



**URBAN
COLLEGE**
of Boston



OCTOBER NEWSLETTER
Volume 11



Happy Halloween!



**POEM BY UCB STUDENT
WENDY TURBIDES**

(more on p. 2)



Alcohol Awareness Month



National Domestic Violence

**STUDENT SERVICES
MONTHLY REVIEW**

(more on p. 8)

Autumn Has Arrived!!



MESSAGE FROM THE BUSINESS OFFICE!



Remember to sign into your student portal often!

Please look at your bill in the financial tab.

At this point in the semester, you should already know what your financial obligation is.

If you have not already done so, please [set up a payment plan](#). Click on the to access Nelnet.

Don't wait. *Contact the business office if you have questions about your bill.*

Call: 617-449-7430 or **email:** studentpaymentplans@urbancollege.edu.

NEED SOME HELP? PLEASE CONTACT US.

Do you need help with funds for food, winter clothes, heat, or electricity as winter approaches?

Thanks to the generosity of the **Davis Family Charitable Foundation**, UCB has \$100 gift cards available to provide 50 students with support by December 15.

Are you living somewhere without access to WiFi? Do you need help applying for low-cost or free home internet? UCB can help! Do you have more significant emergency needs? UCB may also be able to help.

Please email **Rosana Perella** at rosana.perella@urbancollege.edu to request assistance.

POEM SUBMITTED BY UCB STUDENT WENDY TURBIDES

Where I'm From

I am from the heart of the Caribbean,
I am from sea beaches
where the sea looks like the sky
I am from coral beaches
Blue sky blue sea.

I'm from a Caribbean place,
of land bathed by the sea
Look around
And you will see the waves move.

I am from the heart of the Caribbean
and my town smells of the sea,
a smell that drags you
to a bath like no other.

I am from the heart of the Caribbean
and my house facing the sea
where the fishing boats
They disembark without stopping.

I am from the heart of the Caribbean
where the fishermen throw their nets into the sea
and its varieties of fish
What a pleasure to savor.

I am from the heart of the Caribbean,
where the noise of the waves
sound sound nonstop
causing a deep sleep
Which makes me rest.

De donde soy

Soy del corazón del Caribe,
soy de playas marinas
donde el mar parece el cielo
Soy de playas coralinas
Azul cielo azul mar

Soy de un lugar caribeño,
de territorio bañado de mar
Mira a tu alrededor
Y verás las olas mover

Soy del corazón del caribe
y mi pueblo huele a mar,
un olor que te arrastra
a un baño sin igual.

Soy del corazón del caribe
y mi casa frente al mar
Donde los barcos pesqueros
Desembarcan sin parar

Soy del corazón del caribe
donde los pescadores tiran sus redes al mar
y sus variedades de peces
que da gusto saborear

Soy del corazón del Caribe,
donde el ruido de las olas
suenan suenan sin parar
provocando un sueño profundo
Que me hace descansar.

JOIN US FOR SOME REMOTE AND ON CAMPUS EVENTS!

November 2nd
6:00 - 7:30 pm
In-person and Virtual



UCB FALL 2022 EVENT

URBAN COLLEGE IT DROP-IN HOURS



Get personalized help with online learning! Urban College staff members will be available to answer technology questions in English and Spanish.



PLEASE JOIN US FOR A
Autumn Fest

November 15th

from 5:30PM-7:30PM

**Workshops • Advising
Refreshments • Prizes**

2 Boylston Street
(2nd Floor)

Must bring Proof of Vaccination

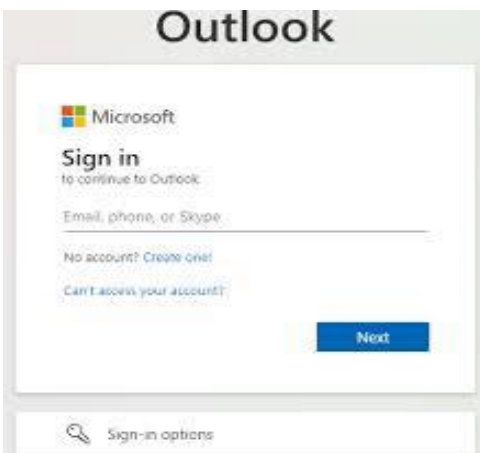
See you there!



STUDENT ACCESS AND STUDENT EMAIL

Student Email on Outlook:

- Go to <http://email.urbancollege.edu>
- Enter your **Urban College Email**, click "next", enter your **temporary password** that was sent to your personal Email, then click "next".



- Enter the temporary password under "**Current Password**" and enter your new password under "**New Password**".
- Click "**Sign in**"

Update your password

You need to update your password because this is the first time you are signing in, or because your password has expired.

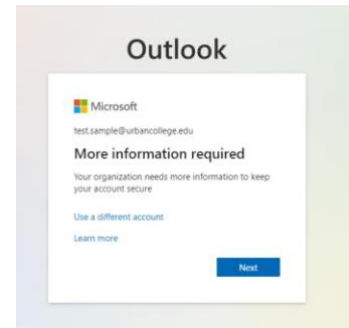
..... CURRENT PASSWORD

We've seen that password too many times before. Choose something harder to guess. [View details](#)

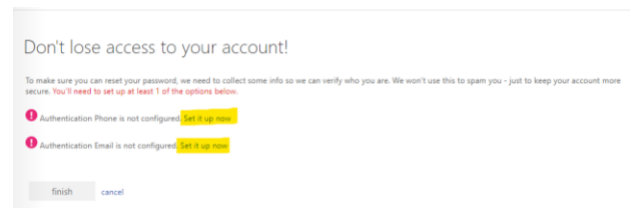
..... NEW PASSWORD

.....

- Click "next".



- You will need to enter an authentication option, personal email or phone. Click on "**set it up now**" to add the authentication that you want.



- If you enter your personal email or phone number, then click "email me" or "text me".
- A code will be sent to your personal email or by text to you. Enter the code then click "**verify**". Then click "**back**".

Don't lose access to your account!

Please verify your authentication email address below. Don't use your primary work or school email.

Authentication Email

We've sent an email message containing a verification code to your inbox.

- You will see a green check mark. Click "**Finish**".

Don't lose access to your account!

Thanks! We'll use the info below to recover your account if you forget your password. Click "finish" to close this page.

Authentication Phone is not configured. [Set it up now](#)

Authentication Email is set to . [Change](#)

If you need assistance or forgot your login information, please email: helpdesk@urbancollege.edu or Timesha.Scott@urbancollege.edu

HELPFUL RESOURCES



FUEL ASSISTANCE

If you qualify for fuel assistance (LIHEAP), Action for Boston Community Development can help pay your winter heating bill by working directly with vendors, and you can take advantage of many other services that are **absolutely free**. In addition to serving residents of Boston, Brookline, and Newton, we serve the Mystic Valley cities and towns of Malden, Medford, Everett, Melrose, Stoneham, Winchester, Woburn.

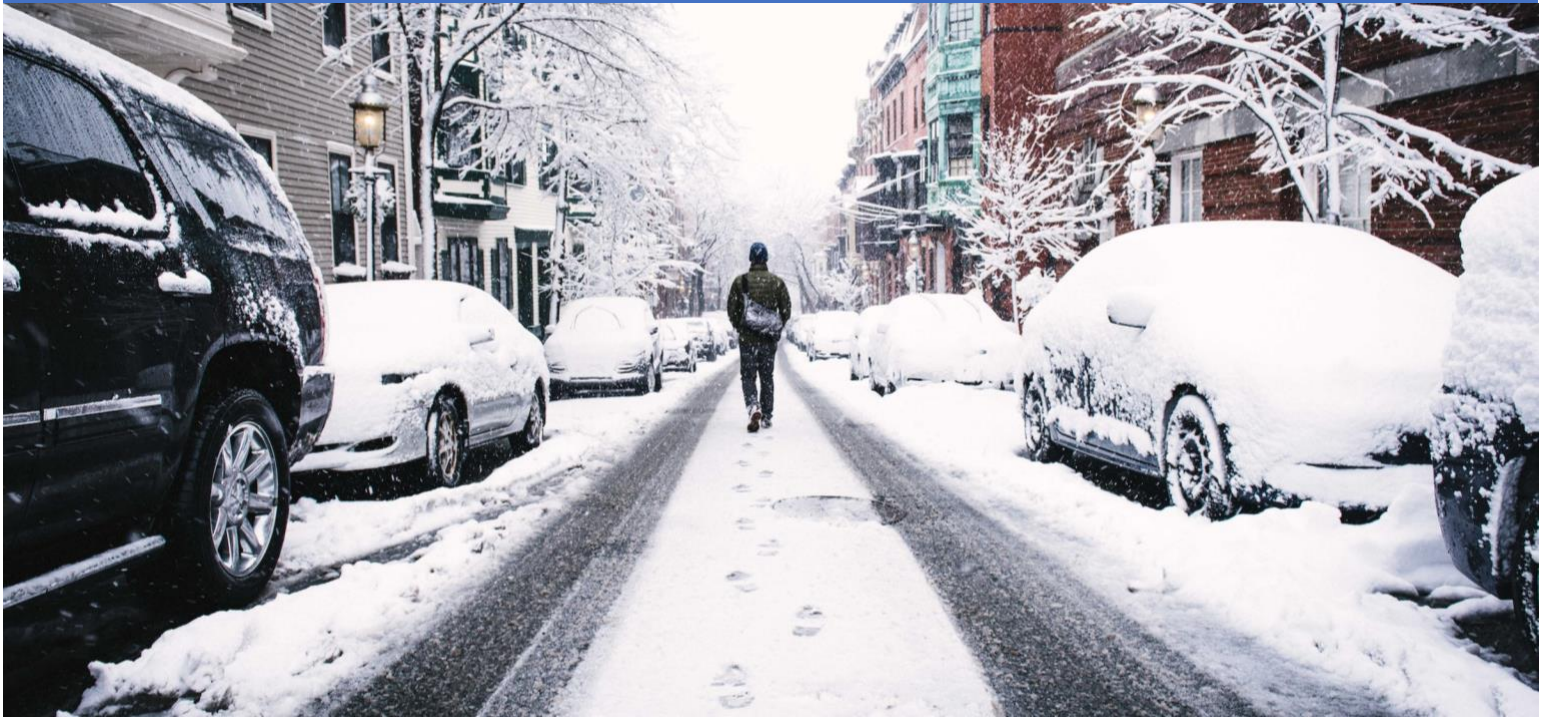
WHO QUALIFIES?

ABCD follows federal guidelines for LIHEAP (the Low-Income Home Energy Assistance Program) based on your annual income and how many people are in your family. The program is available to homeowners and renters even if you live in non-subsidized housing with heat included in your rent. Your gross family income must be at or below 60% of the Massachusetts median income.

The **ABCD Home Energy Assistance Program**, also known as Fuel Assistance, is now accepting new applications for assistance with heating bills for those households who have not applied in the past. You now may apply online by following this link: toapply.org/MassLIHEAP

New applicants, who have not applied in the past, may also choose to apply via telephone. Those new applicants who want to apply from Boston, Brookline, or Newton please call 617-357-6012. New applicants who live in Malden, Medford, Melrose, Everett, Winchester Woburn, or Stoneham please call 781-322-6284.

HELPFUL RESOURCES (cont.)



KEEP WARM IN MASSACHUSETTS

Need help with heating costs?

Program runs November 1, 2022 – April 30, 2023. [APPLY ONLINE NOW!](#)

Winters are harsh! You work hard. Heat is expensive. The cost of staying safe, warm, and healthy can be too much. There is help available to pay your heating bills through the Home Energy Assistance Program (also commonly referred to as Fuel Assistance, and more formally known as LIHEAP – the Low-Income Home Energy Assistance Program).

Home Energy Assistance programs play a critically important role to protect public health and safety by ensuring that all families and individuals have safe access to home heating.

STUDENT SERVICES MONTHLY POLICY REVIEW



ACCESSIBILITY & ACCOMMODATIONS

The Director of Student Services and Support at Urban College of Boston provides services to students who qualify as having a disability under the Americans with Disabilities Act (ADA). The Director of Student Services and Support is responsible for accommodations in accordance with the Americans with Disabilities Act, Section 504 of the Rehabilitation Act, and applicable state law. The ADA defines disability as: “A physical or mental impairment that substantially limits a major life activity; a record of such an impairment; or being regarded as having such an impairment.”

The services provided to registered students with disabilities may include, but are not limited to:

- Providing advocacy support for students with documented disabilities,
- Coordinating services for students with disabilities, which includes verifying eligibility for academic accommodations based on documentation,
- Providing assistance to members of the campus community in responding to disability-related issues and concerns,
- Working with the larger campus community to overcome architectural, attitudinal, and administrative barriers,
- Educating and training students on assistive technology resources,
- Coordinating peer note-taking services,
- Providing exam accommodations,
- Assisting students with academic strategies
- Assisting with the diagnostic evaluation referral process

If you are a student who seeks accommodations, contact the Director of Student Services and Support, Rosana Perella at (617)449-7380 or Rosana.Perella@urbancollege.edu to discuss your specific situation and needs

STUDENT SERVICES MONTHLY POLICY REVIEW (cont.)

ACOMODACIONES Y ACESABILIDAD

El Director de Servicios Estudiantiles y Apoyo de Urban College of Boston provee servicios a estudiantes quienes califiquen en tener una discapacidad bajo la ley de Estadounidenses con Discapacidades (Americans with Disabilities Act (ADA)). El Director de Servicios Estudiantiles y Apoyo es responsable de organizar acomodaciones que conformen a la ley de Estadounidenses con Discapacidades, Artículo 504 de la ley de Rehabilitación, y leyes estatales aplicables. La ADA define una discapacidad como: “un impedimento físico o mental el cual restringe una actividad importante de la vida considerablemente; un registro de tal impedimento; o siendo considerado como tener tal impedimento.”

Los servicios proveídos a estudiantes inscritos con discapacidades pueden incluir, pero no se limitan a:

- Proveyendo apoyo de defensa para los estudiantes con discapacidades documentadas
- Coordinando servicios para estudiantes con discapacidades, los cuales incluyen verificando elegibilidad para acomodaciones académicas, basadas en documentación
- Proveyendo asistencia a miembros de nuestra comunidad en respondiendo a problemas y preocupaciones relacionadas a una discapacidad
- Trabajando con nuestra comunidad en general para superar obstáculos arquitecturales, de actitud, y administrativos
- Educando y entrenando estudiantes en recursos de tecnología de asistencia
- Coordinando servicios de la toma de notas
- Proveyendo acomodaciones para exámenes
- Asistiendo a estudiantes con estrategias académicas
- Asistiendo con el proceso de referencia de evaluación diagnóstica

Si usted es un estudiante quien busca acomodaciones, contacte al Director de Servicios Estudiantiles y Apoyo, Rosana Perella (Rosana.Perella@urbancollege.edu; (617)449-7380), para hablar de su situación y sus necesidades.



STUDENT SERVICES MONTHLY POLICY REVIEW (cont.)

可达性和調適安排

波士顿城市学院的学生服务和支持主任为根据美国残疾人法案 (ADA) 符合残疾条件的学生提供服务。学生服务和支持主任负责根据《美国残疾人法案》、《康复法案》第 504 节和适用的州法律提供調適安排。ADA 将残疾定义为：“严重限制主要生活活动的身体或精神障碍；有此类损害的记录；或被视为有这种损害。”

为注册的残疾学生提供的服务可能包括但不限于：

- 为有残疾记录的学生提供宣传性支持,
- 为残疾学生提供协调服务, 包括根据文件验证学术的調適安排资格,
- 为校园社区的成员提供帮助, 以应对与残疾相关的问题和關注,
- 与更大的校园社区合作, 克服建筑、态度和行政方面的障碍,
- 对学生进行辅助技术资源教育和培训,
- 协调同儕笔记服务,
- 提供考试調適安排,
- 协助学生制定学术策略
- 协助诊断评估转诊流程

如果您是寻求調適安排的学生, 请联系学生服务和支持总监 Rosana Perella, 电话 : (617)449-7380
Rosana.Perella@urbancollege.edu 讨论您的具体情况和需求。



STUDENT DISCOUNTS



Students come and visit the ICA for Free!

The Institute of Contemporary Art\Boston University Membership:

Urban College of Boston is a University Member of the ICA. Your students, faculty, and staff have unique access to Boston's leading center of contemporary culture. Our bold and groundbreaking exhibition program features artists from all over the world, and in our galleries, you are just as likely to see an incredible painting as cutting-edge performance art. With its stunning architecture, perched on the Boston waterfront, and anchoring one of the most exciting neighborhoods in the city, the ICA is the destination for the new art and new experiences your students are looking for.

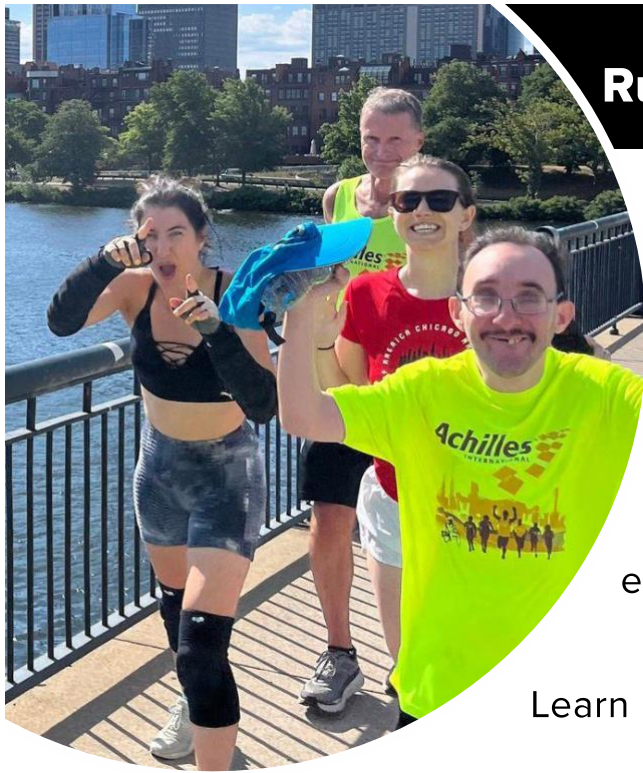
University Members Receive:

- Free admission with valid university ID for all students, faculty, and staff
- Student-rate pricing on tickets to ICA-produced public programs, performances, and films
- eNews highlighting upcoming exhibitions, dance and music performances, lectures, and other educational programs

For information about the University Membership program, please contact the Membership Office at 617-478-3102 or membership@icaboston.org.

The discount code for Urban College of Boston is UCB2022ICA

Students Faculty and Staff can learn more about the program here. <https://www.icaboston.org/page/university-membership>



Run, Walk or Ride with Achilles Boston

Achilles International transforms the lives of people with disabilities through athletic programs and social connection.

Since 1983, Achilles International has empowered over 150,000 athletes of all ages and ability levels to participate in endurance events around the globe.

Learn more about our Boston Chapter below.

Get Involved

Meeting Info: Tuesdays at 6:00 PM, Saturdays at 9:00 AM

Location: 276 Newbury Street, Boston, MA 02116

Contact: For information on joining as an athlete with a disability or volunteering as a guide runner, please contact Joe LeMar at jlemar@achillesinternational.org.

All Abilities Are Welcome

Whether your goal is to race a mile for the first time ever, go for a weekly walk or ride in the park with a new community of friends, or to reach the podium at the Abbott World Marathon Majors, Achilles wants to help you succeed and experience the joy of achievement.

We welcome people of all ages living with a disability, including but not limited to those who live with:

- *Blindness or Low Vision*
- *Cognitive, Developmental and Intellectual Disabilities*
- *Limb Difference*
- *Multiple Sclerosis*
- *Cerebral Palsy*
- *Spinal Cord Injuries*
- *Traumatic Brain Injuries*
- *We also serve and welcome Military Veterans*



For more information, email
jlemar@achillesinternational.org
www.achillesinternational.org



CAREER OPPORTUNITIES



At Bright Horizons[®], we think students pursuing early childhood careers should be rewarded.

As an Urban College student, you have the opportunity to work at one of our Bright Horizons[®] early learning centers and earn your college degree for free. That's right, Bright Horizons pays 100% of costs – tuition, books, fees – they're all covered.

Along the way, you'll have ongoing training and development opportunities plus access to free success coaching to expand your career as an educator, a leader, and more.

Join us for an upcoming webinar where you'll learn more about Early Childhood Career Paths.

- Explore Early Childhood Education Career Paths with Bright Horizons
- November 9, 5:00 p.m. to 6 p.m. EDT
- Registration Link: <https://bit.ly/BH-Career-Paths-Webinar>
- Join the webinar-we'll select 5 participants to receive a \$20 Grubhub gift card!

Discover why students are choosing Bright Horizons as the place to start — and grow — their careers.

Click here to learn more. <https://bit.ly/BH-urbancollege>

A promotional graphic for Bright Horizons. On the left, a green and teal background features the text "Earn While You Learn" in white, with "We'll Cover Tuition" written in a white script font below it. A white arrow points from the text towards the right. In the bottom left corner, the Bright Horizons logo is visible, which includes a sun icon and the text "Bright Horizons. Early Education & Preschool". On the right side of the graphic, a young woman with long dark hair is sitting at a desk, working on a laptop. She is wearing a black top. The background behind her is a blurred indoor setting, possibly a library or study area.

CAREER OPPORTUNITIES (CONT.)

Research Assistants / Research Fellows in Neuroscience & Society at Harvard: Call for Applications

With support from the Dana Foundation, an interdisciplinary team of researchers at Harvard is developing an innovative research initiative on Neuroscience & Society.

The initiative will encompass topics such as neuroethics and neurolaw and will utilize community-engaged and participant-centered approaches.

There is an immediate need for part-time student research assistants at all levels (undergraduate, graduate) and research fellows (post-bac, post-doc, early career). This project reaches across multiple schools and departments at Harvard, and is being led by Gabriel Lázaro-Muñoz, PhD, JD, Francis Shen, PhD, JD, and Theresa Williamson, MD. Under the direction of the PIs, research assistant and research fellow responsibilities will include contributing to literature reviews focusing on Ethical, Legal, Social Implications (ELSI) issues; reviewing pertinent regulations and legal cases; formulating memos for the research team; synthesizing relevant literature; participating in conducting focus group interviews; and participating in project meetings.

Mentoring will be provided to all research assistants and research fellows, including support for career development and opportunities for co-publishing. The expected duration of the position is five months (Oct-Feb), ten hours per week. Hours will be flexible and remote work is possible.

>> [Click here to apply via Google forms.](#)

Additional information and requirements are noted on the Google forms application.

Questions should be directed to [Tiffany Campbell](#), Center for Bioethics, Harvard Medical School. Applications will be reviewed on a rolling basis, so [apply now!](#)

