

FAMILY SCIENCE & HUMAN DEVELOPMENT

MAY 2023



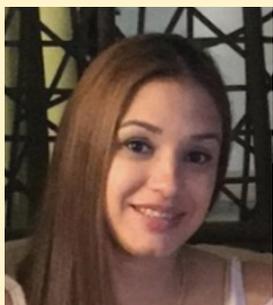
Meet Our 2023 Scholarship Recipients

The Department of Family Science and Human Development annually awards scholarships to students whose community service activities are deserving of recognition and support. We are proud to introduce this year's recipients.

DORIS RUSLINK SCHOLARSHIPS

Jessica Quevedo

As a certified behavior therapist, Jessica works with families of autistic children. She also volunteers with Eva's Village



and Project C.O.P.E. to serve impoverished minority communities. She says FSHD is the perfect major for her, as she aims to

better understand family dynamics and help create strong support systems for each family member.

Jess Kershenblatt

Jess chose FSHD to study and work with

families and children. With community service as her passion, she is in the Bonner Leader Program and volunteers with Side Door, an after school program for middle schoolers. This summer, she will be a Good Grief group facilitator for children who have lost parents or siblings.

Sofia Perez

Sofia is pursuing a career as a teacher and hopes to



serve as a role model for children while inspiring them to be the best version of themselves.

She volunteers as a Bonner Leader at Side Door, providing a safe space for middle school students. She also serves as a division leader at the YMCA.

DALILA REID AWARD

Cookie Howard

As an adult student and a single mother,



Cookie is on a mission to establish a nonprofit organization that will provide greater opportunities

and guidance to at-risk youth and single mothers. She devotes her time to homeless and domestic abuse shelters, and working in a food pantry.

FAMILY SCIENCE AND HUMAN DEVELOPMENT AWARD

McKayla Brown

McKayla volunteers as a mentor to help young girls improve their self esteem, and leads youth workshops about the importance of mental health and self-help. She chose FSHD to make a positive impact on individuals and communities by addressing important social issues and creating a more equitable society. ■

Department Chair's Corner

May is here! And you know what that means - the semester is reaching an end and, more importantly, it is graduation season, folks! On behalf of our faculty and staff in the



Dr. Lyndal Khaw

FSHD community, I want to say just how proud I am of our graduates. All those hours spent writing your papers, working on group projects, burning the midnight oil to cram for exams, Zooming in for classes, and completing experiential learning time volunteering and interning in the community. All of this time, energy and effort (and tears, I am sure) culminating to this very moment, where you become officially an alumni of the Family Science and Human Development program.

I am grateful for this time we have spent together as you

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DATES TO REMEMBER

May 2-3

Reading Days—No classes

May 12

Last Day of Classes

May 16

Summer Sessions Begin

May 23

Commencement

May 29

Memorial Day—No classes

May is Mental Health Awareness Month

In May 1949, the National Committee for Mental Hygiene, now known as Mental Health America, celebrated the first Mental Health Awareness Month to spread the word that mental health is something everyone should care about, and to share information, stories, and resources. The 2023 theme, “Look Around, Look Within,” focuses on how surroundings impact our mental health.

Where a person lives, learns, works, plays and gathers, as well as their economic stability and social connections, are part of the *social determinants of health*. The more these factors work in your favor, the more likely you are to have better mental well-being. However, when it seems like the world is working against you, your mental health can suffer.

Much of your environment may be out of your control, but you can take steps to change your personal space and protect your well-being:

- Find safe and stable housing: Reach out to state/local housing agencies to secure housing, remove safety hazards in your home, or find another place (such as a community center or friend’s home) that offers the comfort you are missing at home.
- Focus on your home: Keep your space tidy, comfortable and well-ventilated. Surround yourself with items that help you feel calm and positive.
- Create local bonds: Get to know the people living around you, join or start a neighbors-helping-neighbors group, and support local businesses.
- Connect with nature: Hike in a forest, sit in a city park, bring a plant inside, or keep the shades open to absorb natural light.

The world around us can be both positive and negative – bringing joy and sadness, hope and anxiety. If you’re trying to improve your surroundings but are still struggling, you may be experiencing signs of a mental health condition. Take a free, private screening at MHAScreening.org to help you figure out what is going on and determine next steps.

Learn more at MHAnational.org/may. ■

Understanding the Adolescent World



The Family Science and Human Development Department was well represented at the annual meeting of the Society for Research on Adolescence (SRA) in April. This year’s theme, “Keeping Pace with a Changing World,” directly aligns with SRA’s mission to advance the understanding of adolescence and enhance the wellbeing of youth in a globalized world.

Pictured at the conference are FSHD faculty mentor Dr. Jennifer Urban (second from left) along with our amazing FSHD doctoral students, Romi Paldi, Yasmine Perry, Nadine Verna, and Elaine Les. ■

Writing Personal Statements

Do you need to write an essay or personal statement for a grad school or scholarship application?

The Center for Writing Excellence hosts virtual workshops every Wednesday at 2:00 p.m. to help you develop skills to use today and far into your future. Workshops are 45 minutes long and require no registration or advance preparation.

Here’s the link:

<https://montclair.zoom.us/j/85036446144>

Drop in and improve your writing abilities! ■



OUR ACHIEVEMENTS

FSHD Faculty & Staff



Dr. Ashley Ermer is the 2023-25 Chair-elect of the Research and Theory Section of the National Council on Family Relations (NCFR).

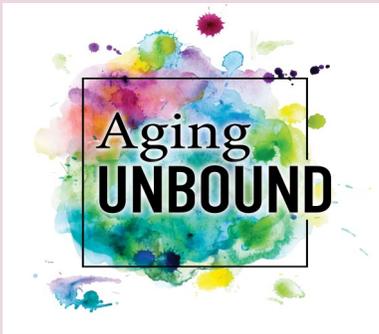
Older Americans Month Reinforces Gerontology Minor

The FSHD Department offers a wonderful career path through our [Gerontology minor](#). This program of study explores the extensive, complex needs of older adults, their families and caregivers.

The month of May is the perfect time to focus on gerontology, as we celebrate Older Americans Month (OAM) to:

- acknowledge the contributions and achievements of older Americans
- highlight important trends
- strengthen our commitment to honoring our older citizens.

Led by the Administration for Community Living, this year's



theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

At a time when nearly [17% of Americans](#) are 65 or older, there is an increasing need for professionals trained in different fields to work with a diverse population of older adults and their families. To learn more about the study of aging and how it relates to other fields, [click here](#).

Join FSHD in recognizing the 60th anniversary of OAM and challenging the narrative on aging. ■

Aspiring to Be a School Leader?

Information Session
Tuesday, May 2
4:30 pm via Zoom

The university's Educational Leadership Department offers practice-driven programs that enable future school leaders to develop principles of moral leadership and cultivate a democratic vision for schools and learning.

Programs include a master's in educational leadership, as well as certification for principals, supervisors, and school counselors. To learn more, [register here](#) for the free virtual information session. ■

Department Chair's Corner

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shape your professional selves. I look forward to the amazing next paths that await you, whether you are joining the workforce, going onwards to graduate school, or simply taking a break.

This spring, the class of 2023 is especially unique as it will be the last FSHD students graduating from the College of Education and Human Services. Starting July 1, our department will officially be housed under the College for Community Health, a brand new college created with the goal of addressing social inequities in health and advancing partnerships to support individuals, families, and communities throughout the state of New Jersey.

Our department enthusiastically shares this goal, and in fact, our students and faculty are already out there doing this super important work in a variety of spaces and settings throughout New Jersey! I have no doubt this move will enhance our visibility as a discipline and highlight the importance and impact of helping professionals everywhere. It also helps us refocus on the work that we do in supporting community health and in redefining health as not only physical health. We know that mental, psychological, and socioemotional health are also parts of health that must be prioritized.

So after July 1st what does this mean for our FSHD majors? Other than a gradual shift in our collective mindset of what we *do*, I truly believe at the core, FSHD is still the same department that will not lose sight of these four things that make us who we are: student-focused, interdisciplinary, social justice centered, and community engaged. Additionally, don't worry; there won't be any major changes to your everyday experience as an FSHD student. You will still have access to the same great courses we offer (and other amazing ones in the works!) taught by our dedicated and supportive faculty. We are still housed in University Hall, where most of your FSHD classes will still meet. You can always reach us at fshd@montclair.edu.

FSHD family, it has been quite the busy semester but also, what a year! I don't think I have ever written as many emails as I have written in the last year! It has been a year of readjusting to many pre-pandemic lifestyles, which can be exhausting on its own. But we all persevered, and I hope you take a moment to pause and acknowledge that, and to give yourself a pat on your backs for making it through this long stressful year. I hope you have a wonderful summer ahead! ■

Portrait of a Teacher

The Department of Family Science and Human Development and the Center of Pedagogy are committed to developing teachers who strive to exemplify the knowledge, skills and dispositions required for excellence in teaching.

FSHD engages future teachers with our concentration in [Families, Children, and School Settings \(the teaching track\)](#) which emphasizes the study of family and human development while preparing students to pursue certification for teaching at the P-3 or K-6 level. Our students examine the cultural, community, and socioeconomic contexts in which families function, and learn interventions that support children and families in a variety of educational settings.

MSU's [Portrait of a Teacher](#) embodies our collective goal of developing successful and effective educators by envisioning teachers who:

1. Have expert knowledge of subject area content and relevant pedagogy:

- Have deep understanding of the major concepts and principles of the disciplines they teach.
- Have extensive knowledge of the research, teaching methodologies, technologies, core learning standards, and resources specific to those disciplines
- Possess broad-based knowledge within and across the liberal arts to situate their teaching in current and historical global contexts
- Demonstrate exemplary literacy and communication skills; can speak and write English fluently and communicate clearly and appropriately

2. Understand learning and development as complex processes that take place across the lifespan:

- Understand how children, adolescents and adults learn and develop in a variety of school, family and community contexts
- Know, evaluate and apply relevant theories of learning to teaching practice
- Take initiative to know each student as a unique individual who brings varied backgrounds, strengths, needs, and perspectives to learning

3. Apply knowledge of learners, disciplinary content, pedagogy, and assessment to teach effectively:

- Provide culturally and linguistically responsive instruction that respects diversity of ability, age, class, ethnicity, gender, language, race, religion, and sexual orientation to support the academic achievement of all stu-

dents

- Plan and implement rigorous instruction that engages all students in meaningful and challenging learning
- Promote creative thinking, critical thinking, and critical consciousness within and beyond the classroom
- Create curriculum, instruction, materials and assessments that are universally designed and accessible to support the intellectual, social and personal development of all students
 - Use multiple forms of assessment to measure and evaluate impact on student learning, achievement and progress, and to inform instruction

4. Create democratic learning communities that are engaging, caring, respectful, and inclusive:

- Model attitudes, values and behaviors that promote democratic practice and participation in the classroom
- Create supportive and empathetic learning environments that are safe spaces conducive to learning
- Facilitate learning through effective, shared classroom management

5. Embrace leadership roles to create collaborative partnerships with school colleagues, families, and agencies in the community to support students' learning and well-being:

- Join with other school professionals to plan and implement strategies that meet the needs of all learners
- Consistently communicate and work with families to establish shared expectations for students and to engage families in the school community
- Seek and use resources available through community and local institutions to actively build partnerships that enhance instruction and learning

6. Demonstrate dispositions critical to the teaching profession:

- Believe that all children can learn and should have equitable access to knowledge
- Are reflective practitioners who remain active in the profession, and continually inquire into the nature of teaching and learning to improve their teaching practice
- Advocate for students and for educational policies that support best practice
- Demonstrate integrity, honesty and understanding of professional ethics, roles and responsibilities
- Demonstrate passion for teaching, lifelong learning, and commitment to the mentoring of future teachers ■

Teacher Appreciation Week
May 8 - 12, 2023

Have you
thanked an
educator today?

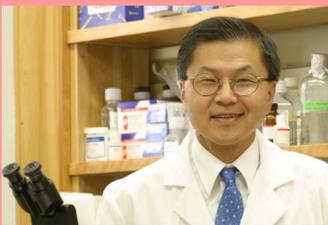
Celebrating Asian Culture

According to the US Census Bureau, Asians and Pacific Islanders are the fastest growing minority group in the United States, exceeding 20 million people, or nearly 5.6 percent of the total population. Their diversity represents more than 30 ethnic groups who speak more than 300 languages and dialects.

May is **Asian American and Pacific Islander (AAPI) Heritage Month**, a time to celebrate their bountiful contributions and rich cultural heritage. Throughout history, people of Asian descent have played important roles in the creation of American life and culture, lending their talents to significant developments in the arts, business, politics, science, and much more.

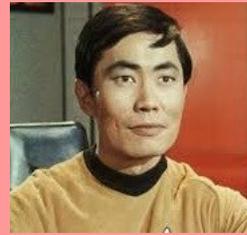
As we celebrate AAPI Month, take a look at some noteworthy Asians that you might not have learned about in history class.

Taiwanese American filmmaker **Ang Lee** is the first non-white director to win an Oscar for directing, as well as producing and directing Academy Award-winning films performed in Chinese and English. Out of nine Oscar nominations, Lee has won three: Best Director for *Brokeback Mountain* and *Life of Pi*, and Best Foreign Language Film for *Crouching Tiger, Hidden Dragon*.



Born in Taiwan, **Dr. David Ho** moved to California at age 12 and earned his bachelor's and medical degrees in the U.S. During his residency at Cedars-Sinai Medical Center in Los

Angeles, he studied some of the first reported cases of what was later identified as AIDS. Since then, he has been at the frontlines of AIDS research and more recently, corona virus research.



Best known as Lieutenant Sulu in the original Star Trek series, **George Takei** is a groundbreaking actor and civil rights activist who blazed a trail for Asian Americans in the performing arts. Since coming out as gay in 2005, he has become a prominent LGBT rights advocate and political activist.

Kalpana Chawla was the first woman of Indian descent to go to space. As a mission specialist and primary robotic arm operator on the space shuttle Columbia, she was sadly one of the seven crew members who died when the shuttle disintegrated during its re-entry into the Earth's atmosphere in 2003.



Born to classically trained musicians of Chinese descent, **Yo-Yo Ma** was raised in New York City, and became a musical prodigy performing on the cello at age four. A graduate of The Juilliard School and Harvard University, he has performed with orchestras around the world, recorded more than 90 albums, and received 18 Grammy Awards. ■

Source: tinybeans.com

Happy Mother's Day

Celebrating all the
moms and mother figures
connected to us
by love!



Career Corner

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

Grant Writer

Grant writers within the field of Family Science and Human Development are professionals who specialize in preparing grant proposals for organizations that focus on promoting healthy family functioning, child development, and the overall well-being of individuals and families.

They work for a variety of organizations, including non-profits, universities, research institutes, and government agencies. Responsibilities include:

- identifying potential funding sources
- writing proposals
- managing the grant application process

Grant writers must have a strong understanding of the research in Family Science and Human Development, and must be able to effectively communicate the significance of their organization's work in these areas to the funding agencies. They may also work closely with researchers and program staff to ensure that grant proposals are aligned with the organization's goals and priorities. ■

Internship Insights

FSHD 409 Internship Info Session - Fall 2023

Virtual Internship Information Sessions are being held for FSHD Family Services students planning to complete your required FSHD 409 Internship in Fall 2023.

Please come to one of these sessions specific to the Fall 2023 internship process and deadlines. If you have already met one-on-one with Colleen Casenta to discuss your Fall 2023 internship process, then you do not have to attend.

Wednesday, May 3, 2023, 3:00-4:00pm - Virtual

[Register via Handshake](#)

Thursday, May 18, 2023, 3:30-4:30pm - Virtual

[Register via Handshake](#)

If you cannot attend, please contact Colleen Casenta, CEHS Internship Coordinator, at casentac@montclair.edu or readily schedule an appointment with her via [Handshake](#) (click Career Center on top right of the homepage, then click Appointments). ■

COVID Emergency is OVER!

The State of New Jersey lifted the COVID-19 public health emergency in March, and the federal government follows suit this month. Accordingly, the University will adjust its procedures, effective May 11, as follows:

Vaccination requirements will apply only to the following groups:

- Residential students
- Employees
- Students who participate in certain high-contact activities may be required to be vaccinated. More details will be forthcoming.
- Students who participate in learning opportunities hosted by other organizations (i.e., student teaching, externships, clinical rotations) must follow the host site's requirements, which may include vaccination.

Hawk Check will no longer be required. Anyone who tests positive for COVID-19 must promptly inform the University and isolate until informed by a health care provider that they may resume contact with other people.

Masks may be worn on campus as a matter of personal choice, whenever and wherever a person chooses.

Testing Center in Webster Hall will close. Testing will be available at the Student Health Center (for students) and Occupational Health (for employees).

Travel Policy: The restrictions on University-related travel will end for those who are not vaccinated.

Although restrictions are being lifted, we encourage all students to remain vigilant and continue to employ common sense public health practices. ■

Family Science and Human Development

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Dr. Lyndal Khaw, Chair

Lisa Mills, Newsletter Editor

