

From: [Frazier, Emily](#)
To: NDSU-THRIVE@listserv.nodak.edu
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This is a good time in the semester to assess your physical and mental health. You're at a point where you've hopefully settled into a routine, but there's still a lot of time left until the end of the semester. Taking time to care for yourself by being [active](#) and [eating right](#) is going to make a big impact on your experience and success at NDSU.

Around now is also a common time for feelings of homesickness and disconnection. If you're feeling alone, know that someone near you is likely feeling the same way. Take time to connect with someone from your new Bison community. Remember it takes at least 40-60 hours with someone to establish a friendship, and 80-100 to make it a deeper connection. It doesn't all happen in an instant, but progress is made every day! [Click here to view upcoming campus events](#).

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