

THE ADVANCE ADVANTAGE

MONTHLY NEWSLETTER FOR NIGHTHAWK PATRIOTS

ADVANCE A NOVA | MASON PARTNERSHIP

TRENDING @ NOVA

Safeguarding Your Health in Times of Stress

November 16 & 30th

https://vccs.zoom.us/join/9t69RNUmHtrP0fuxcYNoRG_e08

Your Best Foot Forward: Interview Skills for Job Seekers

Wednesday, November 18 at 2:00pm to 3:00pm

Virtual, <https://learn.vccs.edu/enroll/HBHPYP>

Top Test-Taking Tips

Friday, November 20 at 12:00pm to 1:00pm

Virtual, <https://learn.vccs.edu/enroll/HBHPYP>

Meditation and Personal Development

WEDNESDAY, NOVEMBER 25 4:30pm

https://vccs.zoom.us/join/9t69RNUmHtrP0fuxcYNoRG_e08

For more information visit
<https://calendar.nvcc.edu/>

ADVANCE COMMUNITY

ADVANCE STUDENT SPOTLIGHT



Meet Cherielyne Maramba!

An ADVANCE student majoring in Health Administration that transitioned to Mason in Fall 2020. Cherielyne told us that ADVANCE gave her so many opportunities to be successful at both NOVA and Mason. "The Johnson Center and Fenwick Library became my favorite spots to study and hang out where I got to meet other Mason students. I was also able to join the women's club lacrosse team and get a head start on taking classes towards my bachelor's degree while finishing credits for my associate's." Said Cherielyne.

Cherielyne finds success coaching as one of the best aspects of being in ADVANCE and she gave this advice to other ADVANCE students " Try to meet with your coach at least once a semester and take the time to build this success coach/ student relationship. Have all your questions and concerns ready to make the most out of your time at an appointment. Think ahead of what your academic and career goals are so you can discuss with your coach how to successfully achieve those goals."



TRENDING @ MASON

15 minute LKM (Loving Kindness Meditation)

Mon, 16 Nov 2020 12:30 PM – 12:45 PM

<https://gmu.zoom.us/j/6069842923>

College Reading Strategies

Tue, 17 Nov 2020 3:00 PM – 4:15 PM

Register on Mason360:

https://mason360.gmu.edu/LearningServices/rsvp_boot?id=749451

Managing Burnout from Online Classes

Thurs, November 19, 2020

<http://cglink.me/r873326>

Exam Strategies Workshop

Thu, 19 Nov 2020 3:00 PM – 4:15 PM

<https://gmu.zoom.us/j/6069842923>

Mindfulness Meditation 201

Thu, 26 Nov 2020 4:00 PM – 4:30 PM

<https://gmu.zoom.us/j/6069842923>

For more information visit

https://mason360.gmu.edu/home_login

COACHING CONVERSATIONS

What is Leave of Absence?

All ADVANCE students are required to complete a minimum of 6 approved pathway credits each consecutive fall and spring semester at NOVA. Students who are planning an absence during the course of their studies at NOVA must submit a formal request or Leave of Absence (LOA) Form to the ADVANCE Program.

Deadline to request Leave of Absence for Spring 2021 is December 15th 2020.

Reach out to your Success Coach for more details.

MINDFULNESS MOMENT

Maintain a Gratitude Journal!

When students are stressed out about school, they may focus on negative feelings, which can eventually lead to depression and anxiety.

By taking just a few minutes each day to write in your gratitude journal you can cut through the negativity and remind yourself to be thankful for the good things that are going on in your life, despite the stress.

(Source, Meditation & Mindfulness on Campus, n.d.)



Spring 2021 Registration is now open!

Reach out to your Success Coach/ Academic Advisor to make sure you are registering for the right courses.

NOVA: November 9th Open registration begins for all students.

Mason: Check Registration Priority dates here: <https://registrar.gmu.edu/calendars/spring-2021/#tickets>

Happy Thanksgiving!

NOVA: November 25, 26-29 Non-instructional day/no classes.

Mason: November 25-29 No Classes, University Closed.



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[HTTPS://WWW.NVCC.EDU/ADVANCE/](https://www.nvcc.edu/advance/)

Questions? Email us

ADVANCE@NVCC.EDU