

FAMILY SCIENCE & HUMAN DEVELOPMENT

NOVEMBER 2021

FSHD Welcomes Visiting Fulbright Scholar

The Family Science and Human Development (FSHD) Department is proud to collaborate with Visiting Fulbright Scholar Dr. Jaerim Lee, an associate professor in the Department of Child Development and Family Studies at Seoul National University, South Korea. The Fulbright Visiting Scholar Program provides grants to foreign scholars from over 100 countries to conduct post-doctoral research at U.S. institutions for up to one academic year.

Dr. Lee earned her Ph.D. in Family Social Science at the University of Minnesota. Her research interests include emerging and young adulthood in the context of families, intergenerational, and preventive family life education.

She is conducting a research project with her host, FSHD Associate Professor Dr. Soyoung Lee, that explores the lived experiences of the COVID-19 pandemic among Korean American and Korean mothers with school-aged children in the U.S. The project aims to explain what parental involvement in children's education means to the mothers and how their mothering experiences during the pandemic have reconstructed the meaning of parental involvement.

The implications of this research relate not only to Korean American mothers but also to other immigrant and multicultural mothers and families during the pandemic. ■



Dr. Jaerim Lee

DATES TO REMEMBER

November 1

Deadline to Apply for Spring 2022 Internships

November 7

Daylight Savings Time Ends — Turn clocks back 1 hour

November 10

FSHD Virtual Social Justice Townhall

November 24

Registration Opens for Summer 2022

November 25-28

Thanksgiving Holiday— No Classes

Department Chair's Message

I hope everything in life is going well for you, despite the fact that we are in the classic mid-semester "full steam ahead" time. If you're a student, even if your semester has been going pretty well, at this point you are probably facing a slew of midterms, paper deadlines, internship or field hours, and group projects...on top of a part-time job (or two) that you have going on. And if you're a faculty or staff, you are probably in the midst of grading the work, catching up with deadlines, attending conferences, advising students, and doing research - all in a day's work!

This reminds me of something an FSHD student once told me. If our semester looked like a roller coaster ride, we would be at the point where we are climbing the highest incline and just holding onto the handlebars, waiting for that inescapable, heart-pounding drop as we encounter the scariest part of the ride. Now, if you generally love life on the fast pace with an adrenaline rush, this time of the semester might be right up your alley, but if you are afraid of heights or, like me, prefer things to stay on the calmer side, you might find yourself longing for this ride to be over soon enough!



Dr. Lyndal Khaw

So for this Chair's message, I thought it might be helpful to remind everyone to do the one thing that grounds or centers you when the going gets tough or unpredictable. For me, it is pretty simple. Take a deep breath. In fact, let's all take a collective (virtual) deep breath. Wherever you are, just stop for a second and take some deep breaths. Inhale and exhale. Inhale and exhale.

Inhale and exhale.

continued on page 3

Social Justice Initiatives

As part of the FSHD Department's ongoing social justice action plan, the next virtual FSHD Townhall on Social Justice will be held on Wednesday, November 10 at 2:00 p.m. via Zoom.

This Townhall will provide the opportunity to share your thoughts about the department's social justice work and what you would like to see us plan for the future, including content that would like to see covered in or added to your courses.

Dr. Brad van Eeden-Moorefield, our Associate Department Chair for Social Justice Initiatives, and Staff Liaison Christopher Cottle simply want to provide the chance for you to share, and for them to listen and answer your questions. If you can't attend, feel free to communicate your ideas [here](#). Another Townhall will be hosted in the spring semester.

FSHD Social Justice Townhall
Wednesday, November 10, 2021
2:00 PM
[Zoom link](#)

Defining Concepts

In each newsletter during this academic year, we will define various social justice concepts. This month's term is:

Social Justice

An analysis of how power, privilege, and oppression impact our experience of our social identities. "Full and equal participation of all groups in a society that is mutually shaped to meet their needs. Social justice includes a vision of society in which the distribution of resources is equitable" and all members of a space, community, or institution, or society are "physically and psychologically safe and secure." (Adams et al. 2016)

"...social justice is both a process and a goal. The goal of social justice is full and equal participation of all groups in a society that is mutually shaped to meet their needs. Social justice includes a vision of society in which the distribution of resources is equitable and all members are psychologically and physically safe and secure." (Bell, 2013, p. 21). ■

Adams, M. et al. (2016). *Teaching for Diversity and Social Justice*. New York: Routledge. p. 1.

Bell, L. (2013). *Theoretical foundations*. In M. Adams, W.J. Blumenfeld, C. Castañeda, H.W. Hackman, M.L. Peters, & X. Zúñiga. (Eds.), *Readings for diversity and social justice*. New York: Routledge.

Spotlight on Contemporary Antisemitism

Friday, November 12
9:00 am—3:00 pm

Hosted by the Holocaust, Genocide, and Human Rights Education Project, and featuring Holocaust survivor Norbert Bikales, this workshop will help teachers develop effective lessons on the Holocaust and antisemitism.

This program is FREE and open to all K-12 educators, MSU students, faculty and staff who would like to learn how to increase students' awareness that antisemitism persists, and help them understand connections between its contemporary forms and this historical event. Educators will also examine ways to help students explore the responsibility of all members of society to respond to and prevent antisemitism and all forms of hate. Professional Development hours will be awarded to all participants. [Registration is required.](#)

Student Group Collects Costumes for the Community



The Montclair Student Council on Family Relations (MSCFR) conducted a successful collection of Halloween costumes and accessories for Jersey Cares, a nonprofit organization that recruits and engages volunteers in rewarding, effective efforts to meet community-identified needs.

We are proud of our student leaders for doing their part to serve the community! They delivered two trunk-loads of costumes that will brighten the lives of many children. Pictured are just three of the many bags of donations.

For information about joining this student organization, please contact [Dr. Lyndal Khaw, MSCFR Faculty Advisor](#). ■

Student Spotlight

Destany Armani George

Destany Armani George is a senior studying Family Science and Human Development with a concentration in Family Services and a minor in Social Work.



Her Story: After two and a half years of studying another field that strayed from my purpose and passion in life, I finally found my calling through the

curriculum offered in FSHD. The classes have helped me unravel and develop my relationship with others and myself.

I currently hold many on-campus positions, including being an Orientation Leader for the past three years, an Experience Montclair Ambassador, a Leadership Ambassador, an intern at the Center for Leadership & Engagement, and a student worker for Student Development & Campus Life.

Her Plan: I am excited to close out my last chapter at MSU, and this year I hope to use the campus resources and centers to make sure that I am taking care of myself and staying committed to my positions on campus. Being an involved student has always been in my DNA. I have taken part in many presentations throughout my time at MSU. I aspire to become a motivational faith-based speaker and to be the next Oprah.

Her Thoughts: “You only have one life to live, stop living in the past and stop worrying about the future. God has set you APART for this season, for this generation! Live for now.” ■

Department Chair’s Message

continued from page 1

While this won't expedite the semester, I find that taking deep breaths not only calms me down, but helps me refocus on what I need to prioritize. Sometimes in the hustle and bustle of the semester, we really just forget to breathe. I hope that whatever you do to re-center yourself, you'll take the time to do just that.

Don't forget too that we are a community of helpers. Lean on your FSHD faculty, staff, advisors, and fellow classmates for support and help if you need it. We are here as a resource for you.

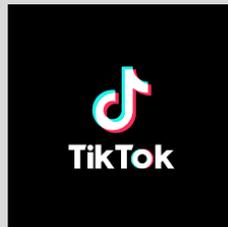
On that note, have a good remainder of the semester and I wish an early Happy Thanksgiving to you and yours! Until then, buckle up, take deep breaths and enjoy the ride! ■

Free Technology Sessions at ADP Center

Tik Tok and Video Production

Thursday, November 4
3:30— 4:30 pm

Expand your knowledge of video production, and learn to create great content for your social media.



Powerful Presentations

Wednesday, November 10
6:30—7:30 pm

Learn how to create a presentation with creative, fun slides that will leave a lasting impression on your audience! Explore applications like Slido, Slides Carnival, and more. ■

Take a Break!

Have you ever watched Wipeout and wished you could take the challenge to see if you really would wipe out? Here's your chance and it's FREE!

Wipeout

Monday, November 8
7:00 - 9:00 pm

Scoring is based on time and distance, and those with the best times will win prizes! No registration, just show up at the Rec Center pool with your MSU ID.

If that's not your style, check out all these other fun Rec Center activities:

- Barbell Strength
- Dance Fitness
- De-Stressing
- Ice Skating
- Meditation & Mindfulness
- Pilates
- Swimming Lessons
- TRX (suspension training)
- Yoga — all levels
- Zumba

To see the full calendar of events, [click here.](#) ■

Happy Thanksgiving!

Rocky's Closet Helps Students Dress for Success

Rocky's Closet is an on-campus initiative providing students with year-round access to seasonally appropriate professional attire for jobs and interviews. Helping students build an essential wardrobe for their future professional needs, the Closet offers dress pants, dress shirts, dresses, skirts, blouses, blazers, shoes, and accessories such as belts, ties, scarves, socks, handbags and more.



Any current MSU undergrad or graduate student with a valid ID may access the Closet by making an appointment, and may select up to four articles of clothing during their visit.

Established as a legacy project by retired Vice President of Student Life, Dr. Karen Pennington, Rocky's Closet is located in the Village Apartments, Alice Paul Hall, 4th Floor.

[Rocky's Closet](#) accepts donations of new and gently used contemporary professional apparel, business appropriate casual wear, belts, suspenders, pocket squares, ties, tie pins, dress shoes, handbags and accessories. If you have items of any size that you would wear to work, or would expect a job candidate to wear to an interview, donate them. There's also an [Amazon Wish List](#) for specific needs.

To make an appointment or a donation, call 973-655-4153 or email pasquinos@montclair.edu. ■

OUR ACHIEVEMENTS

FSHD Faculty & Staff

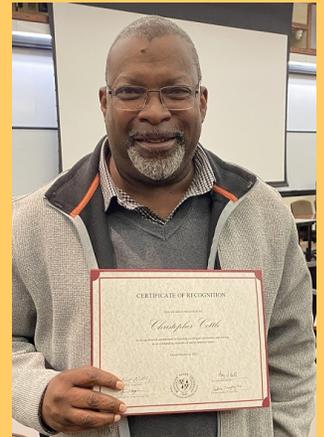
Dr. Ashley Ermer was honored by the National Council on Family Relations (NCFR) with the Families and Health Section Professional Paper Award. This award recognizes outstanding achievement for the best paper written by a professional member of the organization's Families and Health Section.

Dr. Brad van Eeden-Moorefield co-authored "An empirical examination of hookup definitions across the literature," 2000—2019. *Archives of Sexual Behavior*.

Dr. Soyoung Lee co-edited a special edition of the *Journal of Comparative Family Studies* titled "Understanding Contemporary Family Issues in South Korea."

Chris Cottle, FSHD Department Advisor, received the Employee Recognition Award from MSU's College of Education and Human Services

for his commitment to building a collegial community and serving as an outstanding example of social responsiveness. In particular he was recognized for helping to "lift black voices and make MSU a more inclusive environment for students of color." ■



Veterans Day



Honoring all those who served

"This nation shall remain the land of the free only so long as it is the home of the brave."

-Elmer Davis

There's a New Minor in FSHD!

Scan this QR Code to learn more or [click here](#).



November is National Home Care and Hospice Month

During the month of November, the National Association for Home Care & Hospice honors the millions of nurses, home care aides, therapists, and social workers who play a central role in our health care system and in homes across the nation.



The organization shares some interesting facts about home health care:

- More than 5 million Americans receive high-quality, compassionate home care every year.
- Ninety percent of Americans want to age in place.
- Home care is the preferred method of health care delivery among the disabled, elderly, and chronically ill.
- Home care providers travel about 8 billion miles to deliver the best health care in the world.

This month we salute these compassionate, tireless workers who deliver an invaluable service for their clients as caregivers, companions, and friends. ■

Facts about Alzheimer's Disease

Alzheimer's is a degenerative brain disorder, **NOT** a normal part of aging



More than **5.8 MILLION** Americans are living with Alzheimer's

Alzheimer's is projected to nearly TRIPLE by 2060	Now	5.8 million
	2060	14 million

No one should be afraid to speak about **Alzheimer's disease**

Connect with information.
Connect with support.

Learn more at www.alzfdn.org
or call 866-232-8484.



Career Opportunities Abound in Gerontology Field

With 1 in 7 adults in America at age 65 or older, the field of Gerontology — the study of aging — continues to expand, creating a multitude of career options. The Family Science and Human Development Department offers an interdisciplinary 18-credit minor that challenges students to think critically about various facets of the aging process.

By integrating academic coursework with practical “hands-on” learning opportunities, this minor prepares students for careers and/or graduate study in health care and community services, nutrition, program administration, physical therapy, public policy and more.

Required courses focus on adult development, aging, public policy, and families in later life. Electives incorporate the fields of music and art therapy, law, public health, psychology and sociology.

To learn more about the Gerontology minor, scan this QR code or [click here](#).



Family Science & Human Development

University Hall 4144

(973) 655-4171

FSHD@montclair.edu

[FSHD Website](#)

Dr. Lyndal Khaw, Chair

Lisa Mills, Newsletter Editor

