opportunities to win Mason Science SWAG. Meet students, discuss your programs, and share research and professional opportunities with free food and
September 14, 2021 at Mason’s Fairfax Campus and September 16, 2021 at Mason’s SciTech Campus
ScienceConnect
Department of Atmospheric, Oceanic, and Earth Sciences Professor
August 25, 2021 | 1:30 p.m.
The Stearns Digital Learning Quality Assurance Team will share essentials for online course quality and
August 20, 2021 | 1:30 to 2:30 p.m.
Stearns Center Webinar: How to Check the Quality of Your Online Courses and Online Teaching
August 19, 2021, 3 to 4 p.m.
College of Science Faculty Meeting

As students return to campus, the Student Support and Advocacy Center urges the Mason community to
more on the study
Fund will provide one Mason student a week's worth of food and toiletries
otherwise be able to afford food and toiletries. A gift of $40 to the Student Food and Housing Insecurity
Governor Ralph Northam.
new Virginia STEM Education Advisory Board that will advise
Padmanabhan (Padhu) Seshaiyer
Mason professor named to state STEM

Mason Scientists to start

The more space we have in the "MORE" list, the easier it is for us to notice what is and isn't working and list.

1. Brainstorm: When you first start to fill in the "MORE" list, make sure to include everything, even the apparently

2. Review and select them daily/weekly/monthly (you control the timing).
3. Reflect on your progress.
4. Add or remove your goals as needed.

Three steps: Make a list of your "MOREs", review and select...and reflect on your progress.

There are four steps:

"MOREs" visible.

End of the summer break. Where have the time...and in the same breath...the start of a new school year.

At the start of the semester, life always seems so hectic. And, combined with the pandemic, one could
time of year.

easily feel somewhat overwhelmed. Here's a helpful guide for focusing your mind as you enter this busy

Think of it as a simple fill in the blank exercise:

No MORE ____________
Do MORE ____________
Be MORE  ____________

4. Add or remove your goals as needed.
3. Reflect on your progress.
2. Review and select them daily/weekly/monthly (you control the timing).
1. Brainstorm: When you first start to fill in the "MORE" list, make sure to include everything, even the apparently

No MORE ____________
Do MORE ____________
Be MORE  ____________

In this Issue

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MASON SCIENCE COMMUNITY

RESEARCH & DISCOVERY

IN THE NEWS

Mason scientists are part of E3STEM Education Advisory Board

Emerging Trends in Science and Technology (E3STEM) advisory board, a new Virginia STEM Education

Mason Sciences Community

Message from the Dean

Events

In this issue, we will feature a number of events and activities taking place at Mason. These events are open to all students, faculty, and staff.

Register to attend

Read the announcement

Learn about this award

Learn about this award

Learn about this award

Learn about his research

Learn about this award

Send us your questions

Stay Connected

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