

From: [Thrive at NDSU - used to provide messages throughout the first year](#) on behalf of [Frazier, Emily](#)
To: NDSU-THRIVE@LISTSERV.NODAK.EDU
Subject: Thrive@NDSU: Wellness Check
Date: Monday, September 30, 2024 12:47:41 PM
Attachments: [image001.png](#)
[image003.png](#)



This is a good time in the semester to assess your physical and mental health. You're at a point where you've hopefully settled into a routine, but there's still a lot of time left until the end of the semester. Taking time to care for yourself by being [active](#) and [eating right](#) is going to make a big impact on your experience and success here at NDSU.

Around now is also a common time for feelings of homesickness and disconnection. If you're feeling alone, know that someone near you is likely feeling the same way. Take time to connect with someone from your new Bison community. Remember it takes 40-60 hours with someone to establish a friendship, and 80-100 to make it a deeper connection. It doesn't all happen in an instant, but progress is made every day! [Click here to view upcoming campus events.](#)

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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.

