Subject: You’ve Got This, Rams!
May 9, 2022

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