

# ELASP FOR FRESHMEN

## LIST OF SEMINARS & EVENTS

### Weekly Seminar Topics

**Sept. 2 – Sept. 5:** Introduction to ELASP  
**Sept. 8 – Sept. 12:** Time Management Highlighter Party  
**Sept. 15 – Sept. 19:** Study Skills for Success  
**Sept. 22 – Sept. 26:** Personal Branding & Networking  
**Sept. 29 – Oct. 3:** Academic Advising for Spring 2026  
**Oct. 6 – Oct. 10:** How to Interview Like a #BauerBoss  
**Oct. 13 – Oct. 17:** Intro. to Public Speaking  
**Oct. 20 – Oct. 24:** Leadership & Values  
**Oct. 27 – Oct. 31:** Facing Adversity/How to GRIT Through College  
**Nov. 3 – Nov. 7:** College, Finances, & Scholarships  
**Nov. 10 – Nov. 14:** Where We Go From Here: Letter of Self-Reflection

### Seminar Day & Times

**Tuesday** | CBB 510 | 1:00 PM – 2:00 PM: **Matison Mitchell & Jesus Garcia**  
**Wednesday** | CBB 510 | 10:00 AM – 11:00 AM: **Yoana Kigigha & Diego Iglesias**  
**Wednesday** | CBB 510 | 2:00 PM – 3:00 PM: **Yoana Kigigha & Matison Mitchell**  
**Thursday** | CBB 510 | 2:30 PM – 3:30 PM: **Diego Iglesias & Jesus Garcia**  
**Friday** | CBB 510 | 11:00 AM – 12:00 PM: **Jesus Garcia & Diego Iglesias**

### EVENT LIST BY MONTH



CASUAL DRESS



BUSINESS CASUAL DRESS

#### SEPTEMBER

**9** **CAREER FAIR PREP & RELATIONSHIP BUILDING**  
 Time: 4:00pm – 5:30pm  
 Location: CBB 510

**11** **HOW TO GET AN INTERNSHIP**  
 Time: 4:00pm – 5:30pm  
 Location: Student Center: Space City

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

#### 16 ICE CREAM SOCIAL

Time: 4:30pm – 6:00pm  
 Location: Shasta's Cones

#### 18 UTILIZING AI: TOOLS FOR ACADEMIC & CAREER SUCCESS

Time: 4:00pm – 5:30pm  
 Location: CBB 328

#### OCTOBER

**1** **HEADSHOT MIXER**  
 Time: 4:00 – 6:00 PM  
 Location: CBB Lobby

#### NOVEMBER

#### 5 BOWLING AT THE STUDENT CENTER SOCIAL

Time: 5:00pm – 7:00pm  
 Location: Student Center Games Room

#### 20 END OF THE SEMESTER CELEBRATION

Time: 5:00pm – 6:30pm  
 Location: CBB 328

# ELASP FOR FRESHMEN

SCHOLARSHIP REQUIREMENT | FALL 2025

1

Complete **Fall Freshmen Survey**

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2

Earn at least **225 points**

\*RCC - Rockwell Career Center

Ways to earn:

- **Weekly Seminars:** 20 pts. each
  - **ELASP Events (Social & Professional):** 15 pts. each
  - **Peer Leader 1-1 Meetings:** 10 pts. each; not to exceed 20 pts.
  - **Meet with RCC\* Career Counselor:** 10 pts. each; not to exceed 10pts.
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3

Complete **End of Fall Freshmen Survey**

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4

Have a **3.25 GPA on 12 hours at UH** by the end of Fall 2025

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5

**Submit program reflection for an opportunity to receive a \$1,000 scholarship**

\*Reflection submission information provided to students eligible for the scholarship