergency-remote-learning.aspx?fbclid=IwAR2GQYofhcYXLD0TWx1K-gKyO9\\_sfSQgW0KflnEb9hIx4iX4aWA5HkSgc78](https://www.frederick.edu/coronavirus-covid19/emergency-remote-learning.aspx?fbclid=IwAR2GQYofhcYXLD0TWx1K-gKyO9_sfSQgW0KflnEb9hIx4iX4aWA5HkSgc78) or by visiting our **Virtual Events and Resources Section on your MyFCC Portal**. You can get there easily by clicking on <https://myfcc.frederick.edu/portal.aspx> and going to the Announcement section and clicking on Free Virtual Events for Students.

#### **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](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\\_wiL7ipHRCcq46wRs42N9B07ijbQtJqSmbe\\_mydURLrPOLr0vp7C6Dq0](https://www.drugabuse.gov/related-topics/covid-19resources?fbclid=IwAR1a_wiL7ipHRCcq46wRs42N9B07ijbQtJqSmbe_mydURLrPOLr0vp7C6Dq0)
  - **Substance Abuse and Mental Health Services Administration - SAMHSA**
  - [https://www.samhsa.gov/find-help/nationalhelpline?fbclid=IwAR0FB1GQoZ8Yi-HFkAlACmL9Y9v\\_fUoyiBoypmja7M7vGQysnEI4VYIGxM](https://www.samhsa.gov/find-help/nationalhelpline?fbclid=IwAR0FB1GQoZ8Yi-HFkAlACmL9Y9v_fUoyiBoypmja7M7vGQysnEI4VYIGxM)
- **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 visit <https://suicidepreventionlifeline.org/>
  - **American Foundation for Suicide Prevention** – Mental health resources during COVID19 <https://afsp.org/campaigns/covid-19/>
    - Check out these new videos to support your mental health!
      - [seizetheawkward.org/coronavirus](https://seizetheawkward.org/coronavirus)
      - Our Brave Space: <https://afsp.donordrive.com/index.cfm?fuseaction=cms.page&id=1521&eventID=6899>

## 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](http://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](mailto: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](http://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&s\\_id=ShOqCalAHV0imfs5](https://exchange.parchment.com/send/adds/index.php?main_page=login&s_id=ShOqCalAHV0imfs5)

**Your success remains our top priority. Please call on us if we can assist you at [StudentEngagement@frederick.edu](mailto:StudentEngagement@frederick.edu) and remember to check your MyFCC email frequently for important messages from the College.**