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**To:** [NDSU-THRIVE@listserv.nodak.edu](mailto:NDSU-THRIVE@listserv.nodak.edu)  
**Subject:** Sleeping and Eating Encouragement  
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**Attachments:** [image004.png](#)  
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Some students feel like now is the time to pull all-nighters and power through the end, but fatigue actually causes you to slow down and make mistakes. Maximize your brain power by eating right, getting enough sleep, and studying over many short periods. These techniques will result in the best outcomes.

Since time management is extremely important during your college years, we have provided [a list of helpful ways](#) to improve this area of well-being.

Best of luck as you wrap-up the semester and prepare for finals!

Take care and be well,  
Emily

**Emily Frazier, EdD**  
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We collectively acknowledge that we gather at NDSU, a land grant institution, on the traditional lands of the Oceti Sakowin (Dakota, Lakota, Nakoda) and Anishinaabe Peoples in addition to many diverse Indigenous Peoples still connected to these lands. We honor with gratitude Mother Earth and the Indigenous Peoples who have walked with her throughout generations. We will continue to learn how to live in unity with Mother Earth and build strong, mutually beneficial, trusting relationships with Indigenous Peoples of our region.

