Favorite Quotes from your Coaches

**Destiny Spencer**
"The greatest glory in living lies not in never falling, but in rising every time we fall." Nelson Mandela.

**Bradley Brooks**
"Vulnerability is not winning or losing. It's having the courage to show up when you can't control the outcome." Brene Brown.

**Sharon Kim**
"Everything is a life lesson. Everyone you meet, everything that you encounter. They are all part of the learning experience." (Unknown).

**Sabrey Garling**
"Soon, when all is well, you're going to look back on this period of your life and be so glad that you never gave up." Brittany Burgunder.

**Ashley Marshall- Lanier**
"Aggressive goals equals aggressive self care. When pursuing your goals, remember to take care of yourself."

**Amira Aly**
"Our greatest weakness lies in giving up. The most certain way to Succeed is to always try just one more time." Thomas Edison.
#TRENDING @NOVA

Career Exploration & Making the Major...
Not Your Typical Sex Talk with Dr. Justine Shuey
Mathematics, Computer Science, & Information Technology Virtual Employer Tables
Virtual STEM Careers: Resume Building

Click on the events for more information and registration

#TRENDING @GMU

2021 Spring Get Connected Fair
Sleep Better
Science and Math Study Strategies
Overcoming Procrastination

Earn Your Resilience Badge!

Earn a digital credential by completing Mason’s Resilience Badge. This unique, free, and asynchronous learning opportunity is available to you through Blackboard. This program helps you to learn about resilience and helps you to enhance the resilience you already have. You will learn how optimism benefits resilience and how fear gets in the way. Learn skills that will help you to thrive in school and life.

Contact us with questions about the program at ResBadge@gmu.edu
Register Here with your Mason Ned-ID and password.

SCHOLARSHIP OPPORTUNITY

ONLY FOR ADVANCE STUDENTS THAT HAVE GRADUATED FROM NOVA AND ARE CURRENTLY ENROLLED AT MASON

The Osher Lifelong Learning Institute is offering a $1,000 NOVA Merit Scholarship. Open only to NOVA transfer students at Mason. Must be planning to enroll at Mason in Fall 2021 + 3.5 Mason GPA or higher.

Apply Here
For more information email: advisor@gmu.edu

All students graduating from NOVA in Spring 2021, must submit their application to graduate by March 1, 2021.

All new ADVANCE students schedule a meeting with your Success Coach here.
Waseema Khan is a second year ADVANCE student. Waseema is pursuing a degree in Social Work and wants to become a licensed social worker. “I love helping people and seeing them become the best they can be,” said Waseema. Waseema finds success coaching as one of the best things of the ADVANCE program. “My Success Coach helps me develop my personal and professional skills to reach my goal and connects me to recommended resources. The fact that I have been receiving this kind of support has pushed me to be the best that I can be.” said Waseema. Waseema enjoys cooking and wanted to share a recipe with ADVANCE students. “This recipe is a classic Desi dish that everyone makes and enjoys. I picked this recipe because the familiarity brings back childhood memories. It is an easy yet delicious dish to make with family,” said Waseema.

**Recipe:**

**Tandoori Chicken:** Chicken legs/thighs/wings (Drizzle oil over the chicken, add 2 spoons of yogurt & half a lemon. Add one pack of Shan tandoori masala (you are able to get this at any Indian store) and one spoon of garlic paste. Add one spoon of ginger paste & mix and make sure to coat all the sides then grill or put on a pan or in the oven.

**Yellow Rice:** Coat pot with oil (enough to cover the bottom). Add 3 cups of basmati rice and 3 cups of water or broth & a teaspoon of salt (or desired amount). Add fried onions (optional) OR 3 tablespoons of chopped onions +1-2 spoons of coriander seeds +1 bay leaf + Cinnamon stick (optional) + desired amount of golden raisins (optional) and 1/2 teaspoon of turmeric powder. Cook for about 20 minutes or until rice is soft. And Enjoy!

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**NOVA & MASON HONOR BLACK HISTORY MONTH**

NOVA and Mason proudly honor Black History Month by hosting several special events, including Sankofa Danzafro’s **The City of Others**. The City of Others explores racism and social disparity in Colombia, a country home to Latin America’s second largest population of people of African descent. **Guess Who?: Black History Month Edition** is a virtual event will highlight prominent figures within Black history while testing our knowledge on the subject.

For more events and information please [click here for NOVA’s events](#) & [here for Mason’s events](#).