

From: [Frazier, Emily](#)
To: NDSU-THRIVE@listserv.nodak.edu
Subject: Thrive@NDSU: Your well-being is a key to your success
Date: Thursday, December 4, 2025 11:17:20 AM
Attachments: [image001.png](#)
[image003.png](#)



You've had a quick break, and may be realizing just how much there is to do in the short time left this semester. Don't worry, you've got this! Take time today to take stock of the projects, assignments, and tests ahead. Get organized, prioritize and start checking things off that list.

Some students feel like now is the time to pull all-nighters and power through the end, but fatigue actually causes you to slow down and make mistakes. Maximize your brain power by eating right, getting enough sleep, getting some activity in, and studying over many short periods. These techniques will result in the best outcomes and maintain your well-being during a stressful time.

Best of luck as you wrap-up the semester and prepare for 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.

