

FAMILY SCIENCE & HUMAN DEVELOPMENT

JULY/AUGUST 2022

Appreciate Life's Simple Pleasures

While everyone has struggles that might sometimes seem impossible to bear, we also have many things for which to be thankful. But do we stop often enough to think about how fortunate we are for the good things in our lives?

Sometimes a crisis or tragedy forces us to open our eyes and our hearts, to be grateful for the simple and not-so-simple pleasures. Perhaps news of a terrible car accident gives us perspective about getting stuck in traffic but arriving safely at our destination. Reports of a school shooting help us ignore the fact that our kids left their backpacks in the doorway again, and make us grateful that they actually walked through the doorway again. The old carpet in the living room might not seem so ugly after a fire destroys a neighbor's house.

It's important to take a moment every day to appreciate what we already have, what we've achieved, and how far we have come. Having such wonder in our lives, and looking around to truly see it, is a great joy. So why are these moments so rare?

We spend a great deal of time concentrating on what we want and not necessarily what we need. But by focusing on the things we don't have, we take for granted the things we should appreciate.

Of course, it's important to have dreams and goals, but sometimes the path to happiness is appreciating what we already have, rather than chasing after more.

Consider these simple ways to appreciate what you have right now:

- Keep a daily journal and write down what you are grateful for.
- Stop comparing yourself to others.
- Volunteer.
- Practice self-care and self-acceptance.
- Be compassionate.
- Express your feelings.
- Spend time with loved ones.
- Be present and live in the moment. ■

Adapted from Psychology Today



New PhDs in FSHD

Congratulations to our PhD students who successfully defended their dissertations this year. The FSHD faculty and staff are immensely proud of their hard work and determination to achieve this wonderful milestone!

Dr. Carrie Bergeson

Community-Based Programs as Spaces for Critical Consciousness not Containment: Black Youths' Perspectives
Dissertation Chair: Dr. Robert Reid



Dr. Csilla Greiner

Saying That You're Sorry but Knowing There is Nothing You Can Do to Bring Their Person Back: Teachers' Perceptions of Supporting Grieving Students
Dissertation Chair: Dr. Sara Goldstein

Dr. Lucinda Harris

Lift Every Voice: Black High School Students' Lived Experiences with Racism and Discrimination through a Critical Race Theory Lens
Dissertation Chair: Dr. Robert Reid

Dr. Kencia Mele

Impact of Family Expectation on the Marital Practices of Haitian-American Couples
Dissertation Chair: Dr. Pearl Stewart

Dr. Rocco Placenti

How Exposure to Poverty Related Issues in the Classroom Affects Students' Attitudes and Interactions with Their Social Environment
Dissertation Chair: Dr. Pearl Stewart

Dr. Fatimah Turner

It's a Different World: Using Ethnographic Interviews to Describe the Attempts and Strategies Used by Black, First-Generation, Female, College Students to Combine Family, Community, and College Life
Dissertation Chair: Dr. Pearl Stewart

Dr. Duane Williams

Black First-Generation Professionals: Leaders That You Never Heard of Before - An Exploratory Study of Their Lived Experiences
Dissertation Chair: Dr. Pearl Stewart ■

DATES TO REMEMBER

August 15

Deadline to [Apply](#) for August Graduation

September 2

First Day of Fall Classes



May 2022 FSHD Graduates

Abdallah, Sundous H.	DeFilippis, Jordyn L.	Hofmann, Allison	Ricci, Daniella C.
Abudabour, Amanie	Definis, Isabella M.	Inglima, Brianna	Riccio, Amanda R.
Adebule, Zainab	Dehnert, Amanda M.	Jimenez, Cheyanne R.	Rice, Kaelyn N.
Agnone, Jenna G.	DeLissio, Isabel R.	Kipp, Gabriella N.	Rios, Enia A.
Aguirre, Emily N.	DeMartino, Briana R.	Kologrivov, Emily	Rios, Kaylee L.
Alicea, Lizruby	Desrosiers, Ruthny V.	Kozak, Nicole A.	Rojas, Fantasia S.
Allos, Claudia N.	Diaz, Alexia	Lever, Alyssa G.	Romero, Valeria
Amante, Kiara I.	DiDomenico, Jaime L.	Londono-Cruz, Gissenia	Rosamilia, Gabriella N.
Aquino, Jennifer M.	DiLascio, Giana M.	Lopez, Rachel	Rosen, Sari A.
Arana, Kimberly B.	Disteso, Brianna J.	Luna, Giselle Dana A.	Ruffino, Jenna L.
Atahualpa, Caroline L.	Dixon, Tamara	Maecha, Jessica A.	Ruth, Clarissa E.
Atwell, MaryCatherine	Dubuque, Kayleigh M.	Maher, Krista R.	Ryan, Sarah E.
Baffuto, Jaime	Ducato, Alexandra N.	Mailley, Mikayla C.	Saleh, Dalia J.
Bailey, Sarah R.	Edghill, Tenia M.	Marin, Edith A.	Sanchez, Chelsy D.
Balcer, Hannah B.	ElHalawani, Alya	Marotti, Ralph A.	Sanford, Jessica L.
Baquerizo, Danielle	Elkin, Hilary M.	Marte, Katherine	Schiavello, Emma R.
Barry, Erin E.	Enriquez, Giselle S.	Mayer, Evan	Scotto Di Frego, Carollyn
Basso, Lauren E.	Esposito, Daria R.	McFadden, Mallory A.	Shivietz, Elizabeth A.
Bazalar, Jamie N.	Esteras-Santana, Jenisa A.	McKeown, Paige N.	Smith, Anna
Benedict, Katherine W.	Fany, Rode	Mead, Caitlin J.	Smith, Jennifer L.
Bodendorf, Cassandra H.	Feola, Alyssa	Menendez, Alyvia C.	Smith, Kelly N.
Burns, Jessica	Fernandes, Catalina O.	Minera, Elizabeth V.	Soto, Elsa
Bussanich, Alyssa M.	Fiore, Juliana	Mitwali, Selenia S.	Stabile, Charisse N.
Bussanich, Amanda R.	Flynn, Victoria E.	Moco, Luis G.	Stabinsky, Jamie D.
Bustos, Selena M.	Ford, Aaliyah K.	Mustafa, Graciela D.	Stone, Emilee C.
Callahan, Nicole	Forese, Marianna N.	Muy, Katherine E.	Strzalkowski, Gianna M.
Campos, Stephanie I.	Forsyth, Cameron	Nazario, Tatiana D.	Suchoff, Paige B.
Cargan, Cassidy J.	Foster, Ariana K.	Noecker, Hailey M.	Swanson, Olivia B.
Carrone, Rebecca N.	Francisco, Angely	Noseworthy, Laura F.	Tabara, Julissa
Cascione, Michelle N.	Galligan, Brittany E.	Nyhuis, Angela M.	Taha, Zahieh
Castro Acevedo, Darian A.	Gaymon, Zamia	Ortiz, Arriana	Torres, Carolina J.
Chlewicki, Payton M.	George, Destany A.	Ostlin, Sherilyn N.	Townes, Soleil E.
Choe, Esther	Gibilisco, Ashley N.	Paccione, Haley E.	Twisten, Megan A.
Choi, Jungmin	Gillooley, Sara T.	Pagan, Rosalia	Vargas, Denisse
Chong Argoti, Astrid C.	Gomez, Anna R.	Palmaccio, Alexis M.	Venditti, Madison R.
Cinelli, Nicole A.	Gonzales, Jennifer A.	Peraino, Brianna J.	Venditti, Nicole
Clarke, Indya J.	Gonzalez, Amber R.	Perez, Dulce M.	Victor, Faith G.
Classen, Katelyn	Gonzalez, Dalili S.	Peterman, Danielle C.	Waddleton, Taylor R.
Coldon, Hailey L.	Gonzalez, Joelly-Marie	Podolski, Corinne E.	Wagner, Aleksandra W.
Cook, Darianna A.	Guerrero, Karolain L.	Polito, Anastasia A.	Weidanz, Rachel E.
Coste Disla, Dulce A.	Guglielmo, Claudia	Raedisch, Heidi A.	Werner, Hailee M.
Crawford, Lamani M.	Hamdeh, Eman	Ramirez, Nicole	Williamson, Jacqueline
Cuppari, Julia A.	Hernandez, Nohemi	Rasa, Alexandria L.	Zambrano, Emily N.
Dabrowski, Victoria	Herrera, Brittany L.	Reveco, Vanessa P.	Zidan, Noura
D'Ambrosia, Nicole	Herrera, Emily V.	Reyes, Kirenia	Zweig, Ashley L.
Davila Ristovski, Katherine C.	Hirs, Michelle E.	Reynolds, Jade G.	

Farewell Messages from FSHD Grads

We asked our May 2022 graduates if they'd like to bid farewell to their classmates or acknowledge any faculty or staff. Here's what a few of them said...

"I am so grateful to Dr. Lyndal Khaw for all of the kindness, support, and mentorship she showed me throughout my experience as an FSHD major. I grew so much personally and professionally while working with her. This experience truly would not have been complete without her. Thank you Dr. Khaw!"

- Edith Marin

"Thank you Jennifer Perlis (ASL Teacher) & Malia Valchar (Co-Teaching Teacher) for leaving a lasting impact on me as a future educator. They go above and beyond for us as students and it's something that makes you look forward to being in their class. If you have the chance to take them, do it!"

- Gabriella Rosamilia

Celebrating with Our Graduates



FSHD faculty and staff members celebrated with our 2022 graduates at Convocation in June. Stopping to capture the moment are (l to r) Associate Professor Olena Nesteruk, Assistant Professor Ashley Ermer, Department Advisor Chris Cottle and Associate Professor Soyoung Lee.

August is National Black Business Month

National Black Business Month was created in 2004 by historian John William Templeton and engineer Frederick E. Jordan Sr. to bring attention to the needs of more than two million Black-owned businesses operating across America.

Black business owners currently account for about 10 percent of U.S. businesses and about 30 percent of minority-owned businesses. Our support is vital to their success, but it only happens when we know about them.

Consider some simple ways to lift up these businesses, which are essential to the people and communities they serve:

- Make a purchase and refer others.
- Subscribe to the company's email list.
- Share their social media posts on your social platforms.
- Leave a positive review on sites like Google and Yelp, and share the review on your social outlets as well.
- If you're a blogger, include them in a write-up.

Source: ProjectPneuma.org

The FSHD Department is staunchly committed to social justice. To learn more about our initiatives, [click here](#).

Be a J.E.D.I.

Justice
Equity
Diversity
Inclusion

Family Science & Human Development

University Hall 4144

(973) 655-4171

FSHD@montclair.edu

[Visit the FSHD Website](#)

Dr. Lyndal Khaw, Chair

Lisa Mills, Newsletter Editor

