



The Catalyst

APRIL 2026 NEWSLETTER



Hello, CSTEP Students!

April is here, and so is the perfect opportunity to spring forward and finish the semester strong! As the flowers bloom and the days get longer, **let's channel that energy into achieving our goals.** Whether you're polishing up projects, preparing for exams, or exploring new interests, remember that progress is progress—no matter how big or small.

This month, take advantage of the resources, workshops, and support CSTEP has to offer. **Stay connected, stay resilient, and keep pushing toward your dreams.** The finish line is in sight, and we're here to cheer you on every step of the way.

You've got this, and CSTEP's got your back!

Gentle Reminder

In addition to regular emails, these monthly newsletters will provide you with important information and various academic opportunities. Please read the entire newsletter. **Remember, to remain eligible for CSTEP, you must be full-time (12 or more credits) for the entire semester, check in with your CSTEP advisor once per month, and attend at least one workshop per month.**

Read More





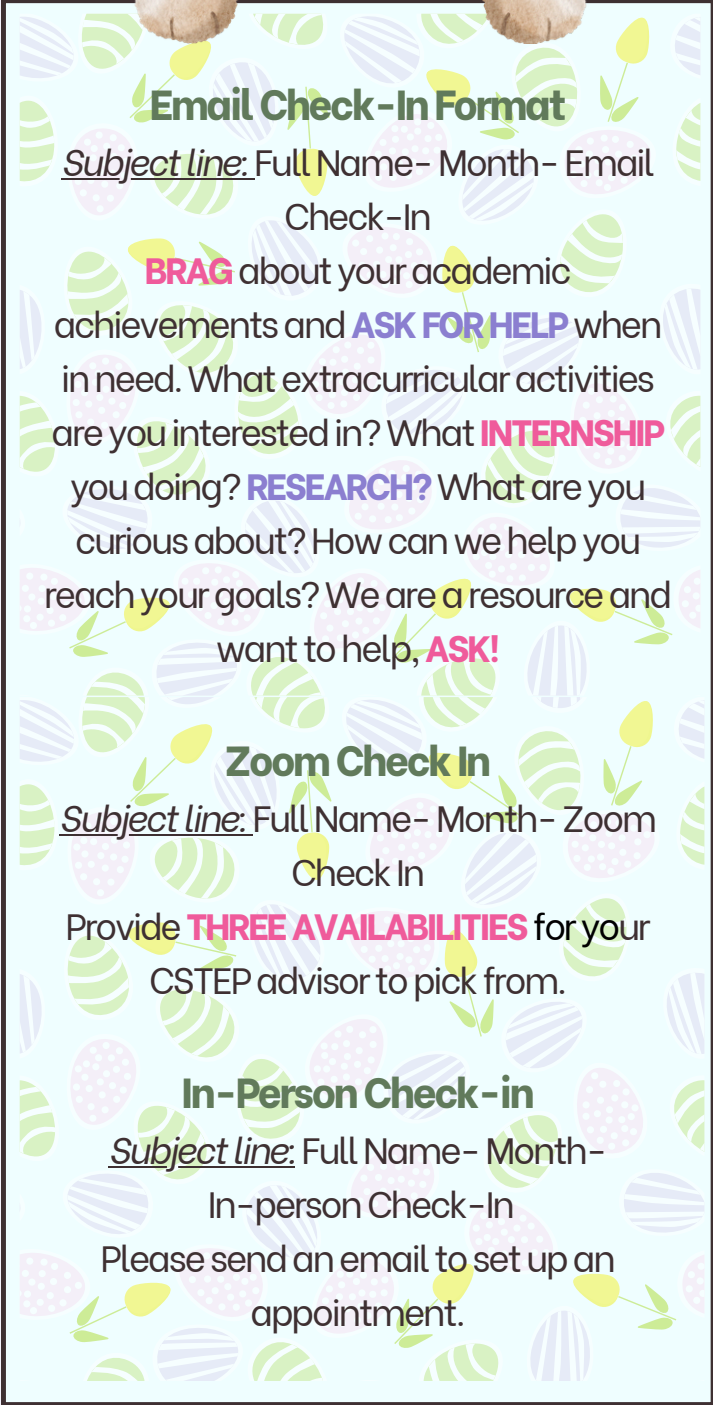
How To Complete A Check-In



- **Decide** if you want an email, zoom, or in-person check-in.
- **Email** your CSTEP advisor. CSTEP has two advisors (Amalia Michel and Alana Kim). To find your advisor, check the file at the bottom of the section
- **Provide** multiple availabilities for your check-in



Check-ins are **ESSENTIAL** because they allow CSTEP to get to know you and how to best **HELP YOU**. It is a space to brag about your academic achievement; what extracurricular activities interest you? What internship are you doing? Research? What are you curious about? How can we help you reach your goals?



Email Check-In Format

Subject line: Full Name- Month- Email Check-In

BRAG about your academic achievements and **ASK FOR HELP** when in need. What extracurricular activities are you interested in? What **INTERNSHIP** you doing? **RESEARCH?** What are you curious about? How can we help you reach your goals? We are a resource and want to help, **ASK!**

Zoom Check In

Subject line: Full Name- Month- Zoom Check In

Provide **THREE AVAILABILITIES** for your CSTEP advisor to pick from.

In-Person Check-in

Subject line: Full Name- Month- In-person Check-In

Please send an email to set up an appointment.



ANNOUNCEMENT

Come celebrate the end of the year with us! Join the CSTEP community for our End of Year Party on Thursday, May 14th.

This event will count as 1 check-in AND 1 workshop – so don't miss out!

Please RSVP so we can plan accordingly. We can't wait to celebrate everything we've accomplished together this year.

[CSTEP Spring 2026 End of Year / Graduation Party form](#)

It's almost that time! **Cap and gown pick-up** will be available on the following dates:

Tuesday, April 28th Wednesday, April 29th Thursday, April 30th

Make sure to stop by and grab yours during one of these days. Don't wait until the last minute!

[Spring 2026 Cap and Gown Survey – Fill out form](#)

Heads up, CSTEP scholars! **The last day to complete your check-ins and workshops is May 14th.**

Make sure all of your requirements are fulfilled **before the deadline in order to receive your stipend.** Don't leave anything on the table – you've worked hard this year, so make it count!

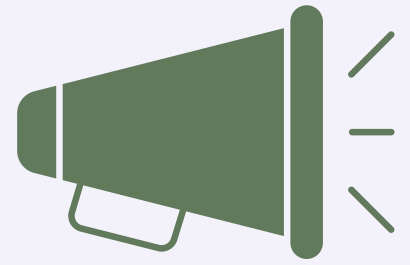
Join Innervate Lab on Wednesday, May 6th at 3:30 PM in the Pearl Building (1st & 5th Floor) for a panel/Q&A with Prof. Pandya and KidSuper's Colm Dillane, plus a sneaker & merch redesign challenge.

The first 20 students get free merch & sneakers – so register ASAP, seats are limited!

<https://forms.office.com/Pages/ResponsePage.aspx?>

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EVENTS



April 16, 2026 @ 1pm - 2pm

Financial Literacy

[https://us02web.zoom.us/j/84535990988?](https://us02web.zoom.us/j/84535990988?pwd=4gbViwDcnhHc8jDuTJztfdtgDXbx4X.1)

pwd=4gbViwDcnhHc8jDuTJztfdtgDXbx4X.1 Meeting ID: 486743

7570 Passcode: 081316

April 23, 2026 @ 1pm - 2pm

Access for All: Resources & Support at City Tech

[https://us02web.zoom.us/j/84535990988?](https://us02web.zoom.us/j/84535990988?pwd=4gbViwDcnhHc8jDuTJztfdtgDXbx4X.1)

pwd=4gbViwDcnhHc8jDuTJztfdtgDXbx4X.1 Meeting ID: 486743 7570

Passcode: 081316

April 30, 2026 @ 1pm - 2pm

Putting Yourself First Through Self-Care

[https://us02web.zoom.us/j/84535990988?](https://us02web.zoom.us/j/84535990988?pwd=4gbViwDcnhHc8jDuTJztfdtgDXbx4X.1)

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May 7, 2026 @ 1pm - 2pm

Academic Resilience: Bouncing Back and Moving Forward After Challenges!

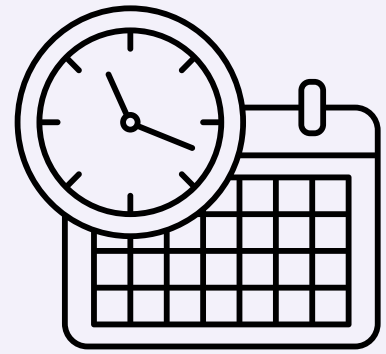
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pwd=4gbViwDcnhHc8jDuTJztfdtgDXbx4X.1 Meeting ID: 486743 7570

Passcode: 081316



MARK YOUR CALENDAR



April 01-09 Wednesday - Thursday Spring Recess

April 13 Monday Last day to withdraw from a course with a grade of W.

April 21 Tuesday Classes follow a Thursday schedule SPRING 2026
ACADEMIC CALENDAR*

May 01 Friday Deadline for Course and Standards Appeals
Submission (students dismissed Fall 2025 or earlier for potential Fall
2026 return). For more info :-
www.citytech.cuny.edu/registrar/course-standard.aspx

May 15 Friday Final Grade Rosters open in CUNYfirst

May 16-18 Saturday - Monday Final Examinations

May 19 Tuesday Final meeting day of Tuesday classes

May 20-26 Wednesday - Tuesday Final Examinations

May 25 Monday Memorial Day. College Closed

May 26 Tuesday Filing period for Spring 2026 graduation ends

May 26 Tuesday End of Spring 2026 term

May 29 Friday Final Grade Submission Deadline

MENTAL HEALTH MATTERS

City Tech offers personal, academic, and career development support as well as crisis counseling for mental health needs. Although they do not offer in-depth psychotherapy, they can refer you to these and other services in the community. There are also free and immediate services and referrals.



The Counseling Services Center provides free and confidential counseling to City Tech students in-person, by phone, and by video. Services include individual counseling for academic, career and personal challenges as well as crisis intervention.

For further information, please visit their website here:

[CITY TECH SUPPORT](#)

CSTEP SUMMER PROGRAM FOR UNDERGRADUATE RESEARCH



Program Features

1. 26 Students will be accepted to the program and need to fill out a timesheet
2. Receive expert guidance from a faculty mentor to perfect your oral and poster presentation skills.
3. Elevate your research journey with this unique opportunity for growth and collaboration, complemented by professional development workshops and participate in CUNY-wide conferences.

5 Week Program
June 1st – July 8

New York City College of Technology

Participants Receives

- \$2,000 Stipend
- Certificate Upon Completion

Eligibility

- Enrolled In CSTEP
- 2.3 GPA or Higer
- Not Enrolled In Summer Classes
- Have a Geniune intrest in Research

Application Requirements

- Unofficial Academic Transcript
- Resume



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INTERNSHIP OPPORTUNITIES



**Department
of Health**

The Simons Foundation's Autism & Neuroscience division offers paid, in-person undergraduate research assistantships through the Shenoy Undergraduate Research Fellowship in Neuroscience (SURFiN). Fellows work alongside researchers to explore neuroscience topics, with the program designed to spark lasting interest in the field for students who haven't had prior access to research opportunities. No laboratory experience is required.

Qualifications:

- Enrolled in a bachelor's or associate's degree program
- No prior lab experience necessary
- Interest in neuroscience research
- Commitment to an academic-year research placement

Details: Academic year program beginning September 2026

Application deadline: April 21, 2026 at 12pm

Simons Foundation SURFiN: Paid Undergraduate Neuroscience Fellowship



The New York State Department of Health's Pathways to Public Health Internship Program invites students and early career professionals from all backgrounds to gain hands-on experience in public health. Interns are placed with programs across the NYS Department of Health's Office of Public Health and Regional Offices, contributing to meaningful work in communication, data, systems, policy, and more.

Qualifications:

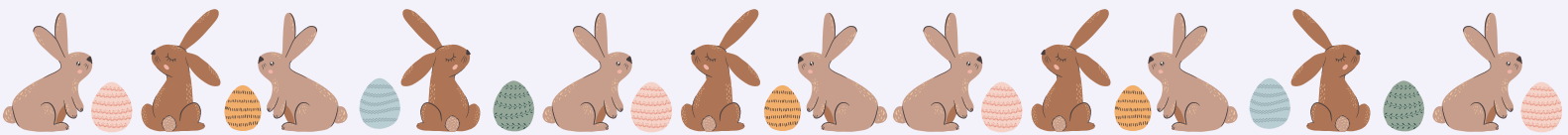
- Current student or early career professional
- Open to all backgrounds and experience levels
- Interest in public health and health equity
- Visit the Health Research, Inc. Careers Page for full minimum and preferred qualifications

Details:

- Cohort runs June 1 – August 7
- \$20/hour, 37.5 hours/week, in-person
- Locations include Albany, NYC, Central Islip, Syracuse, and Menands, NY
- Applications due by date listed on posting

NYS Department of Health: Pathways to Public Health Internship Program





The Central Park Foundation is seeking a College Intern to support the Eco-Innovators Afterschool Program, a hands-on environmental education initiative for 9th–12th graders across NYC. Interns will work alongside the Program Manager to mentor high school students as they tackle real environmental challenges – from protecting NYC waterways to advocating for green infrastructure policy and supporting the city’s urban canopy.

Qualifications:

- Pursuing a Bachelor’s degree in education, ecology, biology, environmental science, or related field
- Passion for environmental issues and socio-environmental change
- Interest in working with youth from diverse backgrounds
- Ability to travel independently to program sites throughout the boroughs
- Must be authorized to work in the United States

Details:

- Part-time, up to 12 hours/week | 2:30–5:30pm, once weekly per site
- \$18/hour | Late February – June 2026
- In-person across Manhattan, the Bronx, Brooklyn, and Queens

Central Park Foundation: Eco-Innovators College Intern

MetroPlusHealth is seeking a Summer Intern to support its Partnership in Care (PIC) program, which provides team-based care management for members living with HIV, homelessness, or who are transgender. The intern will plan and implement a quality improvement project focused on improving health outcomes – such as diabetes care or preventative screenings – through direct member outreach and collaboration with providers across NYC.

Qualifications:

- Proficient in Microsoft Excel
- Strong verbal and written communication skills
- Experience with community or patient outreach
- Interest or experience working with underserved populations, the HIV community, or quality improvement preferred

Details:

- Full-time, 9:00am – 5:00pm
- In-person | Bronx, Brooklyn, Manhattan, Queens, and Staten Island
- Reports to the Community Outreach, Quality, and Compliance Director

MetroPlusHealth: Summer Intern – Partnership in Care



The NYC Mayor's Office of Management & Budget (OMB) is seeking a Summer College Intern to support the Intergovernmental Relations Unit, which tracks citywide policy across federal, state, and local levels and coordinates the city's annual budget cycle.

The intern will work on strategic projects including bill tracking, policy analysis, hearing summarization, and process automation – contributing directly to NYC's legislative and budgeting operations.

Qualifications:

- Currently enrolled or recently graduated from an accredited college or university
- Strong research, analytical, and written communication skills
- Proficiency in Microsoft Office and Adobe Suite
- General understanding of policy, legislation, and municipal budgets
- Problem-solving ability and comfort working on open-ended projects
- A cover letter is required – applications without one will not be considered

Details:

- 10-week program | June 1 – August 7, 2026
- \$17.50/hour | Monday–Friday, 9:30am–5:30pm, no evenings or weekends
- In-person | 255 Greenwich Street, Manhattan
- Application deadline: April 27, 2026

NYC Office of Management & Budget:
Summer College Intern – Intergovernmental Relations



The NYC Department of Design and Construction (DDC) is seeking Summer College Interns to gain hands-on experience in engineering audit and public construction. Interns will work alongside senior Engineering Auditors, assisting with the review of construction documents, payment requisitions, and labor compliance records – with opportunities for real field visits to active construction sites across the city.

Qualifications:

- Currently enrolled in college or recent graduate (winter/spring term of program year) as of June 2026
- Must be authorized to work in the United States (no visa sponsorship provided)

Details:

- Full-time, 35 hours/week | June 1 – August 7, 2026
- \$16.50 – \$17.00/hour
- In-person field and office assignments throughout NYC
- Includes mentorship, seminars, site visits, and on-the-job training

NYC Department of Design and Construction: Summer College Intern – Engineering Audit

WE ARE HERE TO HELP



Please utilize the following links for further resources based on your major:

[Applied Chemistry](#)

[Applied Mathematics](#)

[Architectural Technology](#)

[Biomedical Informatics](#)

[Computer Engineering Technology](#)

[Computer Systems](#)

[Construction Management & Civil Engineering Technology](#)

[Dental Hygiene](#)

[Electrical & Telecommunications Engineering Technology](#)

[Mechanical Engineering Technology](#)

[Nursing](#)

[Radiologic Tech & Medical Imaging](#)

[Restorative Dentistry](#)

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