

From: Frazier, Emily
To: NDSU-THRIVE@listserv.nodak.edu
Subject: Thrive@NDSU- Working the Plan?
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It's week 4! Stop for a minute and reflect for a moment and then answer the following questions. How are your plans working out? Are you ahead or behind in classes? Is your social life full or a little dull? Feeling great about college or having major doubts?

If you aren't happy with your answers to these questions, don't worry- we've got you covered. No one does this alone, and *everyone* struggles at times. Check out [Rising Scholars](#) for a peer mentor, [ACE](#) for tutoring, or [TRIO Student Support Services](#) for both. Your advisor or the [Career and Advising Center](#) are great resources if you're second-guessing your major. You might also visit the [Focus 2 Career Exploration Tool](#) to discover majors and career paths that are the best fit for you. The [Counseling Center](#) and [Student Health Service](#) are here to support your mental and physical health. If nothing else, just check in with a staff or faculty member you trust this week. You've got this and we've got you!

Emily Frazier, EdD
Dean of Students
Pronouns: she/her/hers

Old Main 100
Dept. 2840, PO Box 6050
Fargo, ND 58108-6050
P: 701.231.8406
www.ndsu.edu

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.

