

From: [Frazier, Emily](#)
To: NDSU-THRIVE@listserv.nodak.edu
Subject: Thrive@NDSU- Social Network Check
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Attachments: [image004.png](#)
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The first months in any new community are a time of making connections. Building connections takes a lot of time and energy. It takes 40-60 hours with someone to develop a casual friendship, and 80-100 hours to develop a deeper one. It's perfectly normal to still be establishing relationships. It took months for everyone here to find the places and people where they felt belonging.

If you're not happy with how that part of your NDSU experience is developing, it's time to try some new strategies. Find and join a [new organization](#), [apply for an on-campus job](#), or simply ask someone in class what they're up to this weekend and make a plan to meet up. Chances are they are looking for connection just like you are.

You belong here and we're glad you are here!

Emily Frazier, EdD
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Pronouns: she/her/hers

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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.

