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**To:** [NDSU-THRIVE@listserv.nodak.edu](mailto:NDSU-THRIVE@listserv.nodak.edu)  
**Subject:** Thrive@NDSU: Winter Safety Check  
**Date:** Tuesday, November 4, 2025 8:20:45 AM  
**Attachments:** [image001.png](#)

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The clocks fell back this weekend and the air has become crisper each day. We all know what that means, winter could show up any day. While I personally hope winter holds off a few weeks or more, it is time to prepare for navigating campus and the roads with snow, ice, and the dreaded windchill!

Hypothermia and frostbite can occur in as little as 5 minutes. A walk across campus or to a friend's off campus apartment can become dangerous in the wrong conditions. Take a moment to find out [how to protect yourself and others](#).

With holidays later in the month, many of you will be traveling. Preparing your car with an [emergency kit](#) is an important step in staying safe.

NDSU has a fabulous [Police and Safety Office](#) who will assist with campus escorts, respond to accidents, and even jumpstart a car. Knowing your resources not only increases your safety, but provides important services when the unexpected occurs.

Stay safe and here's hoping to a very long fall!  
Emily

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