

From: [NDSU SAEM Global](#) on behalf of [Oster-Aaland, Laura](#)
To: NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU
Subject: Our Good Things - November Activity
Date: Friday, November 1, 2024 9:57:08 AM
Attachments: [image002.png](#)

Fall is here, along with pumpkin spice everything!

November is National Gratitude Month and I invite you to step out of your building and stop by the Student Affairs space in Old Main 100.

We will have a 'Gratitude Tree' for you to write a note on a leaf recognizing a co-worker, unit, or department. It doesn't have to be lengthy and we will have all of the supplies on hand!

Plan on writing on one leaf - so we have enough for everyone - but you are welcome to write extra notes on pages provided.

In return, you can choose a small token of thanks from a basket of goodies available.

The Gratitude Tree will be available starting today in Old Main 100 until the end of the month. Hope to see you here!

At the conclusion of the activity, we'll share all of the gratitude expressed with member of our unit.

"Gratitude makes sense of our past, bring peace for today, and creates vision for tomorrow."





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](#)