

Our Good Things - May 2022 Update

Hello everyone,

SAEM Value: Express genuine gratitude and appreciation for our colleagues' daily efforts.

Meaning in Our Work:

Those who find meaning and purpose in their work are often more effective and more fulfilled throughout their career. Gratitude is one factor that can help people find meaning in their job, along with applying their strengths, positive emotions and flow, hope, and finding a “calling” (Dik, Duffy, Allan, O’Donnell, Shim, & Steger, 2015).

Month 2 of expressing gratitude and we had 12 more responses! The SAEM team is helpful, hard-working, reliable, willing to put in extra work, supportive, and welcoming!

To reciprocate showing gratitude, Laura Oster-Aaland spent a couple hours late in May visiting the offices of nominees, giving out thank you cards, and letting nominees choose a small gift.

Who we showed gratitude for in May:

Bonnie Litton, Matt Sanchez, Carolina Pettus, Carrie Nelson, Amber Back-Gorman, Carin Engler, Jenn Anderton, AJ Schuler, Holly Weigand, Kelsey Seeba, Theresa Wickenheiser, and Anne Johnson.

As we move into the summer months and a different pace for some, take time to recognize that gratitude can affect your change in job tasks, events, and planning.

Please visit the website for more information and to show gratitude to SAEM colleagues in June!

https://www.ndsu.edu/enrollmentmanagement/our_good_things/

Thank you!

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