

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: Making the Transition
Date: Monday, August 19, 2024 9:10:45 AM
Attachments: [image001.png](#)
[image003.png](#)



Transition doesn't just mean starting something new. For a healthy start at NDSU, it's important to take time to also appreciate what is ending. Who do you need to thank? Who do you want to stay in touch with? What is the best way to do that? What are you happy to leave behind for now? How will you continue to incorporate the things you enjoy into this new chapter of your life?

Take some time to reflect on these questions and let the important people in your life know what they mean to you this week. Provide a great closing to one chapter, so you're ready to start writing an amazing next chapter at NDSU!

Enjoy your final days at home with family and friends. We're so excited to greet you on campus!

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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.

