



# FAMILY SCIENCE & HUMAN DEVELOPMENT

## Department Newsletter

OCTOBER 2023

### Investing in Our Community Partnerships

In today's competitive job market, internships play a pivotal role in bridging the gap between academia and the professional world. The positions provide students with valuable hands-on experience while enabling organizations to identify and nurture young talent.

Recognizing that the effectiveness of these programs requires support and engagement from the sponsoring companies, the Family Science and Human Development Department recently hosted an Appreciation Luncheon for the organizations and agencies that serve as host sites for FSHD students fulfilling their internship and community service requirements. The event enabled FSHD faculty to express their gratitude and foster greater connections with the site sponsors, as well as gain insights into creating new partnership opportunities.

A primary objective of the new College for Community Health (CCHL) is to actively engage with communities and the public to mold students into profes-



*Internship site hosts, FSHD faculty, and CCHL staff enthusiastically discuss additional opportunities for partnering to better serve the community and Montclair students.*



*FSHD Professor Miriam Linver (right) shares the department's community service goals with Nutley Family Service Bureau representatives Katherine Carmichael and Karina Veliz, as FSHD Professors Gerry Costa and Brad van Eeden-Moorefield listen.*



*The College for Community Health's Inaugural Dean, Rashid Ahmed (right), listens as Carlos Javier, Director of All Stars Project of New Jersey, explains how his organization's Afterschool Development Initiatives strive to overcome poverty in inner cities.*

sionals and researchers who will enhance the health and well-being of all people in those communities. Nestled within CCHL, the FSHD Department designed the Appreciation Luncheon as a win-win opportunity to strengthen crucial community partnerships and to ensure the continued success of FSHD students. ■

### DATES TO REMEMBER

**October 1**

[Financial Aid Form](#)

for next year is available online

**October 4**

[Career and Internship Fair](#)

**October 18**

FSHD Internship [Info Session](#)

**November 1**

Deadline to apply for Spring 2024 FSHD Internships

**November 2**

Registration opens for Spring 2024

### Preventing Bullying is Everyone's Responsibility

National Bullying Prevention Month in October is a reminder that thwarting bullying and harassment in schools takes all of us—from students and families to educators to local and state educational leaders. It is also a time to help children learn about conflict resolution, understanding others, and treating people with kindness.

#### Statistics about Bullying

Bullying directly impacts a student's ability to fully participate in school. In some cases, a school's failure to address the situation could violate federal civil rights laws. Consider these unsettling facts:

- Students who are bullied have an increased risk of mental health issues such as depression or anxiety. This can lead to sleeping problems and impact their academic progress. (Centers for Disease Control, 2019)
- Twenty percent of kids age 12 to 18 have been bullied during the school year. (National Center for Education, 2019)
- People are less likely to report an incident of bullying as they get older. From bystanders to victims, only 39% of high schoolers notified an adult or teacher of bullying. (The Anti-Defamation League, 2019)

Parents, teachers, and other adults in the community can help prevent bullying by talking about it with children, building a safe school environment, and creating a community-wide bullying prevention strategy. Learn more at [stopbullying.gov](http://stopbullying.gov). ■

### University President Joins Latin Success Network

Montclair State University President Jonathan Koppell has joined the Presidents for Latino Student Success Network, which is part of Excelencia in Education, the nation's premier authority in efforts to accelerate Latino student success in higher education.



As the largest Hispanic Serving Institution (HSI) in New Jersey, Montclair joins this important national network of college/university presidents and chancellors who are committed to creating learning environments where Latino students thrive. Through the network, Koppell will collaborate with Excelencia to leverage collective expertise and resources, foster partnerships and amplify current efforts at the national level.

"Montclair is committed to providing transformational opportunities for our diverse student body," said Koppell. "I'm proud to join Excelencia in Education as a partner in their mission to elevate and ensure the success of Latino scholars, and look forward to collaborating on strategies that will take our efforts to new heights."

For more information about the university's Hispanic initiatives, visit [montclair.edu/hispanic-initiatives](http://montclair.edu/hispanic-initiatives). ■

### October 2 is Child Health Day

This year marks the 95th celebration of Child Health Day on the first Monday in October. Created under a Joint Resolution of Congress in 1928, the event is an opportunity for all agencies and organizations interested in child welfare to raise awareness and host programs to protect the health of children around the country.

Child health includes physical, mental and social well-being. Many federally funded programs focus on maternal care, children's mental health, and suicide prevention, among others.

According to the National Council on Family Relations, you can improve a child's health by exercising with them, teaching them to prepare healthy meals, helping them express their feelings, and living in a smoke-free environment.

What will you do to improve the health of a child? ■



## Career Corner

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

### Consumer Protection

The ultimate goal of consumer protection is to create a fair and transparent marketplace where consumers can purchase with confidence. Professionals in this field safeguard consumers by ensuring that they are treated fairly, receive accurate information about products and services, and are protected from fraudulent or harmful practices.

Careers are based in government agencies, non-profit organizations, law firms, and even within corporations as consumer advocates. Responsibilities associated with consumer protection jobs include:



- **Consumer Education:** Educating consumers about their rights and responsibilities through seminars and online resources, to disseminate information on consumer laws, product safety, and how to make informed purchasing decisions.
- **Investigation:** Investigating complaints and reports of unfair or deceptive business practices by conducting research, gathering evidence, and interviewing relevant parties to determine if consumer rights have been violated.
- **Policy Development:** Developing consumer-friendly policies and regulations, which could require collaboration with government agencies, advocacy groups, and/or lawmakers to draft and promote legislation that benefits consumers.
- **Product Safety:** Monitoring products in the market and enforcing product safety standards to protect consumers from potentially dangerous goods.
- **Consumer Fraud Prevention:** Educating consumers about common scams and fraudulent schemes, and providing tips on how to protect themselves from such activities.
- **Advocacy:** Working for advocacy organizations that champion consumer rights by engaging in public awareness campaigns, litigation, and lobbying efforts to promote consumer-friendly policies and practices. ■

## Domestic Violence Awareness Month

Since 1989, October has been designated National Domestic Violence Awareness Month as a time to acknowledge domestic violence (DV) survivors and their narratives. DV can be characterized by physical violence, as well as emotionally abusive and controlling behavior.

Abusers often exhibit a systematic pattern of dominance and control that ends in devastating consequences. Signs of abuse include preventing someone from spending time with friends and family, controlling their finances, using insulting or demeaning words, pressuring them to have sex or perform sex acts, and of course, physical violence.

Although the spread of DV awareness has substantially reduced the number of such incidents, DV remains prevalent in every community and affects ten million Americans every year.

### Hotline

The **National Domestic Violence Hotline** provides essential tools and support 24/7, 365 days a year, to help domestic violence victims live their lives free of abuse. Highly-trained, expert advocates offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.

**Domestic Violence Hotline**  
**800-799-SAFE (7233)**  
or  
**Text *START* to 88788**

### Resources

To help spread awareness, report violence, support a victim, and help reduce the occurrences of domestic violence, consider employing these resources:

#### On Campus:

[Student Health Center](#)

[Women's Center](#)

[Counseling and Psychological Services](#)

#### National Coalition Against Domestic Violence:

[Resources for Victims and Survivors](#)

Center for Family Services: [Domestic Violence Services](#)

Office for Family Violence Prevention: [Resource Centers](#) ■

# Internship Insights

## Register for Spring 2024 Internships

If you are planning to complete your FSHD 409 internship in Spring 2024, the time is **NOW** to ...

1. Complete the first step by submitting the [Internship Registration Form](#) ASAP!
2. Meet with Colleen Casenta, your Career and Internship Advisor. Email her at [casentac@montclair.edu](mailto:casentac@montclair.edu) or schedule an appointment via [Handshake](#) (click Career Center on the left side menu, then click Appointments).

## FSHD 409 Internship Info Session

Wednesday, October 18, 2023  
12:00 pm - 1:00 pm  
Virtual

Designed for FSHD students with a concentration in Family Services, this session is open to all grade levels to learn more about the required senior year academic internship, FSHD 409. Those planning to complete the internship in Spring 2024 are especially encouraged to attend. Register [here via Handshake](#).

## Don't Miss the Upcoming Career Fairs

### Fall 2023 Career & Internship Fair

Wednesday, October 4  
1:00 pm - 4:30pm

University Hall Conference Center, 7th floor

Looking to launch your career and gain experience through a full-time job or internship? The office for Experiential Education and Career Connections invites you to network with employers in a wide variety of industries. Open to all students, alumni and community members. Bring plenty of copies of your resume and your Montclair State University student ID. Registration is required via [Handshake](#).

### Health Science Expo

Thursday, November 2, 2023  
2:00 pm - 4:30 pm  
Student Center Ballrooms

If you're interested in a career in any aspect of community health, take advantage of the opportunity to meet and network with employers, and explore the opportunities available in their organizations. Register [via Handshake](#).

Need help with your resume or other job search skills? Check out all the [CCHL Career Events and Workshops](#) for Fall 2023. ■

Campus Rec Center, Multipurpose Room 1  
Mondays 2:00 - 2:45 pm  
Wednesdays 6:00 - 6:45 pm  
Free for students! Just show up with your MSU ID.



## Red Hawks Athletics

Come out and cheer  
for your Fall teams!



**Soccer**  
**Football**  
**Volleyball**  
**Field Hockey**  
**Cross Country**  
**Swimming & Diving**

Find the [full calendar here](#)

## Family Science and Human Development

University Hall 4144  
(973) 655-4171 ■ [FSHD@montclair.edu](mailto:FSHD@montclair.edu)

[FSHD Website](#)

Dr. Lyndal Khaw, Chair

Lisa Mills, Newsletter Editor



@fshdmontclair



@fshd\_msu



@ Family Science & Human  
Development at Montclair  
State University