

The Catalyst

OCTOBER 2026 NEWSLETTER



Hello, CSTEP Students!

As we dive into October and settle into the Fall 2026 semester, we're thrilled to continue supporting you on your academic and professional journey. Whether you're embracing new challenges or pushing forward with last semester's progress, we're here to guide you toward success. Let's make this a standout semester full of growth, learning, and exciting opportunities!

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.

H A L L O W E E N



NEW

IMPORTANT UPDATES

You are required to complete four (4) check-ins and four (4) workshops for the Semester to be eligible for a stipend **UP TO \$600**.



Updated requirements: All students **MUST** complete 3 check-ins with a CSTEP Advisor and 1 check-in with the Professional Development Center.



All new CSTEP students **MUST** complete one (1) **IN PERSON** or Zoom with Camera on check-in.



Students who fail to meet the CSTEP requirements will **NOT** receive the stipend at the end of the Semester.



PROFESSIONAL DEVELOPMENT CENTER GROUP CHECK-IN (REQUIRED)

Each month, the Professional Development Center will host **one monthly group check-in**, each session will last between 30 – 45 minutes. **Students must attend one (1) of the scheduled sessions.**

SCHEDULED SESSIONS



Tuesday,
September 22nd
(details to follow)



Thursday,
October 22nd
(details to follow)



Tuesday,
November 17th
(details to follow)



Each session will be 30 – 45 minutes in length.



CSTEP ADVISOR CHECK-INS (3 REQUIRED)

BY APPOINTMENT ONLY



IN PERSON

Schedule an in-person check-in with your CSTEP Advisor.



ZOOM

Schedule a Zoom check-in with your CSTEP Advisor.



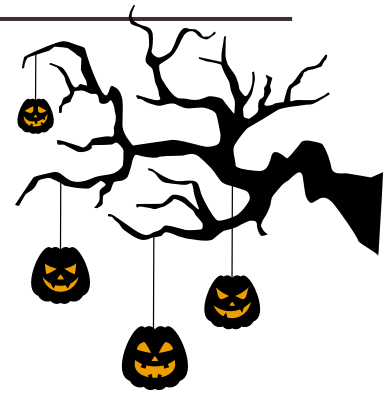
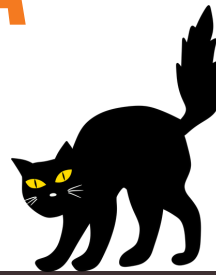
EMAIL

Request and complete an email check-in with your CSTEP Advisor.

How To Complete A CSTEP 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.

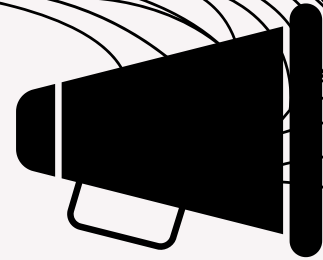
In-Person Check-in

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

Please send an email to set up an appointment.



EVENTS



October 1, 2026 @ 1 pm -2 pm

Financial Aid 101!

[https://us02web.zoom.us/j/4867437570?](https://us02web.zoom.us/j/4867437570?pwd=dXRaVXkwc0MzOUNoL041N0FhUFNUUT09#success)

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Meeting ID: 486 743 7570. Passcode: 081316

October 8, 2026 @ 1 pm -2 pm

Financial Literacy Part 1

[https://us02web.zoom.us/j/4867437570?](https://us02web.zoom.us/j/4867437570?pwd=dXRaVXkwc0MzOUNoL041N0FhUFNUUT09#success)

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Meeting ID: 486 743 7570. Passcode: 081316

October 15, 2026 @ 1 pm -2 pm

How to Stay Motivated Throughout the Semester

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October 22, 2026 @ 1 pm -2 pm

Career Preparation Before Graduation

[https://us02web.zoom.us/j/4867437570?](https://us02web.zoom.us/j/4867437570?pwd=dXRaVXkwc0MzOUNoL041N0FhUFNUUT09#success)

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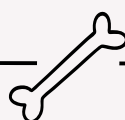
October 29, 2026 @ 1 pm -2 pm

Preparing for Midterms and Finals

[https://us02web.zoom.us/j/4867437570?](https://us02web.zoom.us/j/4867437570?pwd=dXRaVXkwc0MzOUNoL041N0FhUFNUUT09#success)

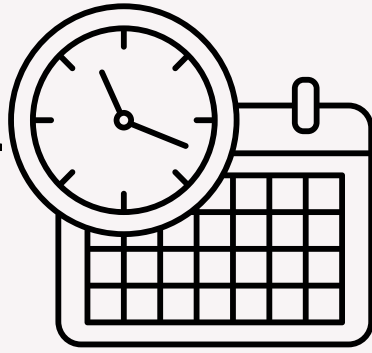
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Meeting ID: 486 743 7570. Passcode: 081316





MARK YOUR CALENDAR



Monday, October 5

- Filing period for Fall 2026 graduation begins.

Monday, October 12

- College closed.

Tuesday, October 13

- Classes follow a Monday schedule.

Thursday, October 15

- Last day for faculty to submit updated grades for Spring and Summer 2026 “INC” grades.
- Change/Declaration of Major/Minor period opens for Spring 2027.
- Advisement begins for Winter and Spring 2027.
- Course substitutions for Spring 2027 may now be submitted in DARR.

Monday–Friday, October 19–23 | Plan Week

- Plan your course registration for the next semester and connect with an advisor.

Friday, October 23

- Faculty notify students of midterm progress reports.

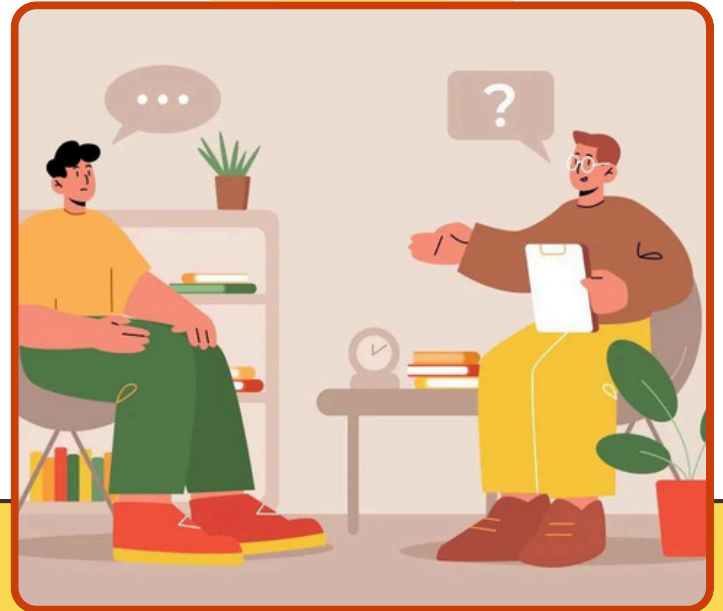
Thursday, October 29

- Winter 2027: Online registration begins for all students.
- Spring 2027: Early online registration begins for ASAP, BMI, CSTEP, Honors, SEEK, seniors, and veteran students. Registration is by appointment only.

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.

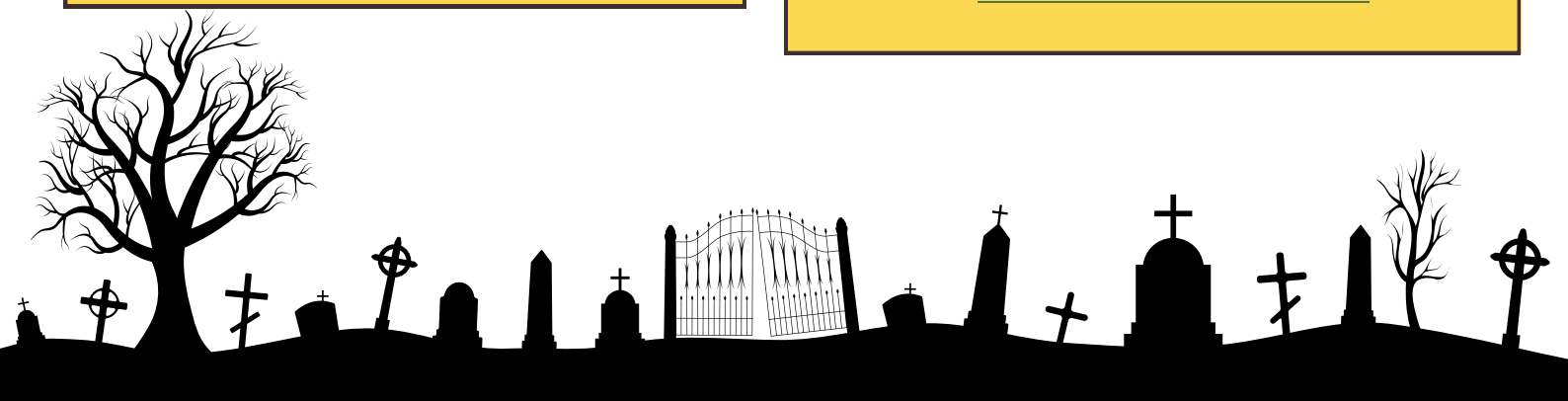
Connect With Us →



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](#)





INTERNSHIP OPPORTUNITIES

Explore NYC Internships & Fellowships

Interested in public service? NYC government internships and fellowships offer students opportunities to gain hands-on experience while serving New Yorkers. Explore programs through the Department of Citywide Administrative Services (DCAS) and find an opportunity that fits your interests.

[Learn more about programs and how to apply.](#)



LifeSci NYC

Led by the New York City Economic Development Corporation (NYCEDC) and its [Life Sciences and Healthcare team](#), the City's investment in life sciences will create, produce, and deliver dozens of new cures and treatments, generating thousands of new jobs for New Yorkers—making our city healthier and fairer. The program seeks to provide experience and training for students and recent graduates interested in pursuing careers in the life sciences industry, providing opportunities to work in a wide range of companies, from early-stage startups to large pharmaceutical and biotech firms.

LIFESCI

Pay Rate: \$16/hr.

Rolling Admissions



Paid Internship: American Heart Association

The American Heart Association is offering a paid NYC internship for students pursuing public health or related degrees. Interns will support community health initiatives focused on hypertension, nutrition insecurity, and CPR awareness, while assisting with program evaluations, volunteer coordination, communications, and community events.

\$23/hour | 20 hours/week | January 25–May 7, 2027

The position includes 1–2 in-office days per week in Midtown Manhattan and local travel to events and meetings. Applicants should have strong communication skills, attention to detail, and proficiency in Microsoft Office. Bilingual Spanish is preferred but not required.

American Heart Association



LAZARD

Paid AI Engineer Summer Internship: Lazard

Join Lazard's AI & Data Team to design, test, and deploy applications using machine learning, natural language processing, and generative AI. Interns will help develop technology supporting the firm's financial advisory and asset management businesses.

June 7–August 13, 2027 | New York City

Applicants should have a bachelor's or advanced degree in computer science, AI, machine learning, or a related field, along with strong Python programming and problem-solving skills.

Familiarity with LLMs, cloud platforms, APIs, and databases is desired. Interns must be in NYC for the full program.

Lazard



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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