

Hello everyone,

For those that are new to Student Affairs and Enrollment Management, earlier this year we created a form to show gratitude to our co-workers.

The following statement appears in every staff member's position description:

*SAEM Value: Express genuine gratitude and appreciation for our colleagues' daily efforts.*

Expressing gratitude can improve your physical and mental health, job satisfaction, and just simply make us happier!

When you are recognized, Laura will show gratitude back to that person. You can write about yourself too. It's okay and encouraged to feel good about completing a difficult task or working through something on your own.

**We had 11 recognitions written in July for our gratitude project:**

Michelle Marks

Kylie Thurber (x2)

Doug Zeltinger

Zeb Watkins

Kylee Davis

Rhonda Graetz

Melonie Bald Eagle

Julie Flakker

Sara Terfehr

AJ Schuler

Here are a few descriptions from recent completed surveys: Rock Star, Great at Organizing, Always Cheerful, Truly Cares About Students, Exceptional Attitude, True Asset, and Hard Worker.

Below is a link to the form on the SAEM website. You can also see the list of those appreciated over the past 4 months.

[Our Good Things | Student Affairs and Enrollment Management | NDSU](#)

**Gratitude**  
noun. (*grat·i·tude*)

A positive state of being; A feeling of thankfulness and appreciation for someone or something; and a social emotion that signals our recognition for that around us.

Carin Engler

*Pronouns: She/Her/Hers*

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