

# FAMILY SCIENCE & HUMAN DEVELOPMENT

APRIL 2022

## FSHD Official Statement on Ukraine

The Department of Family Science and Human Development at Montclair State University stands in solidarity with the Ukrainian people, families, and communities as they defend themselves from the unprovoked military invasion by Russia and endure ongoing war. Our primary concern is the profound impact a catastrophe like this has on families and children.

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As a scientific community dedicated to the study of family science and human development, there is overwhelming evidence of the many adverse short- and long-term, direct and indirect impacts on the health and well-being of those

who experience such humanitarian crises and war, including forced migrations, family separations, and death. This evidence weighs heavily on our collective minds.

Accordingly, we call attention to several needed actions.

- First, we support an immediate end to this invasion of a sovereign nation.
- Second, we endorse all humanitarian efforts that provide both immediate and long-term aid to the Ukrainian people, families, and communities.
- Third, we call attention to and voice our support for the global community experiencing secondary trauma because of this war, particularly Ukrainian people all around the globe and those with loved ones currently in or fleeing Ukraine.
- Fourth, we call upon countries working with those fleeing Ukraine to ensure treatment of all individuals with the utmost dignity and respect.

The links below include tangible ways we can help, as well as resources for how adults can engage in conversations with and help support children during this time.

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## Department Chair's Message



**Dr. Lyndal Khaw**

Dear FSHD family,

Greetings to all of you on what I hope has been a peaceful spring beginning. Spring is in the air indeed, and the sense of renewal this time of the year brings a much-needed reprieve for many of our local and global communities.

What has weighed most heavily on our minds for the past month has not been COVID, so much as the active invasion of a sovereign nation. As we watched this unfold, many of us in the FSHD community have felt a range of emotions, from anger and

outrage to sadness and helplessness.

As a department, we responded with our statement on the war in Ukraine (see above), and our faculty and students have been using our classrooms as safe spaces to talk

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## DATES TO REMEMBER

**April 15-17**

Easter Break - No Classes

**April 16**

Deadline to register for [Commencement](#)

**April 25**

Deadline to order cap & gown

**May 1**

Deadline to Apply for Fall 2022 Internship

**May 20**

Commencement

**June 2**

Convocation on MSU Campus

# Staff Spotlight

## The Christopher Cottle Lifetime Achievement Award

The Christopher Cottle Lifetime Achievement Award has been established by The Brotherhood La Hermandad, a student organization whose mission is to support services or programs that aid African American and Hispanic males in finding academic, professional and social success at MSU. Proudly named in honor of our long-time FSHD Department Advisor, the award recognizes an undergraduate student who demonstrates an exceptional level of service and leadership during their time at Montclair State.

The Brotherhood La Hermandad's awards presentation, the Ebony Ball, is a "celebration of black excellence and success, which are two words that coincide with Christopher Cottle," said the organization's president Tommy Foster. "Mr. Cottle has been nothing but a trailblazer for many students that attend and have graduated from Montclair State University. A servant, he is, and a carpenter for black student organizations such as Black Student Union, The Brotherhood La Hermandad, and the NAACP. The reason the Lifetime Achievement Award is named after Christopher Cottle is for his stewardship with the black and brown student organizations and for being a helping hand with everything we as students do, in the classroom and out. Mr. Cottle is honorable and The Brotherhood La Hermandad would not be where it is today without him."



Mr. Cottle presented the inaugural award to Ashon Lanada, president of the Student Government Association. Ashon's leadership roles at MSU also include serving as a resident assistant, a University College Student Success Fellow, and an executive board member for The Brotherhood/La Hermandad. He was also a member of the Latin American Student Organization, Black Student Union, Fashion Club, and Rise Up.

The FSHD Department congratulates Mr. Cottle and Ashon for these prestigious recognitions! ■

### FSHD News

#### Visit Our New Information Kiosk

If you're in the FSHD office and need to look up something on Nest, or want to send an email to an advisor or faculty member, you can now use our Information Kiosk.

The kiosk holds an iPad programmed with links for the FSHD website, Nest and other services. It's located inside the entrance of the FSHD suite in University Hall 4144. We share this resource with the Departments of Exercise Science & Physical Education (who generously provided the kiosk) and Public Health.

This new feature is another way of serving and connecting with our students in the age of technology! ■



### FSHD Career Corner

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

#### High School Guidance Counselor

High school guidance counselors evaluate students' abilities and interests through assessments, interviews, and individual planning.

They identify issues that affect school performance, such as poor classroom attendance rates or trouble at home, and they help students develop life skills such as time management abilities and effective study habits.

Guidance counselors help students understand and overcome social or behavioral problems, and they counsel individuals and small groups based on the needs of the students and the school.

The guidance counselor's office is perceived as a safe space in the school, where students can go for help, whether academic or personal. ■

# Social Justice Initiatives

## New Member Appointed to Advisory Board

The FSHD Social Justice Advisory Board is proud to introduce its newest member, Shanika Forbes, who joins the Board as an undergraduate student representative. Shanika is an FSHD major in the teacher education program working toward certification for P-3 and teaching Students with Disabilities.



**Shanika Forbes**  
(she/her, they/them)  
Junior FSHD major, School Settings  
Montclair State University

*"Social justice is the advocacy for those without a voice, uplifting those marginalized voices and being an agent for change. It's being able to understand and hear the different frameworks and perspectives of social issues and the impacts they*

*have on different communities. To me, social justice is acknowledging and understanding intersectionality and the roles it plays in the lives and identities of many minority communities, and being an ally."*

## Share Your Thoughts

Our next Town Hall on social justice topics will be held this month. Watch for the announcement.

Remember to use our virtual feedback form as an anonymous way to provide feedback and/or make suggestions related to the FSHD community's social justice work. It can be found here:

[https://montclair.co1.qualtrics.com/jfe/form/SV\\_3JHboG6J8W0DO4J](https://montclair.co1.qualtrics.com/jfe/form/SV_3JHboG6J8W0DO4J)

## Social Justice Concept

In each newsletter, we are defining a different social justice concept. This month's term is:

### Microaggressions

"Microaggressions are the everyday slights, insults, putdowns, invalidations, and offensive behaviors that people experience in daily interactions with generally well-intentioned individuals who may be unaware that they have engaged in demeaning ways."

*(adapted from Racial Microaggressions in Everyday Life, Sue et al., 2007)*

## Helpful Resources

The Board is happy to share these links to resources related to this month's term, microaggressions.

- [Learn More about Microaggressions](#)
- [Strategies for Disarming Microaggressions](#)

## Department Chair's Message

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about the war. FSHD faculty and staff stand in solidarity with our MSU Ukrainian community, including one of our own in our department; we've posted a Ukrainian flag on our office doors on the 4th floor of University Hall. Peaceful protests against the war have been growing all around the world and around campus. Elsewhere, efforts to collect donations and humanitarian aid for the people of Ukraine have been on the rise.

At the heart of it all, there is no doubt war brings a whole host of long-term negative impacts to children, families, and communities. As professionals dedicated to strengthening families, we should be paying attention and thinking about the many ways we can help. For example, if you work with children, consider helpful ways to talk to them about the war; being aware of world events, kids may have lots of questions and need a trusted adult to help process them. Volunteer your time at an agency that serves refugee or immigrant families. Learn how to advocate and speak up for

victims and survivors of war.

I get it, the pandemic has tapped into our once fully-stocked reserves of empathy and concern for others. And the news gets harder to read every day. BUT, in whatever way you choose to engage (or have already chosen to engage) in social action, there's no time like the present to care.

I wish you all a safe and wonderful spring ahead and a good rest of your semester. ■



*Faculty in the FSHD Department show their support for Ukraine by hanging the country's flag on their office doors in University Hall.*

# What's the Difference between Commencement and Convocation?

**Commencement** on May 20 celebrates the entire graduating Class of 2022 and all degrees will be officially conferred by MSU President Koppell. Student names will not be read and students will not walk across the stage during the ceremony. Registration is required but guest tickets are not.

**Convocation** on June 2 celebrates the distinctive traditions and spirit of our college. CEHS Acting Dean Bulkley will preside over the ceremony, and individual names will be read as students walk across the stage. Registration and guest tickets are required. ■



## FSHD Academics

### Minor in Family Science and Human Development

Scan this QR Code to learn more or [click here](#).



### Gerontology Minor

To learn about the study of aging, scan this QR code or [click here](#).

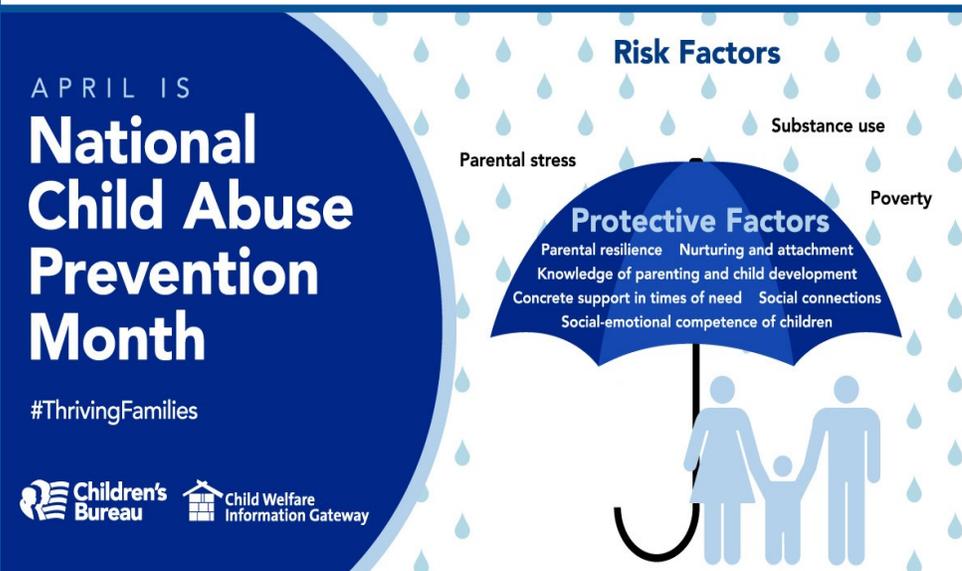


## Child Abuse Prevention Month

April is National Child Abuse Prevention Month, sponsored by the US Department of Health and Human Services. This month and throughout the year, everyone is encouraged to play a role in making our communities a better place for children and families. By ensuring that parents have the knowledge, skills, and resources to care for their children, we can help promote social and emotional well-being and prevent child maltreatment.

Research shows that the risks for neglect and abuse diminish when parents possess “protective factors” such as knowledge of parenting, understanding child development, parental resilience, social connections, and concrete supports. The ability to draw upon these factors during difficult times helps to shield parents from negative impacts, and ultimately promotes optimal outcomes for children and families.

Together we can make it easier for families to access support services, and learn how to build on family strengths. Visit the National Child Abuse Prevention Month [website](#) for more information. ■



**APRIL IS**  
**National Child Abuse Prevention Month**  
#ThrivingFamilies

**Risk Factors**  
Substance use  
Parental stress  
Poverty

**Protective Factors**  
Parental resilience  
Nurturing and attachment  
Knowledge of parenting and child development  
Concrete support in times of need  
Social connections  
Social-emotional competence of children

Children's Bureau  
Child Welfare Information Gateway

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Dr. Lyndal Khaw, Chair

Lisa Mills, Newsletter Editor



## Ukraine

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### Tips for Conversations with Children

[Unicef](#) [How to talk to your children about conflict and war](#)

[Today Show](#) [Age guide, how to talk to children about war](#)

[National Child Traumatic Stress Network](#) [Talking to children about war](#)

[American Psychological Association](#) [How to talk to children about difficult news](#)

[NPR](#) [What to say to kids when the news is scary](#)

### Local Support

[The Ukrainian Orthodox Holy Ascension Church](#) (Clifton, NJ) is accepting financial donations.

[Ukrainian American Cultural Center of New Jersey](#) (Whippany, NJ) is accepting financial donations.

[Ukrainian Orthodox Church](#) (Maplewood, NJ) issued an urgent appeal for contributions for the medical care of thousands of injured people, some very severely.

[Ukrainian National Women's League of America](#) headquartered in NY with 10 chapters in NJ, is accepting donations for humanitarian aid being directed at displaced or injured civilians inside Ukraine, as well as to four military hospitals caring for injured soldiers.

### National and International Support

[Ukrainian Congress Committee of America](#) has partnered with NGO's to provide vital humanitarian aid to refugees and front-line defenders.

[StandWithUkraine](#) - A comprehensive, well-organized site with links to donate medical supplies, supplies for the military, helping children and refugees, petitions, posting on social media, joining protests, official sources of info, etc.

[International Rescue Committee](#) is in Poland working to aid displaced families.

[UNICEF](#) is working to scale up life-saving support for children and their families including efforts to meet critical and escalating needs for safe water, healthcare, education and protection.

[National Bank of Ukraine](#) has opened an account that will directly support the Ukrainian Armed Forces.

[Return Alive Foundation](#) is gathering funds that will go directly to the Armed Forces of Ukraine.

# FSDH Stands with Ukraine

[Support Hospitals in Ukraine](#) is taking donations to support Ukrainian hospitals. Donations will help pay for staff, supplies and various pro bono initiatives.

[Revived Soldiers Ukraine](#) is a 501(c)(3) organization that supports injured soldiers in Ukraine.

[Razom for Ukraine](#) is a grass-roots organization created during Euro-Maidan in 2014. Their site provides a list of resources for people who want to help Ukraine and it includes different places where people can donate.

[Voices of Children](#) is providing psychological and psychosocial support to children affected by the Ukrainian conflict.

[Médecins Sans Frontières/Doctors Without Borders](#) is working with local volunteers, organizations, health care professionals and authorities to help people travel to health care facilities and access prescribed medications.

[International Medical Corps](#) has been delivering primary health care and mental health services in eastern Ukraine since 2014 and is raising funds to expand those services for people affected by the latest conflict.

[CARE](#) is raising money for its Ukraine Crisis Fund, which will provide immediate aid including food, water, hygiene kits, support services and direct cash assistance. The humanitarian organization aims to raise \$20 million and help at least 4 million Ukrainians. It says it will prioritize women and girls, families and the elderly.

[Save the Children](#) based in London, helps to deliver lifesaving aid to vulnerable children in Ukraine and around the world.

[United Nations Refugee Agency](#) is working with the authorities, UN and other partners in Ukraine to provide humanitarian assistance wherever necessary and possible. ■