Transition doesn’t just mean starting something new. For a healthy start at NDSU, it’s important to take time to also appreciate what is ending. Who do you need to thank? Who do you want to stay in touch with? What is the best way to do that? What are you happy to leave behind for now? How will you continue to incorporate the things you enjoy into this new chapter of your life?

Take some time to reflect on these questions and let the important people in your life know what they mean to you this week. Provide a great closing to one chapter so you’re ready to start writing the next at NDSU!

Enjoy your final days at home. We’re so excited to greet you onto campus!

Emily

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