

From: [Frazier, Emily](#)
To: NDSU-THRIVE@listserv.nodak.edu
Subject: Thrive@NDSU: Finish Strong
Date: Monday, April 1, 2024 12:25:38 PM
Attachments: [image001.png](#)
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There are only a few weeks left in the semester. With spring weather, it can sometimes be hard to maintain your focus. Incentivize your work by setting small rewards for yourself after getting things done. A short nap after finishing an assignment, hit up one of your favorite restaurants for apps after attending class, or find an outdoor location such as Lindenwood Park for a different study space. Do what works for you as you approach the end of the semester!!

Emily Frazier, EdD

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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.

