

ELASP FOR FRESHMEN

LIST OF SEMINARS & EVENTS

BI-WEEKLY SEMINAR TOPICS

Aug. 29 - Sept. 9: Time Management

Sept. 12 - Sept. 23: Goal Setting 101

Sept. 26 - Oct. 7: Facing Adversity/How to GRIT through College

Oct. 10 - Oct. 21: Advising

Oct. 24 - Nov. 4: Leadership and Values

Nov. 7 - Nov. 18: Preparing for Finals Week and Stress Management

SEMINAR DAY & TIMES

Monday (Virtual) | 3:00-4:00pm | Peer Leaders: Randy & Sidharth

Tuesday | CBB 510 | 11:30am-12:30pm | Peer Leaders: Randy & Cynthia

Wednesday | CBB 522 | 12:00pm-1:00pm | Peer Leaders: Sidharth & Cynthia

Wednesday | CBB 522 | 3:00-4:00pm | Peer Leaders: Randy & Cynthia

Friday | CBB 510 | 11:00am – 12:00pm | Peer Leaders: Sidharth & Cynthia

Friday | CBB 510 | 1:00pm – 2:00pm | Peer Leaders: Randy & Sidharth

EVENT LIST BY MONTH

- ELASP SOCIAL EVENTS
- ELASP WORKSHOPS

AUGUST

26 WELCOME #BAUERGRAD26 EVENT
Time: 2:00pm – 4:00pm
Location: Rockwell Pavilion

SEPTEMBER

8 UH STUDENT SERVICES WORKSHOP
Time: 4:00pm – 5:00pm
Location: CBB 522

13 ICE-CREAM SOCIAL & BOARD GAMES
Time: 4:00pm – 5:30pm
Location: CBB 522

15 STRATEGIES FOR TAKING NOTES & STUDYING EFFECTIVELY IN COLLEGE WORKSHOP
Time: 4:00pm – 5:00pm
Location: [Click here to join](#)

16 RCC CAREER FAIR
Time: 12:00pm – 4:00pm
Location: UH Hilton

30 TULANE VS. HOUSTON FOOTBALL GAME
Time: 6:00pm
Location: TDECU Stadium

OCTOBER

5 SO, YOU BOMBED YOUR FIRST EXAM, #HELP WORKSHOP
Time: 4:00pm – 5:00pm
Location: CBB 522

12 MID-SEMESTER BOWLING
Time: 5:00pm – 6:30pm
Location: Student Center Games Room

13 ORGANIZATIONS, INTERNSHIPS, & INVOLVEMENT - OH MY!
Time: 4:00pm – 5:00pm
Location: CBB 328

27 SPEED SOCIAL EVENT
Time: 5:00pm – 6:30pm
Location: CBB 328

NOVEMBER

7 SEMESTER WRAP-UP SOCIAL
Time: 5:00pm – 6:30pm
Location: [Click here to join](#)

9 THE POWER OF PURPOSE WORKSHOP WITH ASSOCIATE DEAN, FRANK KELLEY
Time: 4:00pm – 5:00pm
Location: CBB 510

DECEMBER

1 UGLY HOLIDAY SWEATER SHINDIG
Time: 5:00pm – 6:30pm
Location: CBB 328

ELASP FOR FRESHMEN

LIST OF SEMINAR DATES & COHORTS

1. Find your assigned Cohort (A or B)
2. Look at the dates for the 6 Seminar Topics
3. Find your assigned Seminar Day & Time
4. For each topic listed under "Seminar Dates & Topics," attend your assigned Seminar Day & Time during the listed week time frame
5. You will attend 6 Seminars by the end of the Fall semester

COHORT A

SEMINAR DATES & TOPICS

Aug. 29 - Sept. 2: Time Management

Sept. 12 - Sept. 16: Goal Setting 101

Sept. 26 - Sept. 30: Facing Adversity/How to GRIT through College

Oct. 10 - Oct. 14: Advising

Oct. 24 - Oct. 28: Leadership and Values

Nov. 7 - Nov. 11: Preparing for Finals Week and Stress Management

SEMINAR DAY & TIMES

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Wednesday | CBB 522 | 3:00-4:00pm | Peer Leaders: Randy & Cynthia

Friday | CBB 510 | 11:00am – 12:00pm | Peer Leaders: Sidharth & Cynthia

Friday | CBB 510 | 1:00pm – 2:00pm | Peer Leaders: Randy & Sidharth

COHORT B

SEMINAR DATES & TOPICS

Sept. 5 - Sept. 9: Time Management *

Sept. 19 - Sept. 23: Goal Setting 101

Oct. 3 - Oct. 7: Facing Adversity/How to GRIT through College

Oct. 17 - Oct. 21: Advising

Oct. 31 - Nov. 4: Leadership and Values

Nov. 14 - Nov. 18: Preparing for Finals Week and Stress Management

SEMINAR DAY & TIMES

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Friday | CBB 510 | 11:00am – 12:00pm | Peer Leaders: Sidharth & Cynthia

Friday | CBB 510 | 1:00pm – 2:00pm | Peer Leaders: Randy & Sidharth

*Please note that Mon. 9/5 is a Holiday, so the Mon. Cohort B group will meet on Mon. 8/29 with Cohort A