MITCHELL JOHN C

Check this box

if no longer

subject to

Section 16.

Form 4 or

obligations

Form 5

Form 4 May 01, 2012

FORM 4

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

SECURITIES

2. Issuer Name and Ticker or Trading

OMB APPROVAL

OMB 3235-0287 Number:

January 31, Expires: 2005

Estimated average burden hours per response... 0.5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

5. Relationship of Reporting Person(s) to

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

Bancorp

Common Stock

Inc.

(Print or Type Responses)

1. Name and Address of Reporting Person *

MITCHELL JOHN C Issuer Symbol NBT BANCORP INC [NBTB] (Check all applicable) (First) (Middle) (Last) 3. Date of Earliest Transaction (Month/Day/Year) X_ Director 10% Owner Other (specify Officer (give title **52 SOUTH BROAD STREET** 04/27/2012 below) (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting NORWICH, NY 13815 Person (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed 4. Securities 5. Amount of 7. Nature of Security (Month/Day/Year) Execution Date, if TransactionAcquired (A) or Securities Ownership Indirect (Instr. 3) Code Disposed of (D) Beneficially Form: Direct Beneficial (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) Owned (D) or Ownership Indirect (I) Following (Instr. 4) Reported (Instr. 4) (A) Transaction(s) or (Instr. 3 and 4) Code V Amount (D) Price **NBT** Bancorp 04/27/2012 Α 999 (1) A \$0 33,043 D Inc. Common Stock **NBT**

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

by

Corporation

164,041

I

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SEC 1474

(9-02)

 $\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisab Expiration Date (Month/Day/Year		7. Title and A Underlying S (Instr. 3 and	Securitie
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Shares
Non-Qualified Stock Option (right to buy)	\$ 17.6008					01/01/2004(2)	01/01/2013	NBT Bancorp Inc. Common Stock	1,01
Non-Qualified Stock Option (right to buy)	\$ 20.7492					05/01/2006(2)	05/01/2015	NBT Bancorp Inc. Common Stock	1,75
Non-Qualified Stock Option (right to buy)	\$ 21.74					05/01/2007(2)	05/01/2016	NBT Bancorp Inc. Common Stock	1,62
Non-Qualified Stock Option (right to buy)	\$ 22.1388					01/01/2005(2)	01/01/2014	NBT Bancorp Inc. Common Stock	1,43
Non-Qualified Stock Option (right to buy)	\$ 22.4842					05/01/2008(2)	05/01/2017	NBT Bancorp Inc. Common Stock	1,80
	\$ 22.5508					05/01/2009(2)	05/01/2018		2,00

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Non-Qualified				NBT	
Stock Option				Bancorp	
(right to buy)				Inc.	
				Common	
				Stock	
				NBT	
Non-Qualified				Bancorp	
Stock Option	\$ 23.2708	01/20/2006(2)	01/20/2015	Inc.	700
(right to buy)				Common	
				Stock	
				NBT	
Non-Qualified				Bancorp	
Stock Option	\$ 23.8325	11/10/2006(3)	11/10/2014	Inc.	1,03
(right to buy)				Common	
				Stock	

Reporting Owners

Reporting Owner Name / Address	Relationships				
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other	
MITCHELL JOHN C					
52 SOUTH BROAD STREET	X				
NORWICH, NY 13815					

Signatures

By: F. Sheldon Prentice, Power of Attorney For: John C.
Mitchell
05/01/2012

**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).
- (1) Acquired pursuant to the NBT Bancorp Inc. 2008 Omnibus Incentive Plan. Each outside director is entitled to receive an annual retainer for Board service in the form of restricted stock units of the Company's common stock that vests in three annual installments.
- (2) Pursuant to NBT Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan grant vests 40% for first year, 20% annually for following years.
- (3) Pursuant to NBT Non-Employee Director, Divisional Director and Subsidiary Director Stock Option Plan reload grant vests 100% two years after date of its grant.

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.

Reporting Owners 3