Mason SCIENCE

Understand. Innovate. Succeed.

Wednesday, August 18, 2021 **science.gmu.edu**

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MORE

by Fernando Miralles-Wilhelm

At the start of the semester, life always seems so hectic. And, combined with the pandemic, one could easily feel somewhat overwhelmed. Here's a helpful guide for focusing your mind as you enter this busy time of year.

This interesting framework my colleague suggested we use to start the semester can allow you some introspection. You can't do everything or be everything at once, yet with this exercise, you can keep your goals and aspirations in front of you in a manageable, motivational way.

There are four steps:
1. List your MOREs.
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.

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

Be MORE _____

Do MORE _____

No MORE _____

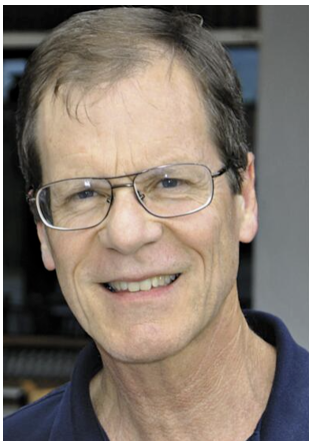
Start by finding a quiet place and give yourself time to really think about each ‘MORE.’ Then make your list. Collect your aspirations in a place that’s easy for you to review them on a regular basis. Make your MOREs visible.

Read full message

MASON SCIENCE COMMUNITY

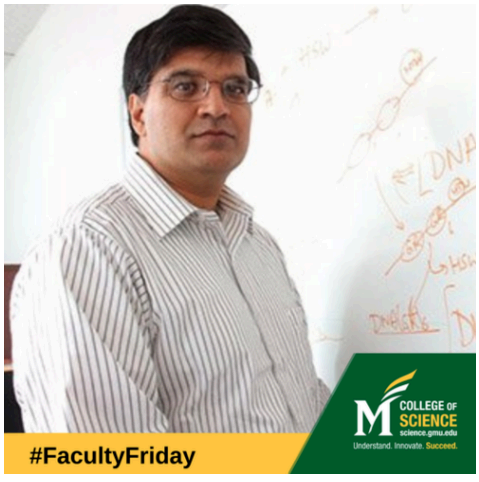
Biology professor receives Acharius Medal from International Association for Lichenology

by Genevieve McKenna



Department of Biology Professor James Lawrey received the highest international honor for a lichenologist at the August 2021 meeting of the International Association for Lichenology held virtually from Bonito, Brazil.

Learn about this award



Jafri featured for research surrounding cancer drug susceptibility

Last week's #FacultyFriday, M. Saleet Jafri, School of Systems Biology Professor and Neuroscience Program Director, specializes in biomedical research and is developing a computational method to predict the functional consequences of genetic variation in attempts to determine the susceptibility of a particular genetic variant of the protein to a specific cancer drug.

Learn about his research

RESEARCH & DISCOVERY

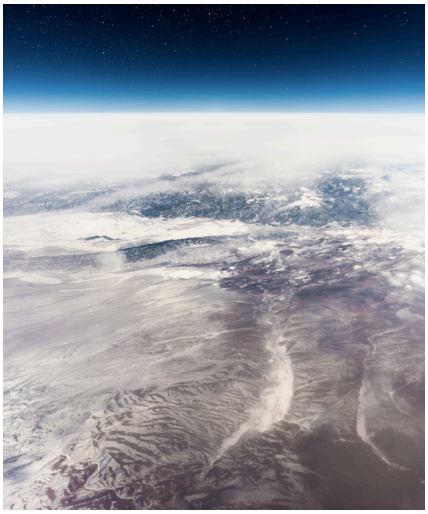
Mason Scientists to start research aimed at protecting endangered sea turtles

by Elizabeth Grisham



Ylenia Chiari, Assistant Professor, Biology, and Scott Glaberman, Assistant Professor/Associate Chair for Research, Environmental Science and Policy, Faculty Fellow, Potomac Environmental Research and Education Center (PEREC), are set to receive funding to study the Kemp's ridley—the most endangered sea turtle in the world.

More on the study



Investigating new network of bedrock to boundary layer observational facilities

by Elizabeth Grisham

Paul Dirmeyer, Professor, Atmospheric, Oceanic and Earth Sciences, will be a principal contributor to the scoping of observational facilities to advance Earth system monitoring and modeling, with emphasis on land surface-atmosphere interactions and processes.

More on the study

IN THE NEWS

Mason professor named to state STEM Education Advisory Board

Department of Mathematical Sciences Professor George Mason Padmanabhan (Padhu) Seshaiyer is one of ten people named to the new Virginia STEM Education Advisory Board that will advise Governor Ralph Northam.

Read the announcement



Happening at Mason



Help stock the shelves of the Patriot Pantry

As students return to campus, the Student Support and Advocacy Center urges the Mason community to help restock the shelves of the Patriot Pantry — an invaluable resource for students who wouldn't otherwise be able to afford food and toiletries. A gift of $40 to the Student Food and Housing Insecurity Fund will provide one Mason student a week's worth of food and toiletries

Give now

Events

College of Science Faculty Meeting
August 19, 2021, 3 to 4 p.m.
Check your email for virtual meeting details.

Stearns Center Webinar: How to Check the Quality of Your Online Courses and Online Teaching
August 20, 2021 | 1:30 to 2:30 p.m.
The Stearns Digital Learning Quality Assurance Team will share essentials for online course quality and provide tips for how to work with the Online Quality Checklist. Check out their online resources.

Virtual Event to Highlight New IPCC Climate Report
August 25, 2021 | 1:30 p.m.
Department of Atmospheric, Oceanic, and Earth Sciences Professor Jim Kinter will explain why and how the climate is changing, the impacts on our Commonwealth and the world, and possible responses.

ScienceConnect
September 14, 2021 at Mason's Fairfax Campus and September 16, 2021 at Mason's SciTech Campus
Meet students, discuss your programs, and share research and professional opportunities with free food and opportunities to win Mason Science SWAG. Register to attend.

See Full Calendar

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