

College of Education & Human Services

Family Science & Human Development



KEEP AN EYE OUT FOR
SUMMER 2020 & FALL 2020
COURSE REGISTRATION!

Please note that **all FSHD courses can be taken pass/fail.**

Before you decide whether to take courses as pass/fail rather than for a grade, however, we strongly suggest that you consult Mr. Cottle or Ms. Bellum--especially if you are planning to get teacher certification, apply to graduate school, or seek Certified Family Life Education (CFLE) certification.

To all students, faculty, & staff of the FSHD Department, please use the links & resources below to receive the most up-to-date information from Montclair State University.

MSU Coronavirus Website

- Read updates found on the **University Health Center News channel**.
- Get recommendations on how you can **stay healthy and well**.
- Get information **specifically for students**.
- Get information specifically for **faculty & employees**.
- Stay informed on **travel recommendations and regulations**.
- Read all **frequently asked questions**.

Remember to wash your hands!



Feeling stressed? Here's some tips from the CDC about how you can support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

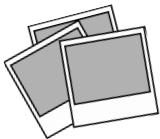
Questions/Comments/Concerns?

Students, if you have a specific question regarding one of your courses please contact your professor directly.

For any general FSHD questions, please email **FSHD@montclair.edu**.

<p>About Dr. Goldstein</p> <p>Dr. Goldstein practices yoga daily, & her hobbies are hiking & traveling with her husband & three kids. She has a dog & two cats who are all adopted from a local animal shelter.</p>	 <p>Dr. Sarah Goldstein Associate Professor Faculty Member Since 2006</p> <p>Main Research Area: Social cognitive development among children, adolescents, & young adults.</p>	<p>Advice for FSHD Students</p> <p>"My hope is that students will stay healthy and optimistic. Our FSHD students are going to have long careers helping to make the world a better place, & I am very proud to have been a part of their education."</p>
<p>Find us on LinkedIn!</p> <p>https://www.linkedin.com/in/family-science-human-development-496484197/</p>	<p>Congratulations to all of our FSHD scholarship winners! Check out Alyssa, Wafa, & Beatriz's stories below!</p> <p>Stay tuned for our May newsletter where we'll be featuring our remaining winners!</p>	<p>Students, please remember to check Canvas for the latest updates/information from the FSHD Department!</p>
<p> Alyssa Ahearn FSHD Junior School Settings</p>  <p>Her Story: Alyssa started in the Adult Learning program at Montclair in the summer of 2017, and has been working towards her FSHD degree part time.</p> <p>Where is she going?: Alyssa will continue being on the Golden Key Honor Society executive board & wants to pursue the Alternate Route program. Her ultimate goal is to work as an elementary school special education teacher.</p>	<p> Wafa Ali FSHD Junior Family Services</p>  <p>Her Story: Wafa chose the FSHD program, because she believes it will provide her with an exceptional foundation for a wide variety of career options. She describes her passion for this path in life is irreplaceable.</p> <p>Where is she going?: Wafa's dream is to become a guidance counselor. She would love to influence another generation of students to soar for their dreams.</p>	<p> Beatriz Mariscal FSHD Junior School Settings</p>  <p>Her Story: Beatriz started the FSHD program, because it supports her journey of becoming a teacher. Through the department, Beatriz has gained knowledge of family dynamics & the development of individuals, & has given her the confidence of this career path.</p> <p>Where is she going?: Beatriz continues working toward her teaching certification & would love to one day return for her Masters after starting a career in teaching.</p>

What does staying at home look like for our FSHD students & faculty/staff?



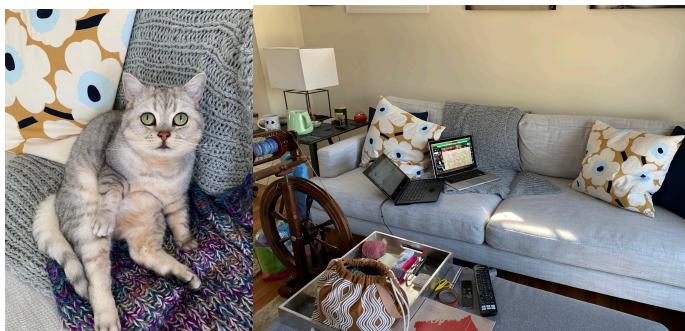
Dr. Khaw enjoys long walks with her family.



Kencia Mele, one of our PhD students, shares a picture from her virtual class.



Dr. Ermer has been working from home in her "purple room" with her husband & two cats. Pictured above is Ferdinand.



Professor Bellum shows us her work from home space, along with her furry coworker.



PhD student, Rocco Placenti shows us where he spends most of his time during the day.



Angela, our program assistant, has been practicing yoga & runs virtual classes for her family & friends.



The adjunct faculty meets to discuss online learning.