

THE ADVANCE ADVANTAGE

QUARTERLY NEWSLETTER FOR NIGHTHAWK PATRIOTS

ADVANCE A NOVA / MASON PARTNERSHIP

WELCOME TO ADVANCE SPRING 2021 ADMITS!

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](#)

#TRENDING @GMU

[2021 Spring Get Connected Fair](#)

[Sleep Better](#)

[Science and Math Study Strategies](#)

[Overcoming Procrastination](#)

Click on the events for more information and registration

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**](mailto:ResBadge@gmu.edu)

[Register Here](#) with your Mason Ned-ID and password.

Earn Your Resilience Badge!



- **Discover** the science of resilience through an online, asynchronous experience
- **Increase** self-awareness
- **Enhance** optimism
- **Learn** strategies to manage fear and stress
- **Develop** a personal resilience plan to keep you moving toward your goals



Email us with questions
ResBadge@gmu.edu



Scan the code or Register
online at:
[Go.gmu.edu/ResilienceBadge](https://go.gmu.edu/ResilienceBadge)



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](#).

ADVANCE Student Spotlight

Waseema Khan's Tandoori Chicken and Yellow Rice



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!

BLACK HISTORY MONTH
FEBRUARY 2021
The information and some links for all events can be found in the ADV Student Life Calendar or through this link @ NOVA

EVERY WEDNESDAY @ 12 PM | BLACK CHATS

TUES., FEB. 2ND @ 3 PM | THE ART OF SPOKEN WORD

FRI., FEB. 5TH @ 7 PM • STEP AFRICA
CELEBRATION OF AFRICAN-AMERICAN HISTORY!

TUES., FEB. 10TH @ 4 PM | BSA OPEN MIC & POETRY SLAM

TUES., FEB. 16TH @ 6 PM • WORKSHOP
IDENTITY & SELF-AWARENESS THROUGH POETRY

WED., FEB. 17TH @ 6 PM | 60 IN 60 TRIVIA NIGHT

TUES., FEB. 23RD @ 6 PM | TRUE BLACK HISTORY MUSEUM

WED., FEB. 24TH @ 7 PM
SPOKEN WORD PERFORMANCE BY ASHLEE HAZE

THUR., FEB. 25TH @ 6 PM
SOUL FOOD DINNER WITH JESSE J. HOLLAND

FRIDAY, FEB. 26TH @ 7 PM | DJ ROMIN JAM NIGHT

SPOTIFY PLAYLIST • BY BSA | <http://spotify.fi/3p8yq3X>

NOVA & MASON HONOR BLACK HISTORY MONTH



NOVA and Mason proudly honor Black History Month by hosting several special events, including Sankofa Danzafrö'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](#).