



ADDITIONAL RESOURCES

Academic Advising: Schools and colleges across George Mason offer a variety of academic advising services, including in-person and virtual advising meetings. These meetings can be scheduled appointments or drop-in advising where students are seen on a first-come, first-serve basis and no appointment is required.

Office of Fellowships: Supports currently enrolled George Mason students, and recent alumni, as they prepare to apply to external, nationally competitive awards. These awards—or fellowships—can help recipients pay for school, study abroad, gain research experience, and more.

University Career Services: University Career Services (UCS) is George Mason University's nationally recognized centralized career center. We are specialists taking an industry-focused approach to serving our students and employers.

Resilience Badge: Resilience Badge will allow you to build your resilience through content knowledge and practices, all of which are backed by the science of resilience. Deepening your own knowledge in these areas and honing your self-awareness will allow your thinking to become more flexible, more adaptable, and more creative.

Clifton Strengths: George Mason University and Gallup have partnered to create a Strengths-based culture on our campus. Students, faculty, and staff can take the CliftonStrengths assessment for free. Learn what your strengths are, and how to use them well!

Success Coaching: The Success Coaching team helps students identify resources to enhance their Patriot experiences, and develop and implement personal, career, and academic goals.

Post-Chapter Reflection:

Now that you have worked through the activities, what areas do you still need help with that you can talk to your Success Coach about?