

**From:** [Thrive at NDSU - used to provide messages throughout the first year](#) on behalf of [Frazier, Emily](#)  
**To:** [NDSU-THRIVE@LISTSERV.NODAK.EDU](mailto:NDSU-THRIVE@LISTSERV.NODAK.EDU)  
**Subject:** Thrive@NDSU: Your well-being is a key to your success  
**Date:** Monday, December 9, 2024 9:12:31 AM  
**Attachments:** [image001.png](#)  
[image003.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, getting some activity in, and studying over many short periods. These techniques will result in the best outcomes and maintain your well-being during a stressful time.

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

**Emily Frazier, EdD**  
Dean of Students  
Student Affairs and Institutional Equity  
*Pronouns: she/her/hers*

Old Main 100  
Dept. 2840, PO Box 6050  
Fargo, ND 58108-6050  
701.231.8406  
[www.ndsu.edu/deanofstudents](http://www.ndsu.edu/deanofstudents)

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.

