

From: [NDSU SAEM Global](#) on behalf of [Engler, Carin](#)
To: NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU
Subject: Our Good Things October 2023 Update
Date: Friday, November 3, 2023 9:56:02 AM
Attachments: [image001.png](#)

It's November – a month with a lot of focus on gratitude, yet it's sometimes difficult to maintain positivity as the days get shorter and darker. Maintaining a practice of gratitude is a small way we can help one another experience joy during this time. Let's commit to recognizing the good things, however small, that happen each and every day. Here's the [link](#) if you'd like to recognize one of your colleagues – as a reminder we are focusing on colleagues at NDSU but outside of your department this year.

Thank you for recognizing the following colleagues during October:

Jim Stoddard in Veterans Educational Training
Chuck Johnson in Student Health Service
Taylor Pfarr in Career and Advising Center
Brad Clemenson in Publication Services
Sonya Goergen in University Relations
Becky Bahe in Career and Advising Center
Terrijann Muller in Counseling Center

The NDPERS [November 2023 Employee Wellness Newsletter \(nd.gov\)](#) had a lot of great gratitude information and there is an upcoming webinar on **Gratitude and Overcoming Stress**. See the link and the registration below.

Event Registration:

Gratitude and Overcoming Stress

Host: Kristi Thury

Monday, November 20, 2023

1:30 PM | (UTC-05:00) Central Time (US & Canada) | 1 hr

[Register](#)

Thank you for all you do!

Here is more information about [Good Things](#) including the entry form and a list of past recognitions.

#gratitude

STUDENT AFFAIRS AND INSTITUTIONAL EQUITY

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

NDSU NORTH DAKOTA
STATE UNIVERSITY

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

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