

# FAMILY SCIENCE & HUMAN DEVELOPMENT

NOVEMBER 2020

## Social Justice Initiative

The Department of Family Science and Human Development at Montclair State University is recognized across the nation for our unwavering commitment to social justice and the consistency between our actions, our values, and our commitment.

Working to break down systemic barriers and to promote the right of all people and families to be treated equitably with dignity, respect, and compassion are central components of much of our work. In fact, this is central to our unique identity compared to other FSHD programs across the nation and world. So many of our academic family members, including students and alumni, are drawn to us because you share in these commitments and know our programs afford the opportunity to thrive together.

As you saw in the October newsletter, FSHD has reaffirmed, and is in the process of enhancing, our social justice commitment and efforts. Central to these efforts are the voices and actions of every member of our academic family as well as making sure our work is visible and transparent, as stated in our statement on social justice, equity, and

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## FSHD Chair's Message

Dear FSHD Family,

Well what do you know - we are now in Week 10 of the semester. It honestly feels just like yesterday when we started Day 1 of the Fall semester, when the new school year must have seemed like a giant unknown.



Dr. Lyndal Khaw

With the start of Fall 2020, most of us entered a new world of HawkChecks and new class modalities, and of course, the ever so important routines of mask-wearing, hand-sanitizing, and social distancing. As Department Chair, I am super proud of FSHD students, faculty, and staff for your responsiveness and diligence to keeping yourself – and each other – safe. Doing your part in keeping our campus community

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## Jump Start Your Career

The Student Success Center offers a series of free programs to help you create a profes-



sional appearance and develop strategic job hunting skills. The virtual Career Development Workshops

are open to all CEHS students.

### Resume Writing

November 4, 10-11am

November 17, 1-2pm

November 23, 11am-12pm

### Interviewing Skills

November 10, 10-11am

### Job Search Strategies

November 9, 3-4pm

### Professionalism

November 12, 2-3pm

### Time Management

November 19, 2-3pm

To take advantage of these great programs, click [here](#) or visit the CEHS Student Success Center website.



## Alumni Spotlight

### Christopher Lighty

Chris Lighty graduated with the class of 2007 — when our department was called Family & Child Studies — with a concentration in Family Services. He had the pleasure of returning to MSU to earn a Master of Arts degree in Child Advocacy.



**His Story:** The knowledge Chris acquired at MSU afforded him the amazing opportunity to be employed as a Family Service Specialist in the Adolescence Unit of the Department of Child Protection and Permanency in Newark, NJ.

**Where is He Now?** After ten years in the social service field, Chris decided to embrace a new direction, and set his eyes on the corporate arena. Taking the lifelong lessons, educational experiences and skills afforded to him during his time at MSU, he enrolled at Rutgers University and received a Master's Degree in Public Administration in 2018. He is currently employed with Amazon as an Area Manager working in Robotics.

He is happily married to the love of his life Crystal, and is the father of precious Bella Maxwell. ■

## Spring Internship Deadlines

If you are planning to do your Internship (FSHD 409) in Spring 2021, the application deadline is **November 1**.

Submit your registration form *even if* you don't have a site approved; write "TBA" under Site Placement. Site information is due by January 2.



## Hoping to Become a Teacher?

Check out one of these [free Zoom sessions](#) offered by the Center of Pedagogy to learn everything you need to know about MSU's nationally recognized Teacher Education Program!

Wednesday

November 4 or December 2

2:30-4:00pm

### FSHD Chair's Message *continued from page 1*

safe, all while juggling your school work, families, and jobs, are feats that are nothing short of extraordinary.

While we survive in and adjust to this new normal however, let's also acknowledge the importance of self-care and self-preservation. Having worked with so many FSHD majors over my tenure here, I see firsthand the natural tendency of our students to put others first above all else. It is what our field does best and the nature of the very many helping professions all of you aspire to be.

But especially now, with all that's going on in this country and the world, don't hesitate to lean on your support networks, make yourself a priority whenever you can, and allow time for self-preservation and growth. Find glimmers of joy and laughter every day (like my socially distancing scarecrows... well, at least my kids thought they were funny!)



It goes without saying that we miss seeing our FSHD students in the classroom and in our office suite. As we roll into November and December to wrap up this unforgettable semester, do know that the FSHD department is always around and trying to stay connected as a community. Join us on Facebook or follow us on Instagram or LinkedIn where you can get updates on things happening in the department. At the same time, we welcome you to send *us* an update – tell us what you've been up to! In the coming weeks and months, we'll be reaching out to students to share your thoughts on what you'd like to see on our social media platforms and to share *your* stories.

Keep up the good work, you're really almost there. And *this* November, **don't forget to vote!** ■



## Staff Spotlights

### Lisa Mills Program Assistant

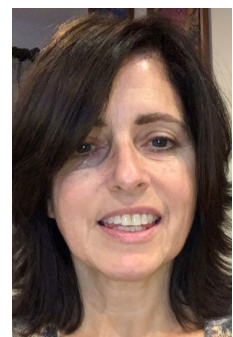
The FSHD Department welcomed Lisa Mills to our team in August. She manages our office operations and supervises all administrative activities to foster an environment of excellence. She is responsible for database management, financial/budgeting operations, communications, personnel matters, and student assistance.



**Fun Fact:** She fulfilled her lifelong dream of going sky-diving, and jumped out of a plane at 13,500 feet!

**Words of Wisdom:** “College offers some of the most opportunistic years of your life. Challenge yourself. Step out of your comfort zone. Try new things. Have fun and don’t ever stop smiling!”

### Jennifer Van Vort Doctoral Program Associate

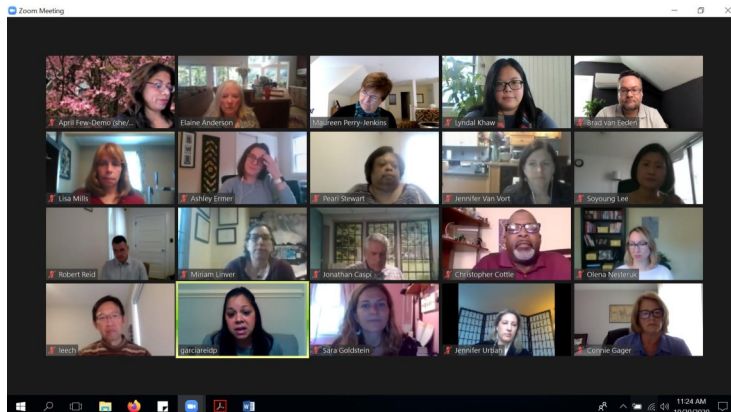


As staff support for the FSHD doctoral program since its inception, Jen oversees recruitment and marketing activities, and coordinates special events including new student orientations, webinars, brown bags and professional development series. She helps interested candidates with the application process and advises current students about courses, Graduate School guidelines, funding, etc.

**Fun Fact:** Jen actually *likes* commuting to work. It's her quiet, reflective time when she listens to news radio or her favorite Sirius station.

**Words of Wisdom:** “I always remind myself to be thankful. Thankfulness can take the form of giving a compliment to others, celebrating someone else's success, or sending a thank you note. It's such a simple thing, that can bring other people joy and make them feel appreciated. As an added bonus, you feel happy for making someone else feel good. It's a win-win!” ■

## Review Process Examines FSHD Impact



In October, FSHD welcomed three visitors from other university Family Science departments who conducted our Six-Year External Review (SERC). The SERC is an important process to ensure the quality of our undergraduate and graduate programs and to confirm that we are continuing to meet our goals.

This year, because of COVID-19, our external reviewers visited us and examined our program virtually. They met with FSHD faculty and staff (pictured above), some of our undergrad and doctoral students, representatives from the CEHS Dean's office, the Provost's office and Library Services. ■



**Abraham Lincoln** proclaimed Thanksgiving a national holiday in 1863.

**Americans** consume 46 million turkeys and 50 million pumpkin pies every year.

**80%** of people prefer the leftovers to the actual feast!

**Macy's** Thanksgiving Day Parade started in 1924. Felix the Cat was the first giant balloon, in 1927.

**Male** turkeys gobble; females cackle.

The day after Thanksgiving is the busiest day of the year for plumbers!

**Yale** faced Princeton in the first Thanksgiving Day college football game in 1876.



## Student Group Wins National Grant

We are proud to announce that our FSHD-based student organization, the Montclair Student Council on Family Relations (MSCFR), won the 2020 Affiliate Grant award from the National Council on Family Relations! MSCFR is an [affiliate group](#) of NCFR that enables students to interact with professionals and connect their academic experience to the real world.

Each year, NCFR presents the grant to one affiliate group in the country to support its activities and promote involvement in the organization. MSCFR will use the funds for a community service project, which is planned to take place in Spring 2021. Congratulations to MSCFR President Christina Rivera, a senior in Family Services, for seeing this grant proposal through!



MSCFR is open to any MSU student. It's a great way to build your leadership skills while doing some good for our community. To join or learn more about MSCFR, contact MSCFR Faculty Advisor Dr. Lyndal Khaw at [Khawl@montclair.edu](mailto:Khawl@montclair.edu). ■

### Need a Break?

Check out these fun activities  
at the Rec Center

All activities are free to MSU students with a valid ID but some require registration.

[Volleyball Frenzy](#)

Wednesdays, 11am-2pm

[Fall Walls](#)

Foliage Decorations

Tuesday, November 3, 6-8pm

[Hike at Mills Reservation](#)

Friday, November 6, 10am-3pm

[Open Recreation at DioGuardi Field](#)

Saturday, November 7, 1-4pm

[Upper Montclair/Anderson Park Bike Trip](#)

Bicycles provided

Friday, November 13, 11am-3pm

[Pottery Painting](#)

Tuesday, November 17, 6-8pm

## November is National Family Caregivers Month

### CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.\*

43.5  
million  
2015



53  
million  
2020



18%  
2015



21%  
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING  
UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.\*\*

More Americans are caring for  
more than one person.



18%  
2015



24%  
2020

More family caregivers have  
difficulty coordinating care.

19%  
2015



26%  
2020



More Americans caring for someone with  
Alzheimer's disease or dementia.



22%  
2015



26%  
2020

More family caregivers report their  
own health is fair to poor.

17%  
2015



21%  
2020



23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

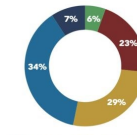
Who are today's family caregivers?



39%  
MEN



61%  
WOMEN



45%  
HAVE HAD AT  
LEAST ONE  
FINANCIAL IMPACT



61%  
WORK

AARP

Family Caregiving™

\*Provided care to an adult or child with special needs.  
\*\*The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.  
URL: [www.aarp.org/uscaregiving](http://www.aarp.org/uscaregiving) DOI: <https://doi.org/10.26419/ppi.00103.002>

naac  
National Alliance for Caregiving

Caregiving in the U.S. 2020,  
National Alliance for Caregiving and AARP  
For media inquiries, contact [Media@aarp.org](mailto:Media@aarp.org)

## Social Justice *continued from page 1*



inclusion: A focus on race and racism. Given that, we wanted to share a few updates and provide a means by which everyone's input can be heard.

- Dr. Brad van Eeden-Moorefield was elected as the first Associate Department Chair for Social Justice Initiatives. A core part of this role will be to help develop and coordinate the department's social justice work. If anyone would ever like to talk, share ideas, discuss concerns, etc. please feel free to reach out directly:  
vaneedenmobr@montclair.edu.
- Dr. van Eeden-Moorefield and Mr. Chris Cottle, the Department's Student Advisor, currently are forming the first Social Justice Advisory Board for the FSHD Department. The Board will be made up of various stakeholders including; undergraduate and doctoral students, alumni, and community mem-

bers. This Board will provide direction and input on the department's social justice strategic plan, programming, community impact, and other social justice initiatives. We envision the first Board also will develop a formal selection process for new members.

- Several department members recently took part in an anti-racist teaching training.
- We have begun to develop some of the action plans articulated in our statement into draft proposals to be shared with everyone for official input and development. As examples, these include early brainstorming drafts of a department social justice strategic plan and a curricular mapping tool to map diversity, inclusion, and social justice across the core courses.
- We have created a virtual feedback form to ensure everyone has an anonymous way to provide feedback and or make suggestions related to the department's social justice work. It can be found [here](#) or you can use this link: [https://montclair.co1.qualtrics.com/jfe/form/SV\\_3JHboG6J8W0DO4J](https://montclair.co1.qualtrics.com/jfe/form/SV_3JHboG6J8W0DO4J)

We are thankful to have so many phenomenal academic family members with whom we can do this critically important work! ■

***"There must exist a paradigm, a practical model for social change that includes***

***an understanding of ways to transform consciousness***

***that are linked to efforts to transform structures."***

*~ bell hooks*

