## FORM 4

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL
OMB Number: 3235-0287
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Ty	pe Response	s)															
1. Name and Address of Reporting Person *- PANKOPF TONIA L				180	2. Issuer Name and Ticker or Trading Symbol 180 DEGREE CAPITAL CORP. /NY/ [TURN]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  _X_ Director					
(Last) (First) (Middle) 7 N. WILLOW STREET, SUITE 4B					3. Date of Earliest Transaction (Month/Day/Year) 03/31/2021												
(Street) MONTCLAIR, NJ 07042				4. If	4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting PersonForm filed by More than One Reporting Person						
(City) (State) (Zip)					Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
(Instr. 3)			2. Transaction Date (Month/Day/Year	Exec any	2A. Deemed Execution Date, if any (Month/Day/Year)		Code (Instr. 8)		1 4. Securities Acqu (A) or Disposed of (Instr. 3, 4 and 5)		of (D)	Beneficia Reported (Instr. 3 a	t of Securities ly Owned Following Fransaction(s) ad 4)		6. Ownersh Form: Direct (I or Indire (I)	ip of Be	eneficial wnership
Common	Stock		03/31/2021				ode P	V	Amour 677	1	Price \$ 7.37	3,585			(Instr. 4)		
			Table II -		ative Securit		equire	cont the f ed, Di	ained i orm dis	n this for splays a of, or Ben	rm ar curre reficia	e not requently valid	ction of inf uired to res OMB conf	spond unle	ess	C 147	74 (9-02)
Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		Execution D (Year) any	ate, if	4, if Transaction Code (Instr. 8)		5. Number a		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. T Am Und Sec	Citle and acount of derlying curities str. 3 and	Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owner Form Deriv Secur Direct or Inc	of ative ity: t (D) lirect	o) ct
					Code V	(A)	(D)	Date Exer		Expiratio Date	n Titl	or Number of Shares					

### **Reporting Owners**

D ( O N /	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
PANKOPF TONIA L 7 N. WILLOW STREET SUITE 4B MONTCLAIR, NJ 07042	X					

### **Signatures**

/s/ Alicia M. Gift by Power of Attorney	03/31/2021		
**Signature of Reporting Person	Date		

### **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a)

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

#### POWER OF ATTORNEY

The undersigned, being a person required to file a statement under Section 16(a) of the Securities Exchange Act of 1934 (the "1934 Act") with respect to 180 Degree Capital Corp., a New York corpo IN WITNESS WHEREOF, the undersigned has duly executed this power of attorney on the 26th day of July 2020.

By: /s/ Tonia L. Pankopf

Name: Tonia Pankopf