

The Catalyst

FEBRUARY 2026

NEWSLETTER



Welcome back a brand new semester is officially underway! As we settle in and get back into the rhythm of classes, now is the perfect time to set intentions, explore opportunities, and build momentum for the months ahead.

Whether you're diving into new courses, joining clubs, preparing for internships, or figuring out your goals for the year, remember that every step counts. Growth doesn't happen all at once, and you don't have to have everything figured out on day one.

This semester, make use of the resources, workshops, and community that CSTEP offers. Stay curious, stay connected, and don't be afraid to ask for support. That's what we're here for. Here's to a strong start and an even stronger finish.

You've got this, and CSTEP has 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

CSTEP ORIENTATION

All CSTEP students are required to attend our Spring 2026 Semester Orientation on Wednesday, February 5th from 12:00 PM – 2:30 PM. We'll go over important program updates, spring event calendars, academic and professional development opportunities, and expectations for the semester. This is also a great chance to meet the CSTEP team, connect with fellow students, and learn about resources, internships, and workshops coming up this spring. Food will be provided.

PLEASE MARK YOUR CALENDARS NOW – ATTENDANCE IS MANDATORY.

Update to CSTEP Check-Ins

We're making a small change to our check-in process. **Healthcare and Nursing majors will now check in with Justin Harnandan**, our new mentor for health-related pathways. **All other majors will check in with Amalia Michel and Alana Kim.**

Check-ins help you stay on track and access opportunities, so make sure you're connecting with the right mentor this semester. More info on scheduling will be shared soon!

Interested in Summer Research?

Looking to build experience over the summer? CSTEP offers a Summer Research Program where students can conduct hands-on research in their field with support from a faculty mentor. It's a great way to strengthen your resume, explore academic interests, and prepare for internships or graduate school.

Students who meet all program requirements will also receive a stipend.

If you're interested, keep an eye out – the application will be released soon!

EVENTS



January 29, 2026 @ 1pm -2pm

Balancing School, Work, and Parenting: Wellness Planning for Student Caregivers

<https://us02web.zoom.us/j/84535990988?pwd=4gbViwDcnhHc8jDuTJztfdtgDXbx4X.1>

Meeting ID: 486 743 7570 Passcode: 081316

February 5, 2026 @ 12:30 pm -2pm

CSTEP MANDATORY ORIENTATION

WILL BE HEILD IN ROOM N1001

February 5, 2026 @ 1pm -2pm

Mastering Your Elevator Pitch

<https://us02web.zoom.us/j/84535990988?pwd=4gbViwDcnhHc8jDuTJztfdtgDXbx4X.1>

Meeting ID: 486 743 7570 Passcode: 081316

February 19, 2026 @ 1pm -2pm

Financial Aid 101!

<https://us02web.zoom.us/j/84535990988?pwd=4gbViwDcnhHc8jDuTJztfdtgDXbx4X.1>

Meeting ID: 486 743 7570 Passcode: 081316

February 26, 2026 @ 1pm -2pm

Maintaining Mental Clarity in College: Practical Tools for Growth

<https://us02web.zoom.us/j/84535990988?pwd=4gbViwDcnhHc8jDuTJztfdtgDXbx4X.1>

Meeting ID: 486 743 7570 Passcode: 081316

MARK YOUR CALENDAR



FEBRUARY 1 – SUNDAY

Key Deadlines:

- Last day to add a course, Drop for 75% tuition refund, Opt-in for Credit/No-Credit (Fall 2025 & Winter 2026), Financial Aid Certification Enrollment Status Date, Last day to drop without WD

FEBRUARY 2 – MONDAY

Updates:

- VOE Rosters available to faculty, WD grade for course drops, Course substitutions due (Spring 2026)

FEBRUARY 8 – SUNDAY

Deadline:

- Last day to drop for 50% tuition refund

FEBRUARY 12 – THURSDAY

Note:

- **Lincoln's Birthday – College Closed**

FEBRUARY 15 – SUNDAY

Deadlines:

- Drop for 25% tuition refund, Declare/Change Major or Minor (effective Spring 2026), Last day to drop with WD, VOE Rosters due from faculty

FEBRUARY 16 – MONDAY

Important:

- **Presidents' Day – College Closed, WN grades assigned, Course Withdrawal Period begins (100% tuition obligation), W grade for official withdrawals**

FEBRUARY 17 – TUESDAY

Reminder:

- **No classes scheduled**

FEBRUARY 18 – WEDNESDAY

Opens:

- Filing period for Spring 2026 Graduation

FEBRUARY 25 – WEDNESDAY

Action:

- 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](#)



INTERNSHIP OPPORTUNITIES



UNDER ARMOUR

Under Armour is offering a 12-week Engineering internship for current undergraduate and graduate students interested in front-end development and user experience design. Interns gain hands-on experience improving the company's global e-commerce platform using tools like TypeScript, React, and NextJS. The program includes mentorship, professional development, and collaboration with an agile digital team working on high-impact, customer-facing features.

Details:

Location: Baltimore, MD (relocation assistance available)

Eligibility: Currently enrolled, graduating Dec 2026 – July 2027

Work Style: Hybrid or in-office

2026 Under Armour Engineering Summer Internship



Citadel is offering a Human Resources internship for students interested in people operations, recruiting, learning and development, and HR analytics. Interns gain hands-on experience supporting global HR projects, collaborating with internal partners, and working on process improvement initiatives in a fast-paced, analytical environment. The internship includes exposure to multiple HR functions and opportunities to build skills in communication, data analysis, and organizational strategy.

Details:

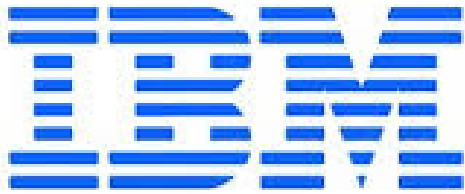
Location: New York, NY

Focus Areas: People Operations, Campus Recruiting, Learning & Development, People Analytics

Compensation: \$2,200–\$2,300 per week

2026 Citadel Human Resources Internship





IBM is offering a transformational AI-focused MBA internship for students interested in AI strategy, enterprise transformation, product thinking, and operating model design. Interns work alongside transformation leaders, product strategists, and AI experts to redesign enterprise workflows, evaluate emerging AI tools, build technology roadmaps, and quantify value creation tied to IBM's AI-first operating model. The role provides exposure to senior decision-making forums and hands-on work tied to measurable enterprise outcomes.

Details:

Focus Areas: AI strategy, workflow redesign, product experimentation, value creation, enterprise transformation

Outcomes: Direct experience transforming a global enterprise and building AI-native operating model skills

2026 IBM AI-First Transformation MBA Internship

The NYC Department of Design and Construction (DDC) is offering a full-time Summer Internship Program for college students interested in architecture, engineering, urban planning, design, and construction management. Interns gain hands-on experience working on civic building projects and public infrastructure upgrades across New York City. The program includes technical field assignments, office-based project support, mentoring from senior staff, and exposure to the planning and delivery of public capital projects.

Details:

Dates: June 1 – August 7, 2026 (35 hrs/week)

Location: 777 Third Ave, Manhattan, NY

Eligibility: Current college students or recent graduates (Winter/Spring 2026)
Project Example: Borough-Based Jails Program (office + field administrative support)

Application Deadline: March 31, 2026

2026 NYC DDC Summer College Internship Program



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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