opportunities to win Mason Science SWAG.

Meet students, discuss your programs, and share research and professional opportunities with free food and

August 25, 2021 | 1:30 p.m.

Department of Atmospheric, Oceanic, and Earth Sciences Professor

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

Check your email for virtual meeting details.

College of Science Faculty Meeting

Mason Scientists to start

Wednesday, August 18, 2021

MOREs visible.

list. Collect your aspirations in a place that's easy for you to review them on a regular basis. Make your

1. List your MOREs.

2. Start by finding a quiet place and give yourself time to really think about each 'MORE.' Then make your

3. Reflect on your progress.

4. Add or remove your goals as needed.

No MORE ____________

Do MORE ____________

Be MORE  ____________

This interesting framework my colleague suggested we use to start the semester can allow you some

time of year.

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

MORE