

From: [NDSU SAEM Global](#) on behalf of [Oster-Aaland, Laura](#)
To: NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU
Subject: Our Good Things - January update
Date: Tuesday, January 27, 2026 2:27:45 PM
Attachments: [image003.png](#)

Hello,

Last August, each member of the SAIE Leadership Team chose a word of intention for the year and painted a rock to correspond with our words. My word was 'pause'. I have kept my rock next to my computer this year to remind me to pause in daily life. Sometimes, I pause to discern how I want to respond to an email (what am I really trying to say? is it clear? will the right tone be received?). Other times I pause to figure out the best strategy to address a complex issue or to remind myself that action is not necessary. And often, I pause to be grateful for all of the joy in my life, which includes my wonderful colleagues and students at NDSU.



Let's pause and celebrate our colleagues who were acknowledged for doing good things in the month of January.

- Chris Anderson in Print and Copy was recognized by Molly McKinnon and Jessica Anderson in the Center for Accessibility and Disability Resources (CADR).
- Robert Jones and Jackie Pinkerton in Office of Student Engagement were recognized by Lisa Samuelson in that same office.
- Lisa Anderson in Registration and Records was recognized by Jordan Bentz in CADR.
- Zack Rittenhouse at One Stop was recognized by Angela Reinke in the Dean of Students Office.

I encourage you to **pause** today. Take a moment to think, or feel, or strategize, or recognize.

As always, you are welcome to recognize a colleague (either within SAIE or outside) for demonstrating our mission, commitment and values. Here a link to the [form](#).



Laura

Laura Oster-Aaland, PhD
Vice Provost for Student Affairs and Institutional Equity
Pronouns: she/her/hers

Old Main 100
Dept 2830, PO Box 6050
Fargo ND 58108-6050
p: 701.231.7052
www.ndsu.edu



[Access the NDSU-SAEM-GLOBAL Home Page and Archives](#)

[Unsubscribe from the NDSU-SAEM-GLOBAL List](#)