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To: NDSU-THRIVE@listserv.nodak.edu
Subject: Thrive@NDSU-Semester Reflection
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Attachments: [image001.png](#)
[image003.png](#)



As you wrap-up the semester and prepare for finals, take time to pause and reflect on both your accomplishments and lessons learned. Consider how you'll use both moving forward and what you'll do the same and what you may do differently. And, at the risk of sounding like a parent...remember to take care of yourself by getting adequate rest, eating healthy food, and taking time to exercise and relax. Best of luck as you complete the semester and your finals!

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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.

