

**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 September 2023 Update  
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Hello colleagues,

It's been a whirlwind the last couple of weeks. With the sudden reorganization there are a lot of feelings and confusion. Here's where I'm at with things. While I am sad that Admission and Financial Aid and Scholarships will no longer report to me, I remain eager and willing to continue to support both offices, the many great staff that work within them and the competent leaders – Seinqis and Matt. While no longer directly reporting to me, I will advocate and support you all in any way possible as I know you are dedicated and competent in serving our university. Thank you.

I am excited to welcome the Center for Accessibility and Disability Resources and the Office of Equal Opportunity and Title IX Services into our unit. I have already had great interactions with staff in both offices and I look forward to working more closely with you all in serving our students.

With new staff joining Student Affairs, it seems like a good time to have a quick recap our Good Things project. One of our shared values is to “express genuine gratitude and appreciation for our colleagues’ daily efforts.” One way to do this is to complete a short form telling us about a time that you experienced gratitude or had appreciation for someone. You can write about yourself, a co-worker, a supervisor, or anyone on campus. Once I receive your note of gratitude, I will reciprocate the gratitude by sending a personal note to that person. Giving and accepting gratitude is good for our physical and mental health and it helps build collaborative communities. Here is more information about [Good Things](#) including the entry form and a list of past recognitions.

**The following were recognized in September**

Joe Vaske and Zeb Watkins; Admission

Shayla Durick; Registration and Records

Zack Rittenhouse; One Stop

Josie Breen, Coreen Kozlowski, and Kim Bruemmer; MU Conference and Event Services

Thank you for all you do!

Be sure to watch for more information about the Staff Senate Annual Wellness and Relaxation event coming up later this month.

There will be a chance to send gratitude postcards around campus along with several other activities for self-care.



In gratitude,

Laura

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