

ADVANCE STUDENT AMBASSADOR PORTFOLIO

By: Maria Fruchterman



Hi! My name is Maria Fruchterman and I am a senior at George Mason University studying Communications with a concentration in Public Relations

I got my associates from NOVA in Liberal Arts/Communications

I stay in good shape by going to the gym and going on walks while listening to music

I am a Catholic and I have been involved in the Catholic Campus Ministry for George Mason since I started at NOVA as a Freshman

I am on the Club Field Hockey team and I play midfield! I have been on the team since I was a Freshman

I love to learn new skills and I enjoy singing while my brother plays the guitar!

I am an aunt now! My sister's baby Carmen is one year old now

I am an extravert, sensing, feeling, judging (ESFJ) personality type

ABOUT ME

RESUME

Maria Fruchterman

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Professional Experience

ADVANCE Student Ambassador

2024-Present

George Mason University

Fairfax, VA

- Answers approximately 10 student discussion boards a week for Northern Virginia Community College students resulting in a higher transfer rate to George Mason
- Writes monthly newsletters for students in the ADVANCE program
- Spoke at a Student Panel for approximately 300 new students in the ADVANCE program, which involved answering student’s questions

Head Recruitment Officer

February 2024-October 2024

Mason Maniak at George Mason University

Fairfax, VA

- Lead recruitment efforts to increase amount of students joining Mason Maniak resulting in over 1,000 new members
- Develop a social media campaign to increase awareness of various campus departments and organizations

resulting in recruitment strategies and goals

Marketing and Communications Intern

June 2024-August 2024

Goodwin Living

Alexandria, VA

- Create 15 social media posts using Canva and Hootsuite for the company’s Instagram, Linked In and Facebook resulting in increased visibility
- Improve digital skills while promoting Goodwin Livings culture
- Interpersonal connections with the older adults at Goodwin Living including a personal mentor

Undergraduate Student Assistant

Summer 2023

Office Of Admissions George Mason University

Fairfax, VA

- Assist admission counselors through sorting and implementing over 6,000 student transcripts into Microsoft office products such as Microsoft Word and Excel
- Organize materials that were used for up to 24 summer orientation sessions aiding in marketing strategies and development for George Mason University

Bachelor of Arts (BA) - Communication Studies, concentration in Public Relations

May 2025

George Mason University

Fairfax, VA

Extracurriculars:

Public Relations Campaign Class

Working on implementing creative ideas with a team of 10 students to help the Izaak Walton League National Conservation Organization gain visibility

Languages

Spanish

Skills

- Web Content Writing, Content Marketing

HACAN (Hispanics Against
Child Abuse and Neglect)

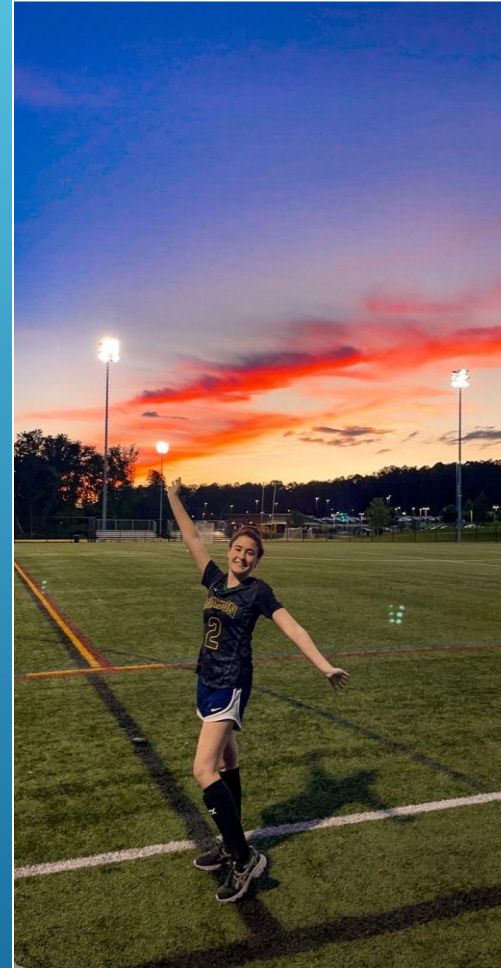
Club Field Hockey

Head Recruitment Officer
for the Mason Maniaxs

Catholic Campus Ministry

Student Ambassador for
ADVANCE

LEADERSHIP EXPERIENCE

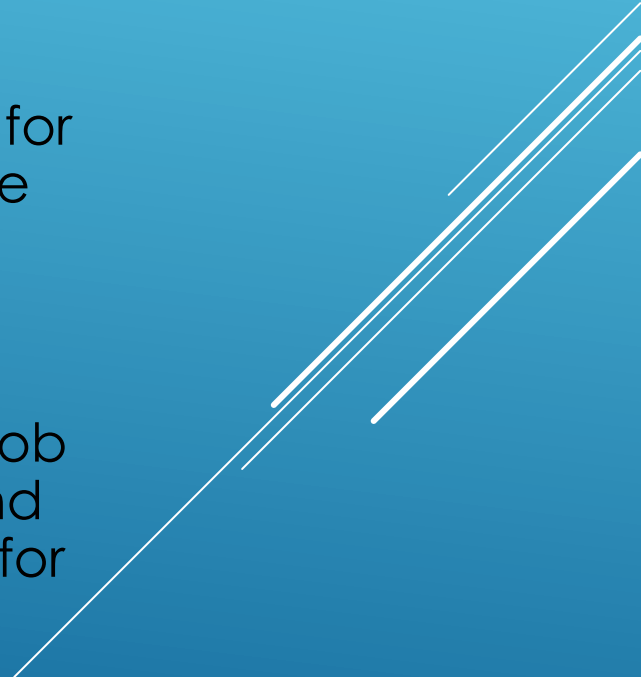


PRACTICAL SKILLS

I have great public speaking skills, I speak Spanish, I can use Canva, Hootsuite, Microsoft Excel, Microsoft Access, and Microsoft Word. At networking events for my major, I make sure to introduce myself to the other people. I have great relationships with my former professors and I help younger students feel comfortable talking to them.

When there is a group project, I am excellent at collaboration. I make sure that everyone in the groups voice is heard. I am great at designing Newsletters, Flyers, and more graphics. For both work and for school I have done graphic design and I enjoy aesthetics. I also have good time management, organization, and problem-solving skills.

I am a critical thinker in the way that I think deeply when I am writing, watching, or reading something. I ask plenty of questions in class about what we are learning and when I am interviewing for a job I ask many questions about the company. I enjoy creative writing and am good at writing about movies and TV shows, which I have done for my classes before.

Three white lines of varying lengths and slopes are positioned on the right side of the slide, extending from the middle towards the bottom right corner.

WELLBEING

In order for me to stay happy and healthy, I always favor exercising. I like to go to the gym in the morning unless I had Field Hockey practice the night before. I also love my Field Hockey tournaments, especially when we get to travel to away games.

When I am stressed, music is something that helps me through tough times. I mainly listen to country music, but I enjoy learning new songs that my friends recommend to me. My favorite country artists are Luke Bryan, Rascal Flatts, and Jason Aldean.

I am starting to read books and color more because it helps me to calm down when I am anxious. I have always heard that reading makes you a better writer, and I believe this to be true. The more books I read, the more I new ideas spark in my head for creative writing.

I enjoy the outdoors, so whenever I have a big assignment for school I ask a classmates or friends to study outside with me. I tend to focus better when I am studying with someone who focuses well. Since I enjoy talking, it is helpful when the person I am studying is focused so that I can let them focus.

I love that with my major being under the College of Humanities and Social Sciences, I there are many destressing events, including Mocktails and Mingling! Mocktails and Mingling is where we all go to the Communications center and get to eat, network, and mingle. I enjoy talking to my former professors and getting advice from them. My major always teaches us to ask questions and network with as many people as possible.

I am involved in PRSSA (Public Relations Society of America) where we get to design new marketing strategies, build our resumes, and create new ideas. In our last meeting, we created vision boards. It really improved my well being after classes to be able to talk to my current and former classmates and also meet new people who are in my same major or similar major as me.





Global and Multicultural Inclusion is important to me because I have become friends with many international students while at George Mason.

The year that I transferred from NOVA to GMU, I became good friends with many international students. I met Marta, Paloma, and Ali at the St Robert Bellarmine Chapel and I invited them to come on the September beach retreat. We had a blast and I was able to practice my Spanish while telling them about my experience starting at a Community College before coming to George Mason. They really enjoyed the beach and meeting new people.

Ever since that beach retreat last school year, I started hanging out with their whole friend group from Spain. I invited a few of the international students to join my Club Field Hockey team and one of them ended up joining for the Fall 2023 semester that she was here. I enjoyed going out to parties with them and for Marta's birthday we all rented a bus and went to the Fairfax Ice Arena. It was so much fun!

In January of 2024, me and my friend Marta did not realize that we both applied to be Mason Maniaks. I remember her telling me she was nervous about whether she would get the job or not, and I did not realize that we were talking about the same position! We were so happy when we both got the job. Our team had fun interviewing athletes and getting a big student section for the sports games. Although I do not work for the Mason Maniaks anymore, I still keep track of how the sports teams are doing.

I find it to be so special how many international students there are on campus. Marta was always excited to see Paula who is also from Spain do so well on the George Mason Women's basketball team.

GLOBAL AND MULTICULTURAL INCLUSION

IDENTITY DEVELOPMENT

When it comes to my identity development, I think about how good of an education I got growing up, and it makes me thankful. I went to a Spanish emersion school from 1st grade until 3rd grade where most my classes were in Spanish. I was with my best friend Bella there and we had known each other since we were born since we are one day apart.

Then, I transferred to an elementary school that was not Spanish emersion. I remember it being so difficult for me to leave my best friend Bella. From the time I was 18 years old and started at NOVA to now being 22 years old and almost finishing George Mason, my identity has developed a lot.

For example, I am way better at Field Hockey and at speaking Spanish as I was before. I am also way more religious since I have been involved in so many bible studies and retreats.

Most of all, my personality has developed because I am more mature from working many jobs. My social skills have improved because I am way better at knowing when it is my turn to talk and listening.

Getting interviewed helps me to slow my thoughts down. My professors have also taught me the importance of taking notes in my classes, which helps me to stay organized and have good time management.

Now that I am graduating soon, I am using all of the skills that I have learned throughout my life and applying to jobs.

I want a full time job after I graduate that is related to Public Relations, Marketing, and/or Recruiting. I am open to many different jobs, as long as I can help others. Based on my job experience and education, I like anything that has to do with people. I want to be a good leader every day and this will begin by me continuing to improve my skills and network with as many people as I can.



SOCIAL RESPONSIBILITY

Over the summer I interned at a senior living and healthcare organization called Goodwin Living. It is an organization that is selfless, diverse, and inclusive. During my summer internship I had a mentor who I met with weekly named Luella. We loved to talk about travel. She has been to Cuba, so she found it very interesting that I am half-Cuban.

I loved working at Goodwin Living because it made me a better person. Since it is a not-for-profit organization and faith based, it is such a caring organization. During my time at the internship, I worked on a blog and I helped increase insights for the company's Facebook, Instagram, and Linked In. My favorite part of the internship, however, was meeting once a week with Luella. Luella gave me great life advice that I will never forget. I am thankful that I had the experience to sit down with her and eat with her once a week because I learned so much, and I know I made her happy.

Another example of social responsibility was when I worked at Lather, which is an all natural skin care store. I hosted pamper parties for groups of people where I helped them do their skin routine, and it left them feeling confident.

Below is the blog I wrote for Goodwin Living:

[2024 Summer Intern Experience at Goodwin Living - Goodwin Living](#)

Below are my linked in and handshake profiles

www.linkedin.com/in/maria-fruchterman-030645264

[Maria Fruchterman | Handshake](#)





Diversity and Inclusion sticks out to me the most when it comes to Interpersonal Competence. My Field Hockey team consists of students who are studying different path ways and it brings us together.

I love the organization for my major, PRSSA (Public Relations Society of America). It is an organization where my classmates and former classmates get to work on activities and it is so interesting to me!

I am always quick to asking Freshman in the Catholic Campus Ministry what their major is, and many of the students are at NOVA. I always tell them that they should join the ADVANCE program and that they should get involved in as many Clubs and Organizations as they can. I have been on retreats with the Catholic Campus Ministry and it is always inspiring. I am involved in the Hispanic Ministry and the Womens ministry as part of the Catholic Campus Ministry where we have many events!

I also mention how nice the George Mason gyms are. It is a great way to relieve stress! I know that whenever I go to the gym, I feel less stressed! I also love going on tournaments with my Field Hockey team and the tournaments teach me how to have good sportsmanship and support my teammates!

INTERPERSONAL COMPETENCE

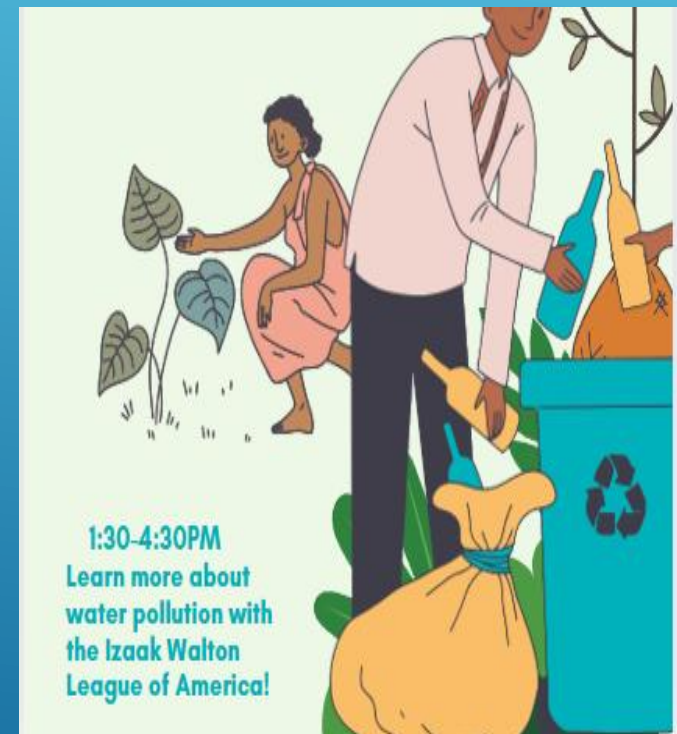
ACADEMIC COURSEWORK



Liked by kgraceb04 and 42 others

goodwinliving We're excited to welcome 15 new faces to intern with us this summer! With a Goodwin Living resident mentor by their side, these bright students will join various departments throughout the organization for a fun and productive season.

#Interns #Mentors #Careers #GoodwinLiving



MEDIA GALLERY



WHAT BEING A STUDENT AMBASSADOR MEANS TO ME

When I first accepted the position to be a Student Ambassador for ADVANCE, I did not know what to expect. I knew that I would be convincing students to transfer to George Mason, but I did not know that it would change my life too.

I had the opportunity to speak at the student panel back in Fall 2024, and it was an amazing chance to tell students and parents how great the ADVANCE program is.

After I graduated high school in 2021, I did not want to start at NOVA. Then, when I heard about the ADVANCE program and found out that I could play on the Club Field Hockey team while at Northern Virginia Community College, I decided it was the best decision.

The ADVANCE program has allowed for me to make lifelong memories. I remember always making effort to become friends with my classmates, and I do not regret doing that today because it has helped me learn to communicate so well today.

My favorite part about being a Student Ambassador is replying to discussion board questions. I love to answer questions that students have because I can relate. I also love to call students and make sure that they have everything figured out.

I learned both hard and soft skills from this work experience. I learned how to become more organized and how to design a newsletter well with Canva. Using Canva in my job has been a good learning experience for me when I use Canva in my classes as well!

