Subject: Thank You for an Outstanding Academic Year
May 9, 2022

Dear Faculty and Staff:

I wanted to share the message below that Vice President Blanche Hughes and I sent to our students this morning to offer them encouragement and wish them well during finals week. It has been a long academic year for our students, and I know it has been a long year for you, too.

Thank you for all you have done to support our students, academically and personally, and the opportunities you have given them to succeed academically and make their mark in a complex, challenging world. I have deep respect and immense gratitude for your tireless dedication and the important work you do on behalf of CSU.

As we near spring commencement, the energy and excitement on our campus is palpable, thanks to our entire team. Our graduation ceremonies represent thousands of student success stories you helped shape and develop. I hope you can attend a ceremony and witness the joy firsthand of our graduating students and their families.

I also hope you are able to make time to rest and reflect over the summer and savor meaningful moments with your friends and loved ones. The slower pace of summer and warmer weather is always a welcome time of year.

Sincerely,

Mary Pedersen
Provost and Executive Vice President

Dear Rams:

This is a message we like to share with students each spring as you turn your focus to finals week: Remember, you’ve got this!

Think of all the challenges you’ve met and overcome to get here and give this final push all you’ve got. We know that this week creates both excitement and anxiety for you. So, take good care of yourself. These simple steps can make a big difference:
• Get plenty of sleep and eat well – pulling an all-nighter to cram for an exam can diminish performance
• Exercise to help manage stress (even if it’s short walks during study breaks)
• Lean on your faculty, advisors, and friends for support (Rams Take Care of Rams)
• Seek out CSU student resources if you feel overwhelmed or anxious – it’s ok to ask for help, and that’s why these resources are available (https://health.colostate.edu/mental-health-resources/)

For those of you graduating, congratulations! We are so very proud of you, and we know you are ready to celebrate with your families and loved ones. For those of you returning this summer or in the fall, we look forward to having you back!

Once your finals are over and your grades are in, reflect with a sense of pride for what you have achieved and be forgiving if you feel you could have done better. Life is a journey, and this semester is one step along the way.

Fight on stalwart Rams. Remember, You’ve got this!

Sincerely,

Mary Pedersen
Provost and Executive Vice President

Blanche Hughes
Vice President for Student Affairs