

FAMILY SCIENCE & HUMAN DEVELOPMENT

OCTOBER 2022

October 3 is Child Health Day

Child Health Day — the first Monday in October — was established in 1928 under a Joint Resolution of Congress. Every year, the president issues a proclamation “inviting all agencies and organizations interested in child welfare to unite ... in observing exercises that will make the people of the United States aware of the fundamental necessity of a year-round program to protect and develop the health of the children of the United States.”

Last year’s proclamation from President Biden reaffirmed the “commitment to ensuring that every child in America has equal access to quality and affordable health care, child care, and education so that they can thrive and reach their full potential.” In support of this pledge, the administration has funded programs focused on school-based health, children’s mental health, suicide prevention, and maternal care.



A child's health includes physical, mental and social well-being. According to the National Council on Family Relations, here are simple ways you can improve a child's health:

- Avoid second-hand smoke
- Serve more fruits and vegetables
- Exercise as a family
- Set an early bedtime
- Teach them to express their feelings
- Let them help prepare healthy meals
- Be a role model

What can *you* do today to improve the health of a child? ■

DATES TO REMEMBER

October 1
[Financial Aid Form](#)

for next year
is available online

October 6
Welcome event for new
FSDH freshmen, transfers
and minors

October 22
PhD cohort gathering

November 1
Deadline to apply for
Spring 2023 Internships

November 3
Registration opens for
Spring 2023

Department Chair's Corner

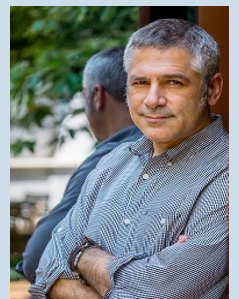
Greetings! I hope your semester has gotten off to a wonderful start. I am happy to be serving in the role of Acting Chair of the Department of Family Science & Human Development. I extend my best wishes to Dr. Khaw as she takes a little time to be with her family.

Fall is my favorite semester because everyone comes to campus energized and ready to accomplish great things. One of the many amazing things about attending college is the opportunity to make close and often lifelong friends. With these friends, you will share unique experiences that form the bonds of closeness. Good connections are the antidote to life's difficulties. Knowing we are not alone makes such a difference in our abilities to manage adversity.

Many of you are balancing many responsibilities and may

be feeling its heavy weight as we enter our second month of the semester. Homework, jobs, tests, papers and presentations, family responsibilities, extra-curricular activities, and other relational stress. The answer to this stress is paradoxical in that it requires more of your time, but the payoff is huge. Close relationships and connections to a community are the secret to happy lives. I encourage you to throw yourself into campus life.

Your time at Montclair State University is incredibly valuable because it offers you a unique opportunity to build strong



Dr. Jonathan Caspi

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Social Justice Initiatives

We hope you are settling into the fall 2022 semester and the new academic year! We especially would like to welcome our new FSHD Academic Family members and look forward to getting to know you better in the months and years ahead. For those that also are new to Montclair State University, welcome to the Red Hawk family!

Although we only are a month into the new semester, it has been one of the most vibrant, busy, and exciting semesters we can remember. From the carnival rides and great food on opening day to the Presidential Investiture celebration, there is so much excitement for not only the semester but the future of Montclair State University!

We are particularly enthusiastic about the commitment to social justice and community engagement that our President and Provost have, and their plans for the future of the university. FSHD fits incredibly well with these plans, and that will only increase our ability to make important impacts that build on strengths and enhance the health and well-being of local communities and beyond. There will be many opportunities for you all to continue learning, growing, and creating positive change in our communities as we move into this new phase of Montclair State University's development!

For now, we are excited to share a few updates on our social justice initiatives and invite each of you to engage with the many initiatives that will occur this academic year.

Updates

1. Advisory Board - The Social Justice Advisory Board is scheduling its first meeting of the fall for next month. We do expect to invite a new community representative to join the SJAB. If you know someone who would be great, such as an internship site supervisor or a leader of an organization where you volunteer, please contact Dr. Brad van Eeden-Moorefield at vaneedenmobr@montclair.edu.

2. Social Justice Statement - One of our doctoral students, Melissa Screven, spent a lot of time over the summer reviewing recent social justice literature and looking at what other organizations are doing. Based on this work and our current departmental statements, Melissa drafted a proposed social justice statement for FSHD. In the months ahead, we will share the draft statement and begin collecting feedback from all of you so that we can ensure the statement represents all voices in our community. We will follow the department statement development and approval

procedures we developed last year and are excited to hear your thoughts and suggestions. Thanks to Melissa for getting this important work started!

3. Curriculum - For the past year we have been working on curriculum updates to our core courses. This work focuses on ensuring that all graduating FSHD students have a strong, critical knowledge of at least five historically minoritized populations and at least five core social justice concepts/practices. These were identified based on input from the entire community, and they considered our local community populations and student training needs as well. We then looked at the courses to see which populations and concepts were already included in courses and where we needed to add them. We will finalize that work this fall so we can

begin incorporating material in the courses moving forward. In preparation for that, we would like to thank another doctoral student, Krystle Davis, who has been gathering an updated evidence base of information related to the populations and concepts identified. This information will be shared with all of

those teaching the core courses in the future.

4. Recruitment - Over the summer, the FSHD Department again participated in the student recruitment events that are part of the University's Hispanic Student Initiatives (i.e., Pre-College Access Institute, Hispanic Student College Institute). Participating in these events is incredibly special and inspiring!

5. Looking Ahead - We have many additional activities and initiative plans for this semester and academic year, and we encourage you to review both our process and plans on our [social justice strategic plan](#).

There will be a lot of activity and opportunities for you to fully participate this year, so stay tuned! As a reminder, we have created a virtual feedback form to ensure everyone has an anonymous way to provide feedback and/or make suggestions related to the FSHD community's social justice work. It can be found [here](#) or you can cut and paste this link: https://montclair.co1.qualtrics.com/jfe/form/SV_3JHboG6J8W0DO4J

Be empathetic.
Be compassionate.
Be kind.
Be you! ■



Alumni Spotlight

Jessica Szweada



Jessica Szweada is a 2010 graduate of the FSHD program with a concentration in School Settings.

Her Story: I chose Family Science and Human Development as a part of my educational path because of my love for working with children and families. The faculty in this department are not only so knowledgeable in the field, but they treat their students like family and I knew it was where I belonged from the moment I started my classes as an undergrad.

Her Path: Montclair State and this department became a second home to me and I stayed to complete my Master's in Family Science and Human Development in 2013. I was blessed to continue my career path as an adjunct professor in FSHD, working alongside the same mentors that

helped me grow into the academic I am today. I am also a kindergarten teacher in the district where I grew up. I hope to eventually continue my educational path towards a PhD in the near future.

Her Thoughts: "My advice to all FSHD students is to take advantage of all that this department and faculty have to offer. Use your passions as a guide and never give up on yourself. You are right where you belong!" ■

FSHD Department Offers Two Minors

Gerontology minor—Explore the study of aging and how it relates to other fields. [click here.](#)

Family Science and Human Development minor—Learn more about this interdisciplinary program. [click here.](#)

Career Corner

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

Divorce Mediator

When marriages dissolve, many couples choose to go through divorce mediation rather than battling in court with expensive lawyers.

Mediators are neutral parties that facilitate productive discussions between the couple, and help negotiate agreements over issues that arise during a divorce, such as division of assets, child support, and custody. They help the couple find common ground to decide what is best, or most agreeable, for their personal situation.

Because mediators do not offer legal advice or make decisions for the couple, they do not need to be lawyers but they must be familiar with divorce law.

Excellent listening and communications skills are vital in this field. Additional skills possessed by the most effective mediators are honesty, neutrality, and the ability to be encouraging. Essentially, mediators are calm, reasonable, and level-headed individuals who act as the middleman between two people who are under emotional stress. ■

Department Chair's Corner

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relationships and lifelong memories with people from a broad range of backgrounds. Academics are central to university life, but in my view, only a part of what college is about. I strongly encourage you to dive into college life and be exposed to as many things as you can.

Go to sports games and cheer on your classmates, visit the campus galleries, go to theater performances, join clubs, participate in Greek life, join student government, become a radio DJ on WMSC, go to Social Justice and Diversity workshops, start a band with classmates (that's what I did!), become a tour guide, talk to others in your class (and not just on GroupMe!) and yes, GO to parties! Have late night discussions about things meaningful to you. Make stupid jokes and share your passions.

The more you participate in university life, the more you will get out of it. Most importantly, you will make important friends and that will help you feel more connected and less stressed.

Yes, do your homework, but remember college is more than academics – and that's coming from a professor! ■

MSU Career and Internship Fair

Thursday, October 6

1:30 pm - 4:00 pm

University Hall 7th floor

Are you ready to launch your career or gain experience with an internship or a full-time job? The upcoming Career and Internship Fair is an opportunity for students at all levels to network with employers from a wide variety of industries.

Be sure to visit these participating employers who offer opportunities for FSHD students, spring 2023 Family Services interns, and recent graduates:

- Oasis — A Haven for Women & Children
- All-Stars Project of NJ
- Spectrum Works
- Bergen's Promise
- New Jersey YMCA State Alliance
- The Deron School
- Circle of Care for Families & Children in Passaic County
- Integrity House

Register: Find more information and [register here](#).

What to Wear: If you need professional attire to wear to the fair, see the article below for information about [Rocky's Closet](#).

How to Prepare: If you've never been to a career fair, check out this recording of the [Career Fair Prep webinar](#). It offers lots of guidance about how to prepare, dress, and present yourself. ■

FSHD Internship Insights

Spring 2023 Internships

For seniors in the Family Services concentration planning to take Internship in Spring 2023, **the deadline to apply is Tuesday, November 1.**

CEHS Internship Coordinator, Colleen Casenta, is holding two information sessions about the program:

VIRTUAL: Wednesday, October 5

11:30 am-12:30 pm

To register and join: [Click Here](#)

IN-PERSON: Thursday, October 27

2:00 pm-3:00 pm

University Hall 1120 (in the ADP Center)

Registration is required: [Click Here](#)

If you cannot attend one of these information sessions, feel free to schedule an individual appointment with Colleen by logging into Handshake (from Handshake's homepage, select "Career Center" on the top right and then select "Appointments") or email Colleen at casentac@montclair.edu.

Internship Fair

Don't miss the Fall 2022 Career & Internship Fair on Thursday, October 6 from 1:30 pm-4:00 pm in the University Hall 7th floor Conference Center. (See the article on this page.) Remember to:

- Dress in professional attire
- Bring plenty of copies of your resume
- Bring your MSU Student ID ■

Dress for Success with Rocky's Closet

[Rocky's Closet](#) helps students build an essential career wardrobe by providing year-round access to seasonally appropriate professional attire for jobs and interviews.

Located in the Village Apartments, Alice Paul Hall, 4th floor,



this service offers dress pants and shirts, dresses, skirts, blouses, blazers, shoes, and accessories

such as belts, ties, scarves, socks, handbags and more.

Undergrad or graduate students with a valid ID may access the Closet by making an appointment, and may select up to four articles of clothing during each visit.

Rocky's Closet also accepts donations of new and gently used contemporary professional and business casual attire, as well as handbags, dress shoes and accessories. If you have items in any size that you would wear to work or to an interview, donations would be happily accepted and appreciated. There's also an [Amazon Wish List](#) for specific needs.

To make an appointment or a donation, contact Suzanne Pasquino at 973-655-4153 or pasquinos@montclair.edu. ■

Bullying Prevention Month

In recent years, increasing attention has been directed toward the issue of bullying for school-aged children both in and out of the school environment. A large part of raising awareness comes every October with National Bullying



Prevention Month, which strives to transform a society that accepts bullying into a society that recognizes that bullying can and must be addressed through education and support, according to [Youth.gov](https://www.youth.gov).

Bullying is not always a physical act such as hitting or kicking. It might involve name calling, teasing, threats, spreading rumors, breaking up friendships, and texting.

New Jersey's [Anti-Bullying Bill of Rights](https://www.nj.gov/education/anti-bullying) defines bullying as any communication—whether written or electronic text, verbal, physical, or psychological gesture—that is intentional or perceived as being harmful and damaging to a targeted person. Cyberbullying was additionally identified as a form of bullying due to its ease of occurrence through electronic devices and social networking platforms. The law outlines procedures for schools to prevent and respond to bullying occurrences. School districts are also required to provide training for all school personnel and school board members.

For resources on bullying, visit the government's website: <https://www.stopbullying.gov/> ■

Congratulations to President Jonathan Koppell on his Investiture as the 9th President of Montclair State University



"Together, we make great things happen."
- MSU President Jonathan Koppell

Teacher Education Info Sessions

FSDH students seeking teacher certification have a variety of options, including bachelor's programs and combined bachelor's/master's degrees. If you're a future teacher, the Center of Pedagogy wants you to learn about the different opportunities and how to apply to the program that's right for you.

Teacher Education Information Sessions are being offered in-person and via Zoom at the following times:

- Wednesday, October 26, 2:00-3:00 pm
- Tuesday, November 15, 2:00-3:00 pm
- Thursday, December 8, 4:00-5:00 pm, Combined/Dual Certification only
- Wednesday, December 14, 2:00-3:00 pm

Register for a session [here](#).

Remember, FSDH is the only department that offers the P-3 certification. ■

HISPANIC HERITAGE MONTH ✨

BLOCK PARTY

Wednesday, October 12 ✨

12:00-3:00 pm

Student Center Quad



Enjoy Latin cultures, food & music

Meet Latinx organizations & departments

Celebrate MSU's 7th year as a Hispanic Serving Institution

Family Science & Human Development

University Hall 4144

(973) 655-4171

FSDH@montclair.edu

[Visit the FSDH Website](#)

Dr. Jonathan Caspi, Acting Chair

Lisa Mills, Newsletter Editor

