

From: [NDSU SAEM Global](#) on behalf of [Engler, Carin](#)
To: NDSU-SAEM-GLOBAL@LISTSERV.NODAK.EDU
Subject: Our Good Things - October Update
Date: Tuesday, November 1, 2022 4:15:46 PM

Hello everyone,

For this month's email on Gratitude, I am promoting an upcoming event on campus:

Please consider joining the University Police and Safety Office, along with our Senior Wellness Program Specialist, Alexis Allen from Sanford Health Plan, as she presents on the topic of Gratitude. Create positive thoughts and actions using gratitude to improve overall well-being. You'll explore how to enhance positive emotions and learn ways to incorporate gratitude into daily life.

When: November 17, 2022, from 2:00 – 3:00 PM

Where: FLC 124

Due to the limited seats available, you must enroll for this presentation.

Enroll: <https://apps.ndsu.edu/event-registration/viewevent/Event::47918>

In October, we had 5 entries written. Thank you to those that wrote about:

Kelsey Seeba, Paige Eskelson, and Anne Johnson in Admission
Angie Reinke in the Dean of Students office
Michelle Pearson in Student Success Programs

The people listed above showed grace, were transparent, connected students to resources, were organized and dependable, hardworking, caring, and gave students opportunities to be successful. You are all appreciated and we are thankful for you!

For more information on Our Good Things, please visit:

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

Carin Engler
Pronouns: She/Her/Hers
Assistant / Student Affairs and Enrollment Management
NORTH DAKOTA STATE UNIVERSITY
P: 701.231.7701 / www.ndsu.edu



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