

Hello everyone,

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

We are in our third month of expressing gratitude and we had 11 more responses. Common words that were included in the nomination forms this month: helpful, supportive, creative, detailed, patient, dedicated, organized, sharing knowledge, morale booster.

Who we showed gratitude for in June:

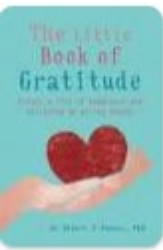
- Joy Gregor
- Sandy Prudhomme
- Kimberly Larson
- Kristie Myers
- Adam Lundquist
- Tiffany Bendickson
- Kelli Layman
- Kylee Davis
- Megan Bouret

Thank you for writing nominations!

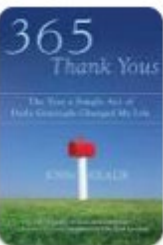
To reciprocate showing gratitude, Laura Oster-Aaland spent a couple hours late in June visiting the offices of nominees, giving out thank you cards, and letting nominees choose a small gift.

“When a grateful person actually takes the time to step outside of themselves and call attention to what was great about the other person’s actions—that’s what distinguishes gratitude from other kinds of positive emotional expressions,” Sara Algoe of the University of North Carolina at Chapel Hill (https://greatergood.berkeley.edu/article/item/the_ripple_effects_of_a_thank_you)

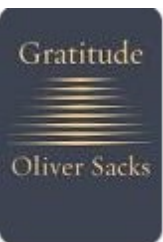
When searching for information on gratitude, I came across a few books that were recommended. I added a picture of the book cover but not a link.



The Little Book of Gratitude: Create a Life of Happiness and Wellbeing by Giving Thanks by Robert A Emmons



365 Thank Yous: The year a Simple Act of Daily Gratitude Changed My Life: John Kralik



Gratitude by Oliver Sacks

We hope you are enjoying your summer so far.

Please visit the SAEM website for more information and to show gratitude to SAEM colleagues in July!

https://www.ndsu.edu/enrollmentmanagement/our_good_things/

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