

**From:** [NDSU SAEM Global](#) on behalf of [Oster-Aaland, Laura](#)  
**To:** [NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU](mailto:NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU)  
**Subject:** Our Good Things - November Update  
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Hello colleagues,

This month, I'd like to remind folks why we started the "Our Good Things" recognition and share a few things that I am grateful for in my own life.

Some of you know that for many years, I kept a "good things" jar on my desk. You can find a photo of it [here](#). I challenged staff to write down good things that happened in their daily work and place them in the jar. My intent was to help folks remember that many good things happen each and every day. As humans we tend to focus on the things that are not going well, the problems we need to solve, and the people who are not happy. The jar was my attempt to remember to be grateful.

When the pandemic hit, I missed seeing the slips of paper fill up the jar each month. I asked a few staff to think about how we can take the good things jar virtual. And this is what they came up with. It's a way that each of us can take a moment to recognize a co-worker to express gratitude and appreciation for their daily efforts. Since we began this virtual initiative in April of 2022, we've recognized over 70 individuals with a simple thanks and a treat from my "good things" bag. You'll find the nominees [here](#).

Here are a few things I am thankful for.

- Students who are full of goals and dreams
- Co-workers who laugh, smile and problem solve with me
- My big slobbery dog (his name is Baron and picture is below – he weighs 137 pounds)
- The new skyway so that I can walk indoors (if you ever want to join me for a noon walk, please shoot me an email)
- The generosity of our community (thanks to all who contributed to the United Way Campaign, NDSU Giving Day, the NDSU food pantry, or any other local causes that do good things)

Please take a moment to [submit](#) a recognition of one of your colleagues in SAEM.

Here are our November nominees:

Kylee Davis, Katelyn Jensen, Kylie Thurber, and Siham Amedy in Admission

Amanda Susag in TRIO/Upward Bound

Carin Engler in SAEM/Dean of Students

Sara Parman and Leigh Spooner in Student Success Programs

Theresa Wickenheiser in Student Health Service

Thanks for all the good things you do!



Laura

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