

From: [NDSU SAEM Global](#) on behalf of [Engler, Carin](#)
To: NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU
Subject: Our Good Things August 2023 update
Date: Friday, September 1, 2023 11:49:56 AM
Attachments: [image002.png](#)

Hi everyone,

This month's Good Things message is a continuation of Laura's message from earlier this week (see below)

The following were recognized in August for their helpfulness, kindness, humor, and eagerness to lend a hand.

Thank you!

- Annette Vazquez in the Counseling Center
- Val Jones in TRIO
- Matt Diischer in Dean of Students Office
- Melissa Lamp in the Provost's Office
- Ann Fredrickson in the Provost's Office
- Teri Shepherd in Student Health Services

Here is more information about [Good Things](#) including the entry form.

Entries outside of your own department and outside of SAEM are welcome!

Laura will follow up your recognition with an email to the person recognized sharing what you wrote to them, a personalized note and we will update the website monthly.



Hope you have a great holiday weekend!

Carin Engler

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From: NDSU SAEM Global <NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU> **On Behalf Of** Oster-Aaland, Laura
Sent: Wednesday, August 30, 2023 8:30 AM
To: NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU
Subject: A note of appreciation

Good morning Student Affairs and Enrollment Management staff members,

Here we go! The year is off to a fabulous start thanks to the amazing work you all do each and every day. Thank you for welcoming students on move-in day, during welcome week, and during this busy first weeks of the semester.

I love the buzz of excitement all around campus. At the same time, we know that there are students who are scared, hurting, hungry or ill. Thank you for all that you do to listen to them with empathy, to direct them to the resources they need and to care for them.

Let's all review and re-commit to our [SAEM values](#) as we start a new academic year – especially the first bullet “we express genuine gratitude and appreciation for our colleagues’ daily efforts.” Who have you appreciated today? Have you thanked them out loud? I hope you will consider doing so.

Welcome to staff who are new and who I have not yet had the pleasure to meet. Welcome to a new school year to all of us!

I still try and walk most days at noon as part of my well-being practice. If you ever want to join me, please send me a note. I'm always happy for company.

Laura

Laura Oster-Aaland, PhD
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