



FAMILY SCIENCE & HUMAN DEVELOPMENT

SEPTEMBER 2022

National Hispanic Heritage Month

"Celebramos el mes de la Herencia Hispana del 15 de septiembre al 15 de octubre"

September 15 through October 15 is National Hispanic Heritage Month in which we celebrate the cultures and contributions of Hispanic and Latinx Americans. The 2022 theme, "Unidos: Inclusivity for a Stronger Nation," reinforces the need to ensure all voices are represented and welcomed in decision-making processes, to help build stronger communities and a stronger nation.



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The month-long time period includes independence days and celebrations of heritage rooted in many Latin American countries. Additionally, we celebrate the dynamic U.S. Latinx stories and diverse experiences that shape our national experiences and identities.

MSU enrolls more Hispanic and Latinx undergraduates than any other higher education institution in New Jersey. Nationally recognized as a Hispanic Serving Institution (HSI) since 2016, the University continually pledges its commitment to students and their families for increasing access to college, and supporting their academic and professional success.

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DATES TO REMEMBER

September 2

First Day of Fall Classes

September 5

No Classes - Labor Day

September 13

Last Day to [Add/Drop](#)

September 15

- ♦ No Classes - President's Investiture
- ♦ Deadline to [Apply](#) for January Graduation
- ♦ Deadline to [Apply](#) for Teacher Ed Program

October 1

[Financial Aid Form](#) for next year is available online

Department Chair's Corner

Welcome back, FSHD family!

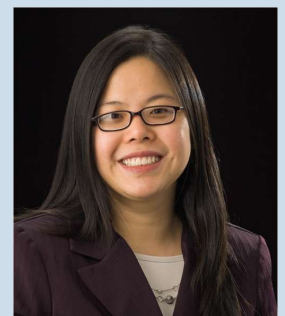
On behalf of the FSHD faculty and staff, I am thrilled to welcome everyone back to a new academic year 2022-2023!

Fall has always been my favorite part of the academic year, because it comes with that sense of excitement, opportunity for growth, and renewal. If you are new to FSHD, a warm welcome to our community. We are so glad to have you here! I hope you take the time to meet your peers, and get to know your professors and all that our wonderful department has to offer. To our continuing students, and our faculty and staff, welcome back!

I also want to share a quick update on changes in the department leadership team. Dr. Jon Caspi will be serving as Acting Department Chair for the next few months, as I take

some time off for bonding leave with my newborn daughter. Dr. Ashley Ermer is our new Doctoral Program Director who will be managing our PhD program and working with our fantastic doctoral students. Finally, you'll also hear from Dr. Brad van Eeden-Moorefield as our Associate Chair of Social Justice Initiatives at some point during this semester.

Please don't hesitate to come by our suite in University Hall 4144 to say hi, or shoot us an email if you have any questions. In the meantime, I wish everyone a successful and strong start to your Fall semesters! ■



Dr. Lyndal Khaw

Saving Lives with Suicide Prevention

The National Alliance on Mental Illness (NAMI) says suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition.

September is Suicide Prevention Awareness Month, a time to raise awareness of this stigmatized and often taboo topic. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Suicide & Crisis Lifeline
(formerly the Suicide Prevention Hotline)
Dial or send a text to:
988

NAMI devotes this month to shifting public perception, spreading hope, and disseminating vital information for people affected by suicide. The goal is to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

The 988 Suicide & Crisis Lifeline (formerly the Suicide Prevention Hotline) provides free, confidential support 24 hours a day, 7 days a week. It is a national network of local crisis centers available to anyone in suicidal crisis or emotional distress. ■

Sources: National Alliance on Mental Illness, 988lifeline.org


It's Okay to Talk About **SUICIDE**

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.


Suicide is **NOT** the answer.

2nd Suicide is the 2nd leading cause of death for people ages 10-34

46% of people who die by suicide have a diagnosed mental health condition

 The overall suicide rate has increased 35% since 1999

90% of people who die by suicide have experienced symptoms of a mental health condition

 Suicide is the 10th leading cause of death in the U.S.

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



HIGH RISK POPULATIONS

78% of all people who die by suicide are male



4x Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 12 times more likely to attempt suicide than the general population

12x



If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhotats

 NAMI HelpLine
800-950-NAMI (6264)

 NAMI

 NAMICommunicate

 NAMICommunicate

 www.nami.org

 **NAMI**
National Alliance on Mental Illness

Career Corner



Mr. Chris Cottle
is the beloved
academic advisor
for FSHD students
at MSU.

With a degree in Family Science and Human Development, you can pursue a career as an...

Academic Advisor

Academic advisors are professional staff members at colleges and universities who guide students on a path to achieve their educational and career goals. In this role, advisors encourage students to explore the major/minor options available to them, and evaluate those options based on their interests, goals and resources.

Advisors help students make appropriate course selections to ensure that they will meet all the requirements to graduate and earn a degree. In addition to providing guidance, highly effective advisors help their students develop into mature, self-directed individuals.

Conducting orientation sessions is another responsibility of academic advisors. They also provide accurate information about the college's policies and procedures, and refer students to other resources and services as needed. ■

Alumni Spotlight

Sophia Abjuga

Sophia Abjuga graduated from the FSHD program in August 2022 with a concentration in Family Services and a minor in Social Work.

Her Journey: I knew FSHD was right for me based on my love of working with families and seeing them grow. Every FSHD class I took taught me something about myself as well as the world.



Her Plan: My future goals are to obtain a Master's in Social Work (MSW), then become a licensed clinical social worker (LCSW), and focus on a career as a clinical therapist. I am beginning my MSW at NYU Silver School of Social Work this fall. I work at Family Service League/SAVE of Essex County as a Sexual Violence Prevention Specialist. I would eventually like to open up my own practice for individuals, couples, and families.

Her Thoughts: "Focus on your strengths, work hard and make it a career. I used to not be a fan of school. Once I found my love for working with others, I got straight A's and I now am getting my MSW!" ■

Hispanic Heritage Month

(Continued from page 1)

Join MSU in paying tribute to the enduring contributions of generations of Hispanic and Latinx Americans that have influenced and enriched our nation and society. The Office for Hispanic Initiatives celebrates the University's Latinx community with events focusing on both culture and challenges, while commemorating Latinx Pride.

Educators and future teachers who are looking for supplemental resources (teacher guides, lesson plans, student activities, and media resources) or anyone interested in learning more about U.S. Latinx communities, can visit the [National Endowment for Humanities](#) for materials and a wealth of information. ■



Red Hawks Athletics



Come out and cheer for your Fall teams!

**Soccer
Football
Volleyball
Field Hockey
Cross Country**

**Find the
full calendar here**

Teacher Education Program: Apply by September 15

Great teachers change lives. For more than a century, many of New Jersey's best teachers have been educated at Montclair State University.

If teaching is in your future, the deadline to apply for the Teacher Education Program for the Fall semester is Thursday, September 15. Visit the Center of Pedagogy's [website](#) to view applicant criteria and information.



Remember...

Family Science and Human Development is the **ONLY** department at MSU that offers a P-3 Certification. ■

Campus Activities

Join the fun at these and many other on-campus activities.
[Click here](#) for the University calendar.



Social Justice Initiatives

What Does **SOCIAL JUSTICE** Mean to You?

The Family Science and Human Development Department at MSU has a national reputation for our commitment to social justice and for preparing our students to carry that commitment out into their careers.

As we explore methods to further incorporate this pledge into our core curriculum, we invite you to play a big role in influencing these decisions.

Please take a moment to give us 5 words that represent social justice ideas or concepts that you believe every FSHD graduate must strongly understand, and should receive more attention in class.

Share your ideas here: [My Social Justice Words](#)

Here are some examples:

Intersectionality
Discrimination
Inclusion
Equity

Activism
Anti-racism
Privilege
Bias



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[Visit the FSHD Website](#)

Dr. Jonathan Caspi, Acting Chair

Lisa Mills, Newsletter Editor

