Being resilient

by Fernando Miralles-Wilhelm

The concept of resilience has been around for centuries. In high school physics, we learn about Hooke’s law for compression and deformation of springs, and the concept has evolved and has been applied across many disciplines: physics, engineering, health, psychology, sociology, disaster studies, and ecology among others. Broadly, we can say that resilience is the ability to recover – and thrive, from big changes.

We just experienced a very difficult year, one with many changes. The Delta and Omicron variants of COVID-19 continue to disrupt our lives and we continue to endure the pain of loss. In 2021 our Mason Science community lost two dear colleagues, Lee Talbot and Tom Lovejoy. Both had illustrious scientific careers focused on environmental causes while inspiring and enthusiastically educating the next generation of scientists.

As the new semester begins, we are coming off a winter break that offered at least some moments of rest and joy. If you were able to get some much-needed downtime, you begin the new year and the
spring semester focused and productive. Go chase those lofty goals! We are here to support you. The Mason Science community also has your back if you or your students feel a sense of overwhelm or are in pain. Perhaps try some of these suggestions when it all feels like too much. Remember, you are not alone.

Read ESPs tribute

Lovejoy's legacy will go on

by A. Alonso Aguirre

Thomas Lovejoy, who passed away on December 25, 2021, was a Distinguished University Professor of Environmental Science and Policy, the founding Scientific Director of the Institute for a Sustainable Earth, and a mentor and friend to countless graduate students, researchers, and faculty colleagues. His loss is felt world-wide, with tributes appearing in National Geographic, The New York Times, and Mongabay to name a few.

Read ESPs tribute

#FacultyFriday highlights SSB and neuroscience associate professor

This week's #FacultyFriday highlights Nadine Kabbani, Associate Professor, School of Systems Biology, Neuroscience. Kabbani’s research centers around the discovery of mechanisms underlying brain disease, with an emphasis on cholinergic signals in cells. There are still a few seats available for Kabbani’s NEUR 101: Intro to Neuroscience course. This course fulfills the Mason Core Natural Science Non-Lab requirement - if you know of any students who would be interested, encourage them to register.

See Kabbani’s bio
Mason scientist contributes to improved dust storm prediction model

Daniel Tong, Professor, AOES, worked with The National Oceanic and Atmospheric Administration's (NOAA) Air Resources Laboratory to update the FENGSHA wind-blown dust emission model resulting in more accurate predictions of the time, location, and magnitude of impending dust storms. Tong is the creator of the original FENGSHA model.

More on this research

Exploring Jupiter’s moons for signs of life

by Tatyana Woodall, Popular Science

The European Space Agency will soon send JUICE, or the Jupiter Icy Moons Explorer, on a mission to monitor Jupiter and three of its moons. Michael Summers, Professor, Physics and Astronomy, spoke to Popular Science about the mission. Photo: NASA/JPL/DLR.

Read the article

Submit nominations for the Presidential Awards for Faculty Excellence
Mason will recognize outstanding faculty with the expanded Presidential Awards for Faculty Excellence. The deadline for submitting nominations is **Thursday, February 4, 2022**. These awards honor excellence in teaching, research and scholarship, social impact, and diversity and inclusion.

Submit a nomination

**Navigate difficult conversations in the workplace**

On **January 20, 2022 from 1 to 3 p.m.**, take part in the first of a five-part series of “skill shops” that hone in on the skills for holding difficult conversations featured in “Crucial Conversations: Tools for Talking When Stakes Are High.” To register for skill shop [one](#), as well as any of the other upcoming sessions, log in to MasonLEAPS and search “Crucial Conversations Skillshop”.

Sign into MasonLeaps

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**Mason Math Alumni / Student Conference**
January 21, 2022 | 9 a.m. to 5 p.m. | Exploratory Hall, room 3301 or Zoom

Join Mason's Department of Mathematical Sciences for an opportunity to connect students and alumni while discussing job opportunities in academia, industry, and national labs. [Registration required](#).

**Climate Action Plan Townhall**
January 28, 2022 | Noon to 1:30 p.m. | Virtual

*Engage with the Mason Sustainability Council, hear the latest updates, and share your thoughts about the future of climate action at Mason.* [Registration required](#).

**Free Screening: Oliver Sacks: His Own Life**
February 2, 2022 | 4:30 to 7:30 p.m. | Johnson Center Cinema

Join Mason’s Interdisciplinary Program in Neuroscience for a free screening of the documentary and discussion with panelists from IPN, LGBTQ+ Faculty/Staff Alliance, and Disability Services at Mason.

**ASSIP 2022 Session: Application Deadline**
February 6, 2022 | 11:59 p.m.

Applications for the 2022 ASSIP program are now open. If you know a student who may be interested, please share this opportunity and encourage them to [apply](#).

See Full Calendar

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