



# FAMILY SCIENCE & HUMAN DEVELOPMENT

## Department Newsletter

NOVEMBER 2023

### Forging Student Connections in FSHD

#### Welcoming the Next Community Leaders

A group of faculty and staff from the Family Science and Human Development Department crashed the FSHD 200 Intro class with a Welcome Lunch to meet the Fall 2023 freshman cohort. The FSHD folks introduced themselves, then spent time learning why the students chose this major and how they plan to apply their degree in the future. After enjoying pizza and brownies, each student received a tote bag filled with swag, and an FSHD t-shirt declaring their commitment to diversity and inclusion. ■



*FSHD faculty talk with the new cohort of FSHD majors during a Welcome Lunch in October.*

#### PhD Students Share Camaraderie and Cuisine

The FSHD PhD Program welcomed all of its students to the Fall 2023 semester with its annual Potluck Dinner. This event enables the doctoral students to get (re)acquainted with each other and build the support network necessary for academic success. Montclair offers the only [FSHD PhD program](#) in New Jersey.

Although the dinner was held on one of many rainy fall weekends, the weather did not interfere with great conversations, lots of laughs and a wide selection of delicious food! ■



*FSHD doctoral students share home-made food and many laughs at their annual potluck dinner in the fall.*

### Department Chair's Corner

Greetings and Happy November! As the vibrant foliage and cool breezes of autumn settle in, I trust this message finds you well, inspired, and ready to embrace the opportunities that the Fall season brings.



*Dr. Lyndal Khaw*

We are entering the final weeks of this semester where, for many in our community, the holiday season is approaching and the time to gather and surround ourselves with our loved ones is imminent. To me, Fall often serves as an opportunity to remind ourselves of the intricate and interconnected web of family life and community. Whether "family" is connected to you by blood or emotional ties, we recognize the significance and resilience of families all around the world. This message seems particularly timely this year.

I encourage you all to embrace the spirit of November – a time for gratitude, reflection, and connection. Let's take a moment to appreciate the individuals and families we serve, the students we inspire, and the communities we actively collaborate with. Lastly, I want to express my appreciation for your dedication and hard work. Our department is truly exceptional because of the passionate people in it, who contribute their expertise, enthusiasm, and unwavering commitment to advancing social justice and equity for all.

Wishing you all a colorful and inspiring November! ■

### DATES TO REMEMBER

#### November 1

Deadline to apply for Spring 2024 FSHD Internships

#### November 2

Registration opens for Spring 2024

#### November 4

Daylight Savings Time ends tonight — Turn clocks BACK 1 hour

#### November 10

Last day to declare Pass/Fail

#### November 22-26

Thanksgiving break  
No classes

# Social Justice Initiatives

## A Photo Journal of Diversity and Privilege at Montclair

Students in Dr. Soyoung Lee's *Working with Diverse Families and Children* class were asked to survey the Montclair campus and capture photographs symbolizing their personal experiences with diversity and privilege. Here's what they found.

Special thanks to:

Aldina, Bella, Bryam, Diana, Dori, Helaina, Jackie, Karley, Katy, Krissy, Kylie, Nick, Nicole D., Nicole P., Saray, Sherri, Taylor, Valerine and Victoria.

### Religion/Faith/Spirituality

The students reported that statues, flyers and simple notes reveal the religious privileges at Montclair. Some students felt that everyone can worship freely on campus without fear of violence or threats,



while others thought that expressing religious beliefs in a college setting can be viewed as weird, and can be ostracized by those who oppose the beliefs. A Catholic church on campus with statues out front shows that this group doesn't worry about public



ly expressing their faith. Flyers around campus show the freedom other religious groups have to publicly advertise their activities. Additionally, a wall of affirmations plastered with words of encouragement also included religious expressions.



### Race/Ethnicity/Culture

Some people can look at mainstream media and find their race or ethnicity represented fairly and in a wide range of roles. On the Montclair campus, the Quad is a very diverse location where we can find many different people including those that look like us, but everyone is different and holds their importance in world.



### Gender

Students believe that men's and women's bathrooms are a privilege for cisgender individuals, as those people don't have to worry about making a choice of where to go. In University Hall, they are the only people being represented. The locations of gender inclusive restrooms on campus can be found on [the LGBTQ Center website](#).



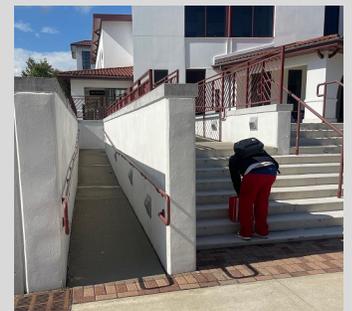
### Safety



Montclair students recognize the privilege of going to classes in a safe environment. In some places around the world, there are no police to act as a security measure for the college, denying students and employees the privilege of being on a safe campus.

### Accessibility

The students found that Montclair is very accessible, with ramps all over campus as well as elevators in every building for those who are unable to use the stairs (besides the stairs up from CarParc Diem). In contrast,



using the transportation on campus requires one to step up onto some shuttle buses, however, [individuals with disabilities](#) might be unable to do so. The students felt people who are physically able to use public transportation are privileged. ■

# Exploring the Science of Human Development

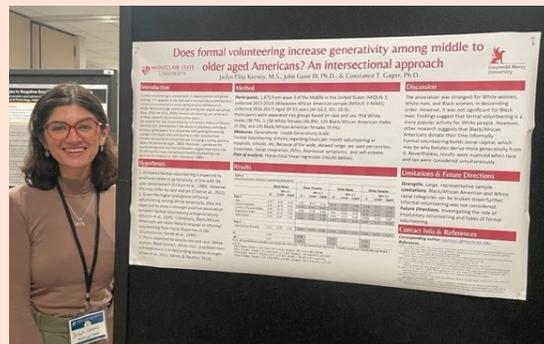
Sixteen representatives from Montclair State University and the Department of Family Science and Human Development attended the 2023 Conference of the Society for the Study of Human Development held in Philadelphia in October.

FSHD professors Dr. Miriam Linver and Dr. Jennifer Urban participated in the conference, as well as nine doctoral students, two post docs and three alumni, some of whom also made presentations on panels and with posters.

Developmental scientists play a role in promoting positive human development, reducing inequities, and enabling research findings to influence policy and practice. The SSHD conference was centered on the theme of “A New Science of Human Thriving,” and provided insights into opportunities and challenges around research in positive human development across the lifespan. The organization’s multidisciplinary foundation and diverse membership made the conference an ideal venue to explore this topic, which cannot be understood through work in only one discipline or culture. ■



**Montclair State University was well represented at the Conference of the Society for the Study of Human Development in October. Shown here are eleven of the sixteen FSHD faculty, alumni and doctoral students who presented and/or attended the conference. In center, behind the conference sign, are FSHD Professors Jennifer Urban and Miriam Linver.**



**FSHD Doctoral student Jackie Keenoy presented a poster on formal volunteering at the Conference of the Society for the Study of Human Development in October.**



**Dr. Jeanie Park, a graduate of the FSHD doctoral program, displays her poster on Asian American academic achievement and career development.**

## Career Corner

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

### Occupational Therapist

Occupational therapists are healthcare professionals who help individuals of all ages overcome physical, mental, or developmental challenges, and develop or regain skills needed for everyday living and working. A graduate degree in occupational therapy is required to pursue this career.

Job responsibilities could include:

- Assess patients’ specific needs or challenges, and develop individualized treatment plans that may include exercises, activities, and adaptive equipment.
- Provide hands-on therapy and guidance to improve fine and gross motor skills, sensory processing, cognitive abilities, and emotional well-being.
- Assist patients in obtaining adaptive equipment or devices that can enhance their independence and safety. ■

## Internship Insights

### Community Health Expo

The Community Health Expo provides students with the opportunity to meet and network with employers in their field, and explore the opportunities available in their organizations, from internships to full time jobs.

**Thursday, November 2, 2023**  
**2:00 PM - 5:00 PM**  
**Student Center Ballrooms**

Employers from the FSHD field will be present so please come and meet them! [Register here](#) via Handshake.

### Spring 2024 Internships

January 7, 2024 is the deadline to have a fully approved internship for Spring 2024. This means digital paperwork must be fully APPROVED by your site supervisor and Career & Internship Services. To allow time for approval, please submit the Handshake Experience before the end of the Fall 2023 semester.

### Advising

Colleen Casenta, the FSHD Career & Internship Advisor, is out on maternity leave. For assistance with your internship application or other career information, contact the Career & Internship Services office at 973-655-7866 or [cchlcareer@montclair.edu](mailto:cchlcareer@montclair.edu) and the advisors will be happy to assist you!

[Click here to check out all the CCHL Career Events and Workshops for Fall 2023.](#) ■



## Alumni Spotlight

### Lauren Hoiker

Lauren Hoiker graduated from the Family Science and Human Development program in August 2023 with a concentration in Family Services.

**Her Story:** My journey at MSU began in January 2021 when I joined the Family Science and Human Development program with hopes of becoming an elementary school teacher. Halfway through the program I realized teaching may not



be for me after all. After speaking with Professor Khaw, it became clear that Social Work was the right path for me.

Because FSHD has so many options, I was able to remain in the program and just switch my concentration to Family Services

to begin the journey for Social Work - and I'm so glad I did! I found my passion, my drive, my force to keep going. Being a new mom in the middle of the pandemic, balancing work and school full-time was not always easy, but I did it!

**Her Plan:** Today with my BA, I am in line to attend Rutgers University for their Master's in Social Work program. I applied to my dream job to work with the Department of Children and Family Services in New Jersey and I'm proud to say, I made it in! I'm living my dream! I couldn't have made it without the compassion and drive from all my professors, academic advisor, husband and my now 3-year-old son, Nico. No matter how hard things may be, keep pushing yourself to rise above!

**Her Thoughts:** "Sometimes we may go to college and think we know what we want to study and where we want to go, and sometimes we don't. Either way, YOU ARE HERE! You are making it! Not everything in life goes as planned, but if you keep pushing through, you'll get to where you need to be." ■

### FSHD Laundry Pod Challenge Supports Red Hawk Pantry

The university's [Red Hawk Pantry](#) provides food, personal hygiene items, school supplies and laundry detergent to students, faculty and staff struggling with food insecurity. One of the pantry's highest-demand items is laundry detergent pods which are rationed for distribution. Students are allotted only three pods per week.

To help the pantry fulfill this need, the Family Science and Human Development Department conducted its second *FSHD Pod Challenge* with a mission of donating hundreds of laundry pods. The department's faculty and staff rose to the challenge once again, collecting enough money to purchase 1,624 laundry pods to help students keep their clothes clean!

The pantry is housed in Blanton Hall 1200. To further assist students with grocery needs, the university runs a [shuttle](#) to Shop Rite in Little Falls, departing from the Red Hawk Deck every Wednesday from 12:00 through 3:00 p.m. ■



*FSHD Department Program Assistant Lisa Mills (right) and staff members from the Red Hawk Pantry display dozens of packages of laundry pods donated through the FSHD Pod Challenge in October.*

The Family Science & Human Development Department Presents

### HOLIDAY FOOD DRIVE FOR REFUGEE AND IMMIGRANT FAMILIES

Please Help us Collect

**Dry Goods: Sugar, Flour, Cooking Oil, Dried Beans, and Rice**

\*Only goods that are unopened and not expired will be accepted

November 13th-30th  
Drop-off Location: FSHD Dept.  
University Hall 4144

For more info contact: [nesteruko@montclair.edu](mailto:nesteruko@montclair.edu)

This drive is to benefit **Welcome Home Jersey City** non-profit  
To find out more ways to help refugees, visit  
<https://welcomehomerefugees.org/>

### Students Host Food Drive for Immigrant Families

Dr. Olena Nesteruk's *Immigrant Families* class is sponsoring a holiday food drive to benefit Welcome Home Jersey City, a non-profit organization that provides educational, employment, and material support to refugees and asylum-seekers in the Jersey City area.

The specific pantry items being collected are:

- Sugar
- Flour
- Rice
- Dried beans
- Cooking oil

Donations are being accepted November 13-30 at the FSHD office in University Hall 4144.

The *Immigrant Families* course focuses on contemporary immigrant families in the U.S., and how their experiences are shaped by factors such as ethnicity, gender, class, migration goals, legal status, country of origin, and areas of settlement. Students explore multiple topics including family adaptation, changes in parent-child relationships, language loss, ethnic identity, education, and interactions with social institutions. ■

## Social Justice Initiatives

### Homeless Youth Awareness

Every year, as many as 2.5 million youth in the United States experience homelessness. Some are runaways, some have no family, others are in supportive families facing financial crises. In addition to losing their home, friends, and routines, they can be exposed to dangers including substance abuse, trafficking, early parenthood, depression, and post traumatic stress disorder.

November was first declared as National Homeless Youth Awareness Month by Congress in 2007 to acknowledge children and families experiencing homelessness, and to raise awareness about the services available to them. The National Child Traumatic Stress Network offers a variety of [helpful resources](#) for children/teens, parents, caregivers, mental health providers, child welfare workers, juvenile justice professionals, and policy makers.

#### National Runaway Safeline

1-800-RUN-AWAY

1-800-786-2929

[www.1800runaway.org](http://www.1800runaway.org)

The National Runaway Safeline provides a crisis hotline and online services to homeless youth, youth who have run away or are at risk of doing so, and their families. Assistance includes crisis intervention, mediated phone calls between child and parents, a free ride home, referrals and advocacy. ■

## Family Science and Human Development

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## Veterans Day

Veterans Day is a federal holiday honoring Americans who served in all branches of the U.S.



military, particularly those who are still with us. (It is often confused with Memorial Day which honors soldiers who lost their lives in service to our country.)

### Why November 11?

An armistice - or truce - brought an end to World War I on the 11th hour of the 11th day of the 11th month of 1918. For years afterwards, many countries observed November 11 as Armistice Day. In the U.S., it became a federal holiday in 1938, and in 1954 the name was changed to Veterans Day to honor all individuals who served in the military.

### The Tomb of the Unknowns

Three years after the truce, on Armistice Day in 1921, President Warren G. Harding officiated a ceremony where the unidentified remains of a serviceman killed in the war were interred in the Tomb of the Unknown Soldier in Arlington National Cemetery. Built as a monument to all



U.S. soldiers whose bodies remain nameless or lost, the tomb has been famously guarded "every minute of every day" since 1937.

Unidentified soldiers from World War II and the Korean War have subsequently been interred in crypts in front of the monument, and a third empty crypt represents all missing service members from the Vietnam War. In fact, more than 4,000 unidentified soldiers, dating back to the Civil War, are buried in Arlington. ■