

Hello everyone,

This month's *Our Good Things* update was written by Betsy Carter, a counselor at the NDSU Counseling Center. Thank you Betsy!

"I'm so glad I live in a world where there are Octobers."

— L. M. Montgomery, [Anne of Green Gables](#)

Apple picking and selecting pumpkins, cozy clothing, falling leaves while walking in the park—these are a few things students visiting our NDSU Counseling Center shared on our community board when we asked them what they are grateful for as the seasons change. For me, fall can spark increased feelings of gratitude when I see our community coming together for events like NDSU Homecoming and watching farmers and backyard gardeners harvest produce in the crispness of a fall day.

As a Student Affairs and Enrollment Management community, we were again thankful for each other this past month.

The nominations for this month included: Emma Harris, Siham Amedy, Tammie Reger, Leslie Lessard, and Rachel Froiland.

Each of these folks will receive a special gift and visit from Laura Oster-Aaland. We appreciated those who took time to show gratitude through submitting nominations. For those who were recognized, thank you for both the large and daily small gestures that make a big impact on those around you.

As we begin a new month, we will ask again, who are you grateful for right now? As always, we encourage you recognize your colleagues in SAEM through our [online form](#).

The following statement appears in every staff member's position description:

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

Thank you all!

Carin Engler

Pronouns: She/Her/Hers

Assistant / Student Affairs and Enrollment Management

NORTH DAKOTA STATE UNIVERSITY

P: 701.231.7701 / www.ndsu.edu



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

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