

From: [Frazier, Emily](#)
To: NDSU-THRIVE@listserv.ndsu.edu
Subject: Thrive@NDSU: Welcome to Spring Semester!
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Greetings Everyone!

The Spring Semester is about to begin. I'm excited to welcome back all our returning first-year and first-year transfer students and extend a special welcome to all those who are new to NDSU this semester! This is your first weekly Thrive message for the semester. If you'd like to review the messages and information that went out during the fall semester, they are all available [here](#).

New classes and a new schedule (or for some of you, a new campus) means new patterns to adjust to. Take a look at your schedule, map out your workload, and identify your study times and places. Outline a routine that will be the most effective and efficient for you. A little planning now will save stress later and assist in maximizing your success this semester.

We're so happy to have you here! Please reach out with any questions. I'll get information back to you promptly and if I don't know an answer, I'll find out!

I hope your first week is a great start to the spring semester!

Emily

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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.

