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**To:** [NDSU-THRIVE@listserv.ndsu.edu](mailto:NDSU-THRIVE@listserv.ndsu.edu)  
**Subject:** January 29- Thrive@NDSU: Dreaming of Summer and Winter Wellness  
**Date:** Tuesday, January 30, 2024 2:34:25 PM  
**Attachments:** [image004.png](#)  
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I know, I know, it's the middle of winter (well kind of...it's actually been a bit of a heat wave). Believe it or not, now's the time to start thinking about summer jobs and internships. Use the [Career and Advising Center](#) to get your resume updated (or created). They'll connect you to upcoming career fairs, internship ideas, and summer jobs. Make sure to check out [Handshake](#) for great opportunities!

Speaking of winter, this is a tough time of year for a lot of people. It's still likely to be cold for a bit, and will be for a while. We're starting to gain daylight hours, but they can still feel abbreviated. Winter is a part of the NDSU experience, so don't just survive it, thrive in it! It's all about perspective.

Put your warm gear on and get out there! If you've never taken up a winter sport, ask a friend to get you started in one. Get to the [Wellness Center](#) for some pick-me-up exercise, or to float in the pool and pretend it's summer! There are plenty of winter activities to be enjoyed on and [off-campus](#). Don't be afraid to try something new.

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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.



