

THE ADVANCE ADVANTAGE

MONTHLY NEWSLETTER FOR Nighthawk Patriots

ADVANCE A NOVA | MASON PARTNERSHIP

ISSUE # 3 Winter break Special edition

DECEMBER 2020

CONGRATS FALL 2020 ADVANCE GRADS!



Meet Rocio Cornero

Rocio is an ADVANCE student graduating in Fall 2020 with a B.S in Chemistry, Biochemistry concentration. Rocio's dream job is to become a researcher. While at Mason, Rocio joined Dr. Luchini & Dr. Liotta's lab in the School of Science to conduct research. Rocio conducted research on examining proteins in honey and was featured in Science News in 2019.

"The Alexandria library was my favorite spot to hang out at NOVA. It has beautiful windows and tables where you can sit and see outside. My favorite spot at Mason are the tables located outside the Johnson Center building." Said Rocio. Rocio advises ADVANCE students to use resources available to them. " I would highly recommend using the Tutoring center. English is my second language, and the tutoring center helped me both at NOVA and Mason not only with citation but also with grammar and redaction." said Rocio.

Congratulations Rocio!

[You can read more about Rocio's research here](#)



Artwork by Payton Crain (A.F.A Visual Arts pathway)

STUDENT INSPIRATION

"This artwork is based off of a photo I took while I was on a trip to Ireland.

These are the Cliffs of Moher and it was the most breathtaking place I have ever seen.

I felt the strong ocean wind against my face and bask in the small amounts of sun that were getting through the overcast sky.

I drew myself in the piece to try to give some scale to these massive cliffs.

I included my cat because I see her as my little spirit animal."

Payton Crain- ADVANCE student.

MINDFULNESS MOMENT

How to safely enjoy the winter break



CHECK ON LOVED ONES.



**DO MORE OF WHAT MAKES YOU HAPPY
(BAKING, PAINTING, READING, ETC..)**



CREATE A HOLIDAY PLAYLIST.



PRACTICE SELF CARE.



BUNDLE UP AND TAKE A WALK.



WATCH HOLIDAY MOVIES.



Happy Holidays!



NOVA: Final examinations December 8th to 14th.

Mason: Final examinations December 9th to 16th.



NOVA: Spring 2021 first day of classes January 11th
Mason: Spring 2021 first day of classes January 25th



**All students graduating from NOVA in Spring 2021 MUST submit a
Graduation Application by March 1st 2021.**

