



The Catalyst

SEPTEMBER 2025 NEWSLETTER



Hello, CSTEP Students!

Welcome back to a brand-new semester! September is the perfect time for fresh beginnings, new goals, and new opportunities. As you dive into your classes, projects, and activities, remember that every step you take brings you closer to your dreams. **Stay connected with CSTEP, make use of the resources** and workshops available, and know that we're here to support you every step of the way. Let's make this semester a strong and successful one, you've got this!!! **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

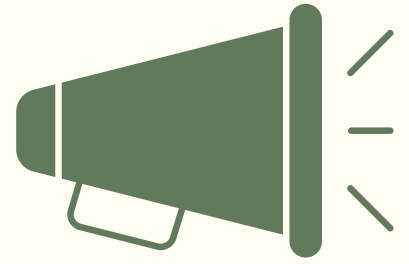
Subject line: Full Name- Month- Zoom Check In

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.

EVENTS



September 11, 2025 @ 1pm - 2pm

Maximizing your Internship Experience

[https://us02web.zoom.us/j/4867437570?
pwd=dXRaVXkwc0MzOUNoL041N0FxUFNUUT09#success](https://us02web.zoom.us/j/4867437570?pwd=dXRaVXkwc0MzOUNoL041N0FxUFNUUT09#success)

April 10, 2025 @ 1pm - 2pm

Coping with Anxiety in College: Tools for Grounding and Growth

[https://us02web.zoom.us/j/4867437570?
pwd=dXRaVXkwc0MzOUNoL041N0FxUFNUUT09#success](https://us02web.zoom.us/j/4867437570?pwd=dXRaVXkwc0MzOUNoL041N0FxUFNUUT09#success)

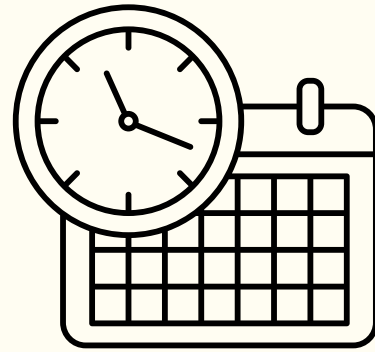
April 24, 2025 @ 1pm - 2pm

Building Your Academic Identity

[https://us02web.zoom.us/j/4867437570?
pwd=dXRaVXkwc0MzOUNoL041N0FxUFNUUT09#success](https://us02web.zoom.us/j/4867437570?pwd=dXRaVXkwc0MzOUNoL041N0FxUFNUUT09#success)



MARK YOUR CALENDAR



- **September 01 (Mon)**
 - College Closed
 - Last day to add a course
 - Last day to drop for 75% tuition refund
 - Financial Aid Certification Enrollment Status Date
- **September 02 (Tue)**
 - Verification of Enrollment rosters available to faculty
 - Grade of WD assigned to students who officially drop a course
- **September 08 (Mon)**
 - Last day to drop for 50% tuition refund
- **September 15 (Mon)**
 - Last day to drop for 25% tuition refund
 - Last day to Change/Declare a Major or Minor (effective Fall 2025)
 - Census date – Form-A cutoff
 - Verification of Enrollment Rosters due from faculty
- **September 16 (Tue)**
 - WN Grades assigned
 - Grade of W assigned to students who officially withdraw from a course
- **September 22– September 24 (Mon–Wed)**
 - No classes scheduled
- **September 24 (Wed)**
 - WA Grades assigned (Immunization non-compliance)

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.



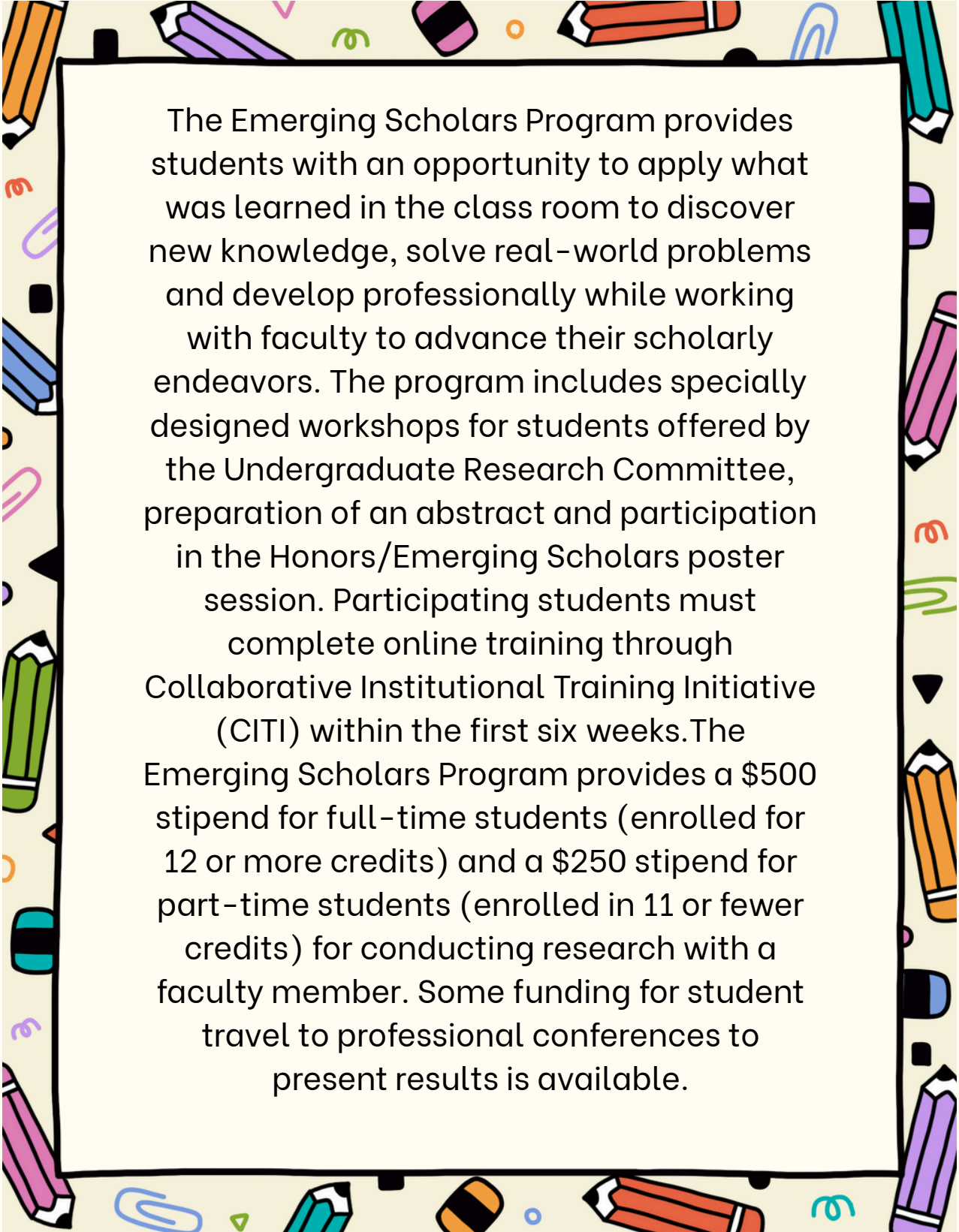
The Counseling Services Center provides free and confidential counseling to City Tech students in-person, by phone, and by video. Services include individual counseling for academic, career and personal challenges as well as crisis intervention.

For further information, please visit their website here:

[CITY TECH SUPPORT](#)

Emerging Scholar Program

2025



The Emerging Scholars Program provides students with an opportunity to apply what was learned in the class room to discover new knowledge, solve real-world problems and develop professionally while working with faculty to advance their scholarly endeavors. The program includes specially designed workshops for students offered by the Undergraduate Research Committee, preparation of an abstract and participation in the Honors/Emerging Scholars poster session. Participating students must complete online training through Collaborative Institutional Training Initiative (CITI) within the first six weeks. The Emerging Scholars Program provides a \$500 stipend for full-time students (enrolled for 12 or more credits) and a \$250 stipend for part-time students (enrolled in 11 or fewer credits) for conducting research with a faculty member. Some funding for student travel to professional conferences to present results is available.

Please follow this link to there page
<https://www.citytech.cuny.edu/research/undergradute-research.aspx>
The application will be released by the end if this month

INTERNSHIP OPPORTUNITIES



NASA Office of STEM Engagement (OSTEM) Spring Internship

NASA's Office of STEM Engagement (OSTEM) paid internships allow college-level students to contribute to the agency's mission to advance science, technology, aeronautics, and space exploration. OSTEM internships provide students with the opportunity to gain practical work experience while working side by side with mentors who are research scientists, engineers, and individuals from various other professions. Internships may be full-time or part time on a NASA center or facility.

NASA

DEADLINE: September 12, 2025



With a CUNY Spring Forward internship, you are paid to explore your future career and learn on the job! Spring Forward internships are designed for CUNY undergraduates like you who have no prior internship experience. CUNY offers training to all Spring Forward interns to ensure you can hit the ground running and provides support throughout the program.

SPRING FORWARD

Pay Rate: \$20/hr.

DEADLINE: October 13, 2025



H RTP: A Public Health Fall Internship Program

One of the oldest and largest public health traineeships in the country, the NYC Health Department Health Research Training Program (H RTP) provides an opportunity for undergraduate students to experience some of the real-life challenges of public health. By working on current public health issues under the close supervision and mentorship of experienced professionals, students apply classroom learning to practical problems in a closely matched practicum. In the process, they learn critical skills needed to excel in the field.

DEADLINE: October 15, 2025

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

LIFE SCI NYC
INTERNSHIP PROGRAM

New York State Energy Research and Development Authority (NYSERDA)

Are you looking to gain real-world clean energy experience and earn money through a paid internship? By participating in New York State's Clean Energy Internship Program, you will gain hands-on experience in the growing clean energy sector as either a part-time or full-time paid intern in one of many potential roles. New York State Energy Research and Development Authority has ongoing internship opportunities. NYSERDA is helping prepare the next generation of clean energy workers by funding internships for students and recent graduates at New York State's clean energy companies through the New York State Clean Energy Internship Program.

Pay Rate: \$17/hr.

NYSERDA

Applications Accepted on a Rolling Basis



The Borgen Project Internship

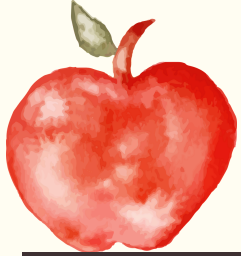
The Borgen Project have several internship and volunteer openings that may be of interest to you, these range from HR, PR/Marketing to writing and journalism. All internship and volunteer programs provide experience in advocacy, mobilizing and fundraising, coupled with real industry exposure and an insight into the nonprofit world. Borgen Project remote internships are work from home roles, weekly deadlines must be met, meetings will be held online and a weekly update of your progress submitted.

Academic Credit

BORGEN

Applications Accepted on a Rolling Basis

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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