

Message from President Cook and Austin Anderson

January 10, 2024

Hello everybody and welcome back to campus. I hope you all had a fantastic holiday break. I'm here today in the Wellness Center with our Student Body Vice President, Austin Anderson. Austin, tell us a little bit about yourself. Well, thank you, President Cook. I'm Austin Anderson. As he mentioned I'm the student body vice president.

I'm a second-year architecture major here at North Dakota State University. Two of five so I got a little bit left to go. Good, good for you. Where are you from? From Victoria, Minnesota next to Chanhassen where Prince is from. If there are any fans.

That's good. Why did you pick NDSU? Why did I pick NDSU? The community here is strong and I guess the campus, but also Fargo. Everybody here loves NDSU. I remember going to Target for my first time in Fargo and everyone was wearing North Dakota state colors and everybody was giving me horns and I in my colors and I thought that was just incredible. No one else had that.

So, why are we at the Wellness Center today? Well, I figured coming into the new year, that I wanted to showcase some of what we have to offer for wellness. They focus a lot on the seven points of Wellness here and that's anything from mental well-being to your physical well-being. So, we have this aquatic center that we're in right now. We have pickleball courts here, a sauna, a full gym, indoor running tracks. You name it, check out equipment. Rock-climbing wall. Three-story rock-climbing wall. Yeah, pretty impressive. Good.

So, what's kind of fun about the Wellness Center is how it's funded. Do you want to talk about that? Especially being part of the student body government. Well, a lot of people ask me what student government actually do and besides policy, which can get kind of boring to a lot of students, one thing we do is fund all of this and a lot of other things using your student activity fee. So, everybody's paying that, whether you know it or not. And it goes to running programs here, running your intramurals, paying for a part of the facility maintenance, and so forth. So, whatever you can think we do it. Yes, we have an amazing Wellness Center that's funded by student fees. So, quite a legacy there.

So, what are you looking forward to this semester? I've got to say the thing I'm looking forward to most is Velociraptor Appreciation Day. It's put on by Campus Attractions. It happens in a couple months from now. Check your emails, they'll give you a heads up for it. That's pretty cool. I'm looking forward, I don't know what that is so I'm just I'm going to look forward to it.

So, what advice do you have for students in terms of how they work with faculty but also perhaps what advice do you have for faculty and how they work with students? It's very much a two-way street. Something I urge students that I talk to is to understand your faculty are people, too. Your professors have other lives. You're not their only focus so give them grace. I also ask faculty members to give us grace. We also have other things going on and also to take student feedback and implement it. Whether that's with syllabus renewal dispersal, if you will or feedback on homework. It can go a myriad of ways. Yep. Very good that's great advice.

So, anything else you want the NDSU community to know about student government or what's happening this semester? A lot and all I can say is check your emails. I know they can get kind of swamped with a bunch of emails but free food are in there, free tickets for events in Fargo. It's so much so just don't cut your emails short.

All right so, lots of fun things happening in the Wellness Center. You and I might go one-on-one in basketball or volleyball or battleship I hear is right around the corner too. So, all right there you go. Very good.

So, I hope everybody has an amazing semester. Austin, thank you for all you're doing and all your leadership.

I really appreciate it. Here you go.

Go Bison!