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."
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.)

Happy Thanksgiving!

TRENDING @ MASON
15 minute LKM (Loving Kindness Meditation)
Mon, 16 Nov 2020 12:30 PM – 12:45 PM
https://mason.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/rsvpbootid=749451

Managing Burnout from Online Classes
Thurs, November 19, 2020
http://cglink.me/1873326

Exam Strategies Workshop
Thu, 19 Nov 2020 3:00 PM – 4:15 PM
https://mason.zoom.us/j/6069842923

MIndfulness Meditation 201
Thu, 26 Nov 2020 4:00 PM – 4:30 PM
https://mason.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.

MINDFULNESS MEDITATION 201
Thu, 26 Nov 2020 4:00 PM – 4:30 PM
https://mason.zoom.us/j/6069842923

For more information visit
https://mason360.gmu.edu/home_login

Happy Thanksgiving!

NOVA: November 9th Open registration begins for all students.
Mason: Check Registration Priority dates here: https://registrar.gmu.edu/calendars/spring-2021/#tickets

NOVA: November 25 , 26-29 Non-instructional day/no classes.
Mason: November 25-29 No Classes, University Closed.

THE ADVANCE ADVANTAGE
HTTPS://WWW.NVCC.EDU/ADVANCE/

Questions? Email us ADVANCE@NVCC.EDU