



FAMILY SCIENCE & HUMAN DEVELOPMENT

JULY/AUGUST 2023

Relax! Soothing Summer Strategies

Stress. We all have it. We all hate it. We all deal with it, some of us better than others.

In general, women face more stressors on a daily basis than men, and this extra pressure can cause physiological issues such as fatigue, headaches, and tightness in the chest. Learning how to relieve stress is essential for your health and your emotional well-being.

During these warm summer months, take some time to concentrate on self-care and employ these simple strategies for stress relief:

Focus on what you can control. When the world is swirling around you, use a self-focused mindset to remember that you can only control what YOU do.

Do something that relaxes you. Take a walk, snuggle with your dog, knit a scarf, say a prayer.

Label your stress. Identifying the stressor – maybe it’s a credit card bill or an overscheduled morning – helps you to externalize it and not let it become part of you.

Take a day off. Prioritize time for yourself. If you can’t afford a whole day, take 15-minute breaks to rejuvenate yourself.

Turn off the news. If watching the news heightens your stress, change the channel and watch something light and funny, or turn off the TV altogether.

Laugh out loud. Belly laughs release tension, so yuk it up with friends and family.

Turn on the music. Listening to songs with slow, mellow tempos is great for relaxation.

Get in downward dog. The combination of stretching and deep breathing makes yoga a perfect stress reliever.

Boil some water. Unwind at the end of the day by sipping a steamy cup of chamomile or lavender tea.

Try any or all of these strategies and start feeling calmer today! ■

Adapted from Women’s Health Magazine

Dean Appointed to Lead New College for Community Health

Dr. Rashid Ahmed has been named Dean of the university’s new [College for Community Health \(CCHL\)](#) which launched on July 1. He comes to MSU from the University of Illinois Chicago, where he served as Associate Dean for Academic Affairs in the School of Public Health.



CCHL unites six highly accomplished departments in order to make a greater collective impact by leveraging current strengths, building new strategic relationships, and expanding academic offerings to meet critical health workforce needs. The Department of Family Science and Human Development is housed in CCHL, along with Communication Sciences and Disorders, Counseling, Exercise Science and Physical Education, Nutrition and Food Studies, and Public Health.

Dr. Ahmed holds a PhD in Biostatistics from the University of Waterloo, Canada; a master’s degree in Statistics and Educational Policy Studies from the University of Western Ontario; and a master’s degree in Applied Economics from the University of Karachi in Pakistan.

“I am particularly excited,” he said, “to cultivate a strong sense of community within the College and build strong relationships among students, faculty, and staff that will foster a supportive and inclusive environment where everyone feels valued and motivated to excel.”

We welcome Dr. Ahmed and are excited to work with him to showcase the quality of academics and research in the FSHD Department. ■

DATES TO REMEMBER

August 1

Deadline to [Apply](#) for August Graduation

August 28

First Day of Fall Classes

August 29

Opening Day—No Classes

Celebrating Mr. Cottle

The FSHD Department hosted a Retirement Celebration for our Department Advisor Christopher Cottle who retired in June after seventeen years at MSU. More than 100 colleagues (old and new), friends and family members stopped by to congratulate Chris and share memories with him. Chris sent everyone home with a mug from his immense collection, and even took time to autograph the for anyone who asked!



Welcome Baby Daphne!

Congratulations to FSHD Assistant Professor Dr. Ashley Ermer and her husband Paul on the exciting birth of their second child.

Daphne Margaret arrived on June 12, much to the excitement of big sister Lily.

We welcome beautiful Daphne to our FSHD family! ■



Family Science and Human Development

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[FSHD Website](#)

Dr. Lyndal Khaw, Chair

Lisa Mills, Newsletter Editor





May 2023 FSDH Graduates

Agbing, Mary Allen
Akkad, Razan
Almodovar, Destinee
Alves, Denise
Amadeo, Emily
Araya, Camille
Asencios, Kayla
Assaf, Israa
Barbalat, Shayla
Barreto, Amanda
Calrow, Justine
Cangro, Mackenzie
Carmenaty, Cynthia
Castello, Isabel
Ceca, Hava
Chavez, Alexandra
Crowley, Angela
Czysz, Stephanie
Diaz, Kimberly
Dickerson, Rebecca
Engelhard, Naomi
Enriquez, Haydee
Fedor, Tiana
Fenui, Christina
Fernandez, Marilyn
Fernicola, Alexis
Ferrari, Gianna
Flores Bruno, Wilfredo
Fontes, Gabriela
Forbes, Shanika

Franco, Tatiana
Gaeb, Megan
Garcia, Jennifer
Gencarelli, Carley
Gerace, Cristina
Gonzalez, Yamilet
Gray, Sophia
Green, Bryanna
Harding, Arielle
Havrilla, Danielle
Hernandez, Arlin
Holmes, Jasmin
Huertas Monterroso, Jessica
Ibeh, Praise
Jackson, Jasmine
Jenkinson, Sydney
Jimenez Rosa, Liany
Keating, Victoria
Kofsky, Ashley
Kokos, Caitlin
Kosko, Julia
Kuster, Frankie
Ladimirak, Kayla
Laranjo, Chelsea
Leccese, Brianna
Levine, Madison
Linares, Karina
Little, Amber
Loza, Madeline
Lynn, Eoin

Mangano, Marlena
Marrone, Julia
Martinez, Ana
Martinez, Jocelyn
Martinez, Lizbeth
Martinez, Luz
Martorano, RosaLynn
Massa, Angela Rose
Miah, Sadiyah
Mistretta, Alyssa
Mohamed, Yommna
Moncada, Kayley
Morrison, Lauren
Murnick, Megan
Myack, Justine
Nicol, Amelia
Nina, Ivana
Olveira, Elena
Osorio, Christopher
Pacheco, Victoria
Pandullo, Alexis
Pereira, Samantha
Petroccia, Grace
Plaza, Alize
Popola, Taylor
Quesada, Briana
Raefski, Madison
Ramirez, Julianna
Rassner, Sydney
Razzetti, Alexander

Rodriguez, Gabriella
Romero Alarcón, Kelly
Scarrillo, Alyssa
Seidman, Hannah
Shaabna, Ayah
Soliz, Stephanie
Soto, Noelia
Spero, Samantha
Spitzli, Madeline
Stalenyj, Anna
Tahboub, Ala'A
Tangredi, Carra
Tartaglione, Mary
Testa, Juliet
Torres, Nathally
Tremmel, Abryel
Tucker, Kanymah
Tulanowski, Jonalyn
Usmial, Aleksandra
Verdesca, Christina
Villanueva, Nicolette
Villota, Yessenia
Wesp, Jordan
Wright, Maryrose
Zayle, Jacquelyn
Zitter, Ciara
Zulli, Kyra

***“The future belongs to those
who believe in the beauty of their dreams.”***

~ Eleanor Roosevelt