



Elevate is offering a bunch of new programs this spring aimed at graduated high school seniors—but all high school students are welcome! Check out what we have planned.

## Mentor Mondays [Apply Now](#)

Interested in pitching a project idea? We'll match you with an industry mentor! *Applications due Monday, May 11*

## Tour Tuesdays [Register Here](#)

We'll be hosting virtual tours on these Tuesdays during the spring. Each tour will be followed by a panel with industry professionals! **From 1 to 2 pm on these dates.**

- May 12: Arcimoto
- May 19: Weyerhaeuser
- June 2: Bike Share Program
- June 9: Strapworks

## Working Wednesdays [Register Here](#)

Short webinars designed to assist you with your job search. Includes mock interviews, resume building, time management, public speaking, and career search help. **From 1 to 2 pm on these dates.**

- May 6: Time Management
- May 13: Interviewing 101 w/ Rachel Ulrich, RU Talking
- May 27: Public Speaking w/ Rebecca Sprinson, UO
- June 3: Resume Building w/ Emily Martin, Ninkasi Brewing
- June 10: Career Connection w/ Laura Vinson, Lane County HR

## Think-About-It Thursdays [Register Here](#)

Join Elevate for a financial foundations course led by DevNW! This is a five-week course with sessions on **May 14, May 21, May 28, June 4, and June 11**. There will be two time slots to choose from: 1-3 pm and 3:30-5:30 pm. 25 registrants per class. *Registration closes May 7*

## Feel-Good Fridays

- May 8: [Sleepy Yoga](#)
- May 15: [Method Breathing with Wim Hof](#)
- May 22: [Guided Meditation & tapping practice](#)
- May 29: [Journaling](#)
- June 5: [Sparkling Joy! Tidying Up Tips with Marie Kondo](#)
- June 12: [Simple Crock Pot Cooking & one-pot pasta dishes](#)



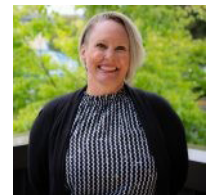
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