



# THE RUNDOWN

ISSUE THREE | APRIL 2026



## Welcome to April!

As we move into a new month, we're excited to share upcoming events and resources. We look forward to connecting with all of you this month!

### COMMUNITY CONNECTIONS:

#### Travis Manion Foundation

“If not me then who...”

Veteran Service organization that empowers veterans and families of fallen heroes to develop character in future generations. Inspired by 1stLt Travis Manion, USMC - who was killed in Iraq in 2007 - the foundation emphasizes leadership, service, and honoring fallen soldiers.

#### How you can get involved:

- [Character Does Matter](#)
- [TMF Expeditions](#)
- [Manion WOD](#)
- [TMF Chapters](#)
- [Spartan Leadership Program](#)
- [Athletic Events](#)
- [Operation Legacy](#)
- [The Honor Project](#)
- [9/11 Heroes Run](#)

[WWW.TRAVISMANION.ORG/](http://WWW.TRAVISMANION.ORG/)

THE RUNDOWN:  
MONTHLY NEWSLETTER

## TABLE OF CONTENTS

Community Connections

Plan Ahead · P. 2

Spring Reset · P. 2

# PLAN AHEAD: APRIL EVENTS

*For more information, contact*

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or Emily Kiy, Veteran Program Coordinator: [ekiy@mcny.edu](mailto:ekiy@mcny.edu)*

**TUES**  
**7**

12:00 PM  
1:00 PM

**Career Exploration  
and Networking**

*Via Zoom*

**WED**  
**9**

5:00 PM  
6:00 PM

**Career Exploration  
and Networking**

*Via Zoom*

## **Mission Vet Check**

*Virtual volunteer opportunity through DVS & NYC Cares*

*Trained volunteers conduct friendly, supportive phone calls to connect with veterans, to share information about available resources such as mental health services, housing resources, employment resources, benefits navigation, etc.*

The current cycle runs through **June 30, 2026**

Scheduled volunteer shifts are held Mondays from 2-4 pm and Tuesday 6-8 pm

*For more information and to sign up, please visit the [NYC Cares Website](#)*

# SPRING RESET

Spring is a great time to reset, not just your space, but your goals. Set aside 30 minutes this month to focus on one area that supports your academic or professional success.

## **Choose One:**

- Refresh your resume or update your LinkedIn profile
- Review your syllabus and map out key deadlines
- Identify your next steps (internships, jobs, or future courses)
- Plan one micro-habit to improve your productivity or focus this month
- Declutter your study area
- Connect with your classmates, professors, or academic advisors for guidance or feedback

Email me what you worked on and one result from your reset,  
and you'll receive an MCNY Challenge Coin