

FAMILY SCIENCE & HUMAN DEVELOPMENT

APRIL 2023

Chris Cottle Receives Lifetime Achievement Award

Family Science and Human Development is elated to announce that our revered Department Advisor, Christopher Cottle, was honored with a Lifetime Achievement Award by the Community of Practice for Multi-Ethnic Professionals and Allies (COMP) in recognition of his years of service and dedication to students and the academic advising profession.

COMP is an advocacy group for multi-ethnic professionals and allies who share resources and knowledge about the vibrant profession of higher education. It is a Community of Practice of ACUI (Association of College Unions International).

A member of COMP for more than 40 years, Cottle accepted the award during the organization's 2023 Annual Conference in Boston. "I am truly humbled and blessed to receive this award, as I have always strived to be a servant to my community," he said. "This award serves as significant validation of my work in higher education."

The FSHD faculty and staff applaud our colleague on this well-deserved recognition. ■



Commencement is Tuesday, May 23

This year, Montclair State University will hold three Commencement exercises on **Tuesday, May 23** at the Prudential Center in Newark.

Colleges and Schools are assigned to a specific ceremony where graduates will have their names read as they walk across the stage. FSHD will participate in the ceremony for CEHS, scheduled for 7:30 p.m.

These ceremonies replace the smaller Convocations which, in the past, were held on Sprague Field.

Students planning to attend Commencement must **register by Sunday, April 16**. For more information, to register and to request guest tickets, [visit the Commencement website](#). ■

Department Chair's Corner

Happy spring everyone! I hope the spring 2023 semester has been a strong and successful one for you so far. I know some of us in our community are counting down the days to graduation, and no doubt we can't wait to celebrate that day with you!

Two years ago, in our April 2021 FSHD Newsletter, I wrote briefly about Asian Americans in the context of the upticks in racism and hate towards those living in the United States during the height of the COVID-19 pandemic. Back then, the world definitely seemed like a scarier place for Asian Americans and others who looked like me! While that is not a thing of the past just yet, I wanted to focus this April chair's message on something more positive and uplifting, and that is the amazing diversity of Asian Americans we have in our community. April is, after all, a month for renewal and hope.

In class, I have asked my students, "When you think of Asians or Asian Americans, what comes to mind?" Without fail, they would almost always talk about the food (undoubtedly excel-

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Dr. Lyndal Khaw

DATES TO REMEMBER

April 5

Registration for Fall 2023 ends

April 7-9

Easter Holiday
No classes

April 16

Deadline to [register](#) to participate in Commencement

May 2-3

Reading Days
No classes

Student Spotlight

Todd Burns

Todd Burns is a senior majoring in Family Science and Human Development with a concentration in Family Services and a minor in Sociology.



His Story: I knew from the start that Montclair State University was the school for me. In the beginning of my college career, I still wasn't sure what direction I wanted to go. My sister is a West Virginia University graduate who majored in Social Work, and after many conversations with her and my parents I decided to follow a similar track. My father, a lieutenant in the Englewood Fire Department, was also an inspiration for me, which made me decide that I wanted to be in a field supporting children, families, and my community.

His Path: My path to a degree has been a challenging one. With the pandemic in full swing as I began my sophomore year, I found myself questioning if this was the right direction for me. The world was at a standstill and I realized that, with the state our country was in, Family Health became much more relevant than ever before. I knew that I wanted to dive deeper into helping children who suffer from anxiety that we all face in this ever changing, complicated world. My professors and Mr. Cottle helped me to stay on my path and continue my direction toward helping others.

His Thoughts: "As an African American male in a field that is predominantly female, I feel even more of a reason to seize the opportunities I've been given to make a difference in society today. I only hope to be able to make that difference, to be able to help that child who may feel they can't make it through another day or a family struggling with abuse, poverty, etc. As I graduate from MSU this year, I am looking forward to my future career, whether that be furthering my education or working with school age kids as a guidance counselor. Either way, I do know that with my FSHD degree, I'm off to a great start!" ■

Internship Insights

Attend an Info Session

If you are an FSHD student with a Family Services concentration, come to **Preparing for the FSHD Family Services Internship**, an information session where you'll learn more about the required academic internship experience (FSHD 409) that you will complete in your senior year. It is never too early to start preparing! All Family Services students (freshmen to seniors) are welcome and encouraged!

- Tuesday, April 11, 3:30-4:30pm (virtual) [Register via Handshake](#)
- Thursday, April 27, 2:00-3:00pm (in-person) University Hall, 3rd floor, Student Success Center, Suite 3102 [Register via Handshake](#)

Registration Deadline is May 1

Seniors who plan to take Internship in Fall 2023 are reminded to complete the [FIRST STEP: Internship Registration Form](#) by May 1.

Summer and Fall Internship Opportunities

FSHD students interested in a summer or fall internship can learn more about employers who are looking for YOU, and practice how to search for internship opportunities! Freshmen to seniors, all are welcome.

- Tuesday, April 4, 4:00-5:00pm (virtual) [Register via Handshake](#)
- Thursday, April 20, 3:00-4:00pm (in-person) University Hall, 3rd floor, Student Success Center, Suite 3102 [Register via Handshake](#)

Meet with Colleen!

Internship Coordinator Colleen Casenta is available and ready to work with all FSHD students! Please do not hesitate to contact her to schedule a meeting. No matter if you are a freshman or a senior, start the internship and career conversation now. Contact her at casentac@montclair.edu. ■

Presentation Opportunity



The Society for the Study of Human Development will hold its biennial conference on October 13-15, 2023 in Philadelphia with the theme "A New Science of Human Thriving." The deadline to submit symposia and poster abstracts is Friday, April 21.

Developmental scientists play a role in promoting positive human development, reducing inequities, and enabling research findings to influence policy and practice. Keynote speakers and symposia/panels will provide insights into opportunities and challenges around research in positive human development across the lifespan.

Submissions for symposia and posters will be considered. They are not restricted to this year's theme, and may address any aspect of human development, at any stage of the life span, studied through the lens of any discipline. For full details, see the [conference page here](#). ■

Child Abuse Prevention Month

April is National Child Abuse Prevention Month. According to the Children's Bureau of the US Department of Health and Human Services, "The single most important thing we can do is support families all year long in ways that promote and build upon their strengths and enable them to care for their children safely before maltreatment is even a possibility."

FSHD encourages everyone, this month and throughout the year, to play a role in making our communities a better place for children and families. Visit the National Child Abuse Prevention Month [website](#) for more information. ■



Department Chair's Corner

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lent), some random tidbits they know about some Asian cultures (e.g., red is considered a lucky color), and occasionally, Asian stereotypes that have been picked up along the way (e.g., all my Asian friends are smart). Asians are often falsely equated to a singular identity.

The truth is, Asian Americans are far more diverse than one might have thought. According to the Pew Research Center (2021), "Asian Americans trace their roots to more than 20 countries in East and Southeast Asia and the Indian subcontinent, each with unique history, cultures, languages, and other characteristics." And this is totally true, being from Kuala Lumpur, Malaysia, I grew up being exposed to five different languages and three different dialects that were regional-based, and that was just where I grew up!

At MSU, students who identify as Asian make up about 7% of the student population. Projected to be the fastest growing immigrant population in the United States sometime in the near future, it is striking that many people still don't quite understand the complexities and diversity of Asian Americans. We are very much a hidden mi-

nority group, with issues and concerns shrouded by the perception of being model minorities (much like my students who perceive that all of their Asian friends are smart). Myths like these can often get in the way of Asian Americans' ability to get resources, and the support that they really need, and that is something we must start to pay attention to, as educators and helping professionals.

I think it's super valuable for everyone in our community to educate themselves more about Asian American cultures, diverse family structures, and experiences. Having lived as an international scholar in the United States for over 22 years now, I offer a few suggestions:

- Take a language course! MSU offers a wide selection of [Asian Languages](#)
- Join an Asian heritage or Asian affinity student club or society
- Participate in campus AAPI Heritage Month events coming in May
- Watch movies or TV shows in a different language that can showcase a variety of Asian cultures. I have discovered K-dramas during the pandemic, and thoroughly enjoy them.
- If you have the means, travel. There's no better way to learn about a different culture.
- Step out of your comfort zone and challenge your assumptions and

stereotypes! We all have them. Taking the [Implicit Bias Test for Asian Stereotypes](#), for example, could be a brave first step.

- When your schedule allows, take wonderful electives, like FSHD 275 Comparative Studies of Global Families and FSHD 350 Immigrant Families, that can help expand your worldview.
- And yes, food! My students aren't wrong about this! I've always been a believer that food is a window to the soul of a culture. We are fortunate to live in a cultural hub bursting with a vast variety of Asian cuisines - Burmese, Chinese, Taiwanese, Thai, Korean, Malaysian, Sri Lankan, Vietnamese, and so much more!

I hope this was insightful! On a closing note, if you are an Oscars fan, you may know that Michelle Yeoh (who hails from my mother's hometown of Ipoh, Malaysia) and Vietnamese American Kee Huy-Quan have just made history as the first Asian Americans to have won the honors of Best Actress and Best Supporting Actor awards in the 2023 Oscars. For someone like me, it is a real proud moment to celebrate! It is long overdue that Asian Americans gain more visibility and be recognized for their contributions to society.

Have a healthy and smooth sailing ride to the end of the semester. ■

Career Corner

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

Family Policy Analyst

Family Policy Analysts work on policy development and analysis, and implement collaborative efforts to engage policymakers, advocates, parents, caregivers, and others. Generally, they are responsible for determining how policies impact the community and detecting potential problems.

Policy analysts often work for government agencies, health care organizations or nonprofits. They review data, policy literature, laws and regulations to evaluate impact, and to help identify opportunities for affecting policy change.

Duties might include:

- Gathering data through research, surveys, etc.
- Reviewing and evaluating legislation, regulations and policies
- Interpreting data to identify trends or concerns
- Writing reports and issue briefs
- Drafting new policies and developing new programs to support those policies
- Analyzing budgets and determining if a policy's outcome will justify its costs
- Communicating with the public through presentations, media interviews, etc.

Analysts should have strong research and writing skills, as well as a clear understanding of the legislative and regulatory processes. Most policy analysts need a master's degree for more extensive training. ■

World's Fair Day

Thursday, April 27
12:00—3:00 pm
Alumni Green



World's Fair Day is Montclair State University's annual campus-wide event that celebrates the rich diversity of our students and employees. Organizations, clubs, offices and academic departments take part in the event by sharing information, serving delicious foods and performing native dances and music. Don't miss it! ■

Career Advancement

Bolster Your Professional Image and Skills

Jump start your internship and job searches with these free [career workshops](#) held in person at the Student Success Center in University Hall 3102. Registration is not required.

Time Management

Monday, April 10, 2:00 —3:00 pm

Learn strategies to prioritize and balance the many responsibilities in your life.

Interviewing Skills

Tuesday, April 11, 11:00 am—12:00 pm

This workshop explains how to prepare for an interview and how to respond to commonly asked questions.

Job Search Strategies

Tuesday, April 18, 1:00—2:00 pm

Learn the importance of a job search plan, as well as essential tools and strategies for managing the process.

Resume Writing

Monday, April 17, 11:00 am—12:00 pm

Tuesday, April 25, 12:00 —1:00 pm

Your resume is a potential employer's first impression of you. Make it stand out! Learn how to format and tailor it to fit each position for which you are applying.

Questions? Email CEHScareer@montclair.edu. ■

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