



FAMILY SCIENCE & HUMAN DEVELOPMENT

DECEMBER 2021

December is Universal Human Rights Month

Every December, we acknowledge the [Universal Declaration of Human Rights](#), an international document adopted by the United Nations on December 10, 1948 as the foundation of human rights law and “a road map to guarantee the rights of every individual everywhere.” Published in more than 500 languages, it is one of the most translated documents in the world.

Eleanor Roosevelt chaired the international committee charged with drafting the Declaration and is recognized as the driving force behind its adoption. Joining her on the committee were representatives from China, Canada, France, USSR, Chile, United Kingdom, Lebanon and Australia.

The first Article of the Declaration states:

“All human beings are born free and equal in dignity and rights.”

At a time when our country and our world seem to be at odds over everything, let us seize this opportunity during Human Rights Month to learn about other cultures. When we begin to see things from another perspective, we are better able to understand and accept differences among us. ■

DATES TO REMEMBER

December 16

FSDH Brown Bag (see page 2)

December 20

Last Day of Fall Classes

December 21

First Day of Winter 2022 Classes

January 18

First Day of Spring 2022 Semester



Department Chair’s Message



Dr. Lyndal Khaw

It’s December and that means you are near or have crossed the finish line of this semester! If you are a student finishing your first semester at MSU, good for you - the first one is one for the books. And if you’re graduating this semester and wrapping up that final assignment (i.e., the last paper you’ll ever write in college), congratulations and well done! We are proud of you and look forward to celebrating your undergraduate journey with you at the spring commencement in a few short months.

As we wrap up this semester and this interesting year, I felt it may be worth looking back at some of our department’s highlights this Fall:

- We welcomed 29 new freshman, 58 internal and external transfer students, and 10 new doctoral students into our FSDH family.
- 50 FSDH students will be graduating from our program this semester - yay!
- We rolled out our new Minor in Family Science and Human Development and already accepted 13 new students from many diverse majors across campus. Happy to report that our Gerontology minor is also growing by the numbers!
- We were able to offer a variety of class modalities to accommodate student needs, including welcoming our students back into the classrooms. And I’m proud to add that our student body and faculty have been super proactive with vaccinations, mask-wearing, responsible social distancing, and of course, completing those Hawk Checks!

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Social Justice Initiatives

As the Social Justice Advisory Board continues to seek input about our activities, we encourage you to use our anonymous [Virtual Feedback Form](#) to provide comments and suggestions related to the FSHD community's social justice work. Your voice will be heard!

Defining Concepts

In each newsletter during this academic year, we are defining social justice concepts. This month we have selected one of the four principles of social justice:

Participation

"Society must allow everyone to voice their concerns and take part in making decisions. If something affects a person's life, that person needs to be a part of the process. If there's only a select group calling the shots with others silenced through discrimination, that's social injustice. This is where access and equity come into play again. Within most societies, participation is reserved for only a few. To increase access, society must remove barriers to participation. For equity, historically-undermined groups should be encouraged to speak." ■

Source: <https://www.humanrightscareers.com/issues/four-principles-of-social-justice/>

Brown Bag Focuses on Bullying

The PhD Program in the Family Science and Human Development Department will host a series of virtual Brown Bag meetings on Gender and Development. The next program will be:

Bullying, Harassment and Gender During Adolescence

Thursday, December 16

12:00 — 1:00 pm



Dr. Sara Goldstein, FSHD Professor and Doctoral Program Director, will lead the discussion. Use this [Zoom link to join the meeting](#).

What's a Brown Bag Meeting?

If you've never heard this term before, a Brown Bag is an informal meeting or learning session that's held in a workplace or educational setting, usually at lunch time. Many people bring their own lunch, often packed in brown paper bags, which leads to the unusual name for these gatherings. ■

FSHD Academics

FSHD Doctoral Program Stands Out in NJ

MSU's PhD in Family Science and Human Development is the only doctoral program of its kind in New Jersey, and one of just 52 in the entire country. Our students employ a social justice perspective to understand and strengthen diverse individuals, families, and communities through research, policy, and prevention and education programming.

Graduates of this program pursue a wide range of professional opportunities such as faculty members in higher education, program administrators, researchers and evaluators, policy-makers, and in vital roles at organizations focusing on children, youth, adults, older adults and families.

To learn more about our PhD program, please join us for two upcoming webinars. Click on the title to register.

Thursday, December 9, 7:00—8:00 pm

[General Information Webinar](#) provides an overview of the program, including our mission and purpose, curriculum, student learning, funding, career options, and basic application requirements.

Sunday, December 12, 1:00 – 2:00 pm

[Application Information Webinar](#) explains the application process in detail and offers suggestions on how to write personal statements, prepare writing samples, and select recommenders.

FSHD Offers Two Interdisciplinary Minors

Gerontology minor—To explore the study of aging and how it relates to other fields, [click here](#).

Family Science and Human Development minor— To learn more about this interdisciplinary minor, [click here](#). ■

OUR ACHIEVEMENTS

FSHD Faculty & Staff

Dr. Brad van Eeden-Moorefield co-authored the book *Constructing Authentic Relationships in Clinical Practice: Working at the Intersection of Therapist and Client Identities*. Routledge, New York, NY.

Student Spotlight

Jessica Burns

Jessica Burns is a senior majoring in Family Science and Human Development with a concentration in Family Services.



Her Story: Since I was little, I have known that I wanted to help people and families, and make an impact in society. I discovered that I want to become a special education teacher.

My goals are to ensure that my classroom is a place that celebrates and embraces diversity, and that I will make a positive impact in students' lives. When I transferred from a community college, I remember looking at the Family Science and Human Development major and thinking that it combines my passion and interest to help families and psychology. During my time at MSU, I have learned so much about family dynamics and gained a deeper understanding of diversity.

Her Plan: After graduating, I will go to graduate school to earn my master's in education. I plan to pursue a career as a special education teacher and become a case manager on a child study team. I also want to become a professor and teach at night for students pursuing a career in education or case management.

Her Thoughts: I have gained so much knowledge about diversity and families throughout my past two years at MSU. The most important thing that I have learned is that everyone is different, and everyone is going through their own battles as a future teacher/case manager. It is my job to understand and listen, to connect the family or person to services that will help them. My biggest advice to anyone is to look at every situation that comes your way in a positive light. ■

Webinar Explores Urban Teacher Residency Program

Thursday, December 9, 2021

12:00—1:00 p.m.

MSU's Urban Teacher Residency is an apprenticeship-based program for individuals dedicated to teaching in urban areas. The UTR program provides on-site education, intensive class-room experiences with a master teacher, mentoring, and professional development.

A generous living stipend helps cover the cost of graduate tuition while enrolled in the 12-month program. Graduates earn their NJ teacher certification and a Master of Arts in Teaching, and must make a three-year commitment to teach in the Newark or Orange Public School District.

[Register for the webinar](#) to learn more about the UTR program. ■

Campus Happenings

First to Finish

Thursday, December 2 & 16
(ongoing, every other Thursday)
5:00—6:00 pm

Are you the first in your family to attend college? Check out this open discussion group for first-generation students. Free meetings, hosted by the Office of Social Justice and Diversity. [Register through Engage.](#)

Final Freakout

Tuesday, December 7
7:00—9:00 pm

Prepare for finals by making your own stress ball, essential oils and snack! [Registration is not required](#), just show up at the Rec Center.

Safe Space Training

Wednesday, December 1
1:00—4:00 pm



The Safe Space Program creates a network of support for the LGBTQ community at MSU. Safe Space Training is an intensive, interactive session that delivers information and tools to combat homophobia, biphobia, transphobia, cissexism and heterosexism, on campus and beyond. Free. [Register through Engage.](#)

Red Hawks Basketball

Come out and cheer for your teams at Panzer Athletic Center!



Wednesday, December 1
vs Ramapo College
6:00 pm - Women
8:00 pm - Men

Wednesday, December 8
vs William Paterson University
6:00 pm - Women
8:00 pm - Men

Inspiration for a New Year

As you prepare to turn the page to another year, consider these inspirational thoughts from some enlightened folks!



William Shakespeare

*It is not in the stars to hold our destiny,
but in ourselves.*

Steve Harvey

You are never too old to reinvent yourself.

Ralph Waldo Emerson

*Write it on your heart that every day
is the best day in the year.*

Ralph Waldo Emerson

*The only person you are destined to
become is the person you decide to be.*

Maya Angelou

*If you don't like something, change it. If
you can't change it, change your attitude.*

Henry David Thoreau

*Go confidently in the direction
of your dreams.*

Abraham Lincoln

*The best way to predict the future
is to create it.*

FSHD Students Collecting Winter Accessories for Refugees

The Family Science and Human Development Department has launched a winter accessory collection for Afghan and Syrian families settling in New Jersey.

Through Friday, December 9, the following items may be dropped off at the FSHD office suite in University Hall 4144:

- Socks (new only)
- Hats, scarves and gloves (new or like new)
- Target gift cards

We hope you'll make a donation to support this community service effort. If you have any questions, reach out to Olena Nesteruk at NesterukO@montclair.edu.

*The Family Science & Human
Development Department Presents*

WELCOME HOME JERSEY CITY: DONATION DRIVE

Please help us collect
**hats, scarves, & gloves (NEW or like new),
socks (NEW only), and Target gift cards** for
Afghan and Syrian refugee families

NOVEMBER 29-DECEMBER 9
**DROP-OFF LOCATION: FSHD DEPT,
UNIVERSITY HALL 4144**

FOR MORE INFO CONTACT
NESTERUKO@MAIL.MONTCLAIR.EDU

To find out about more ways you can help, go to
<https://welcomehomerefugees.org/donate/>



Department Chair's Message

(Continued from page 1)

- Family Services interns are currently serving and making an impact in 15 different social service agencies and non-profits, throughout surrounding communities including Paterson, East Orange, Montclair, and Passaic.
- Our Social Justice Advisory Board continued the important work of creating spaces for all voices to be heard through town halls and open forums, and ensuring that social justice is at the forefront of all that we do, including training opportunities, curriculum development, and community engagement.
- Our department faculty and staff met in person in October for a retreat -- our first time gathering together since February 2020! We discussed our vision for the department and came up with many short- and long-term goals. It was great to be in the same room as my colleagues who care so deeply about the department and we look forward to continue working as a team to meet these goals.
- We were honored to co-sponsor MSU's Native Land Acknowledgement event during Native American Heritage month, which publicly acknowledged that MSU occupies the traditional territory of the Leni-Lenape people.
- Our FSHD-based student group, the Montclair Student Council on Family Relations, has been actively serving the community by successfully organizing service projects to fulfill identified needs, including a PB&J drive for Livingston Neighbors Helping Neighbors in honor of Eid, and a Halloween costume drive to benefit children and families through Jersey Cares. This month, MSCFR is collaborating with the wonderful students in Dr. Olena Nesteruk's Immigrant Families course to collect winter accessories and gift cards for Syrian and Afghan refugee families and kids who are resettling to new lives in NJ. The nonprofit who helps these families is Welcome Home Jersey City. This donation drive runs through December 9 (find the flyer on page 4!).
- Chris Cottle, our Undergraduate Advisor, earned the inaugural College of Education and Human Services' Employee Recognition Award for his commitment to building a collegial community and his work in helping to "lift black voices and make MSU a more inclusive environment for students of color."
- We have two undergraduate student workers (Sean and Nas) who have been awesome in helping us with our day-to-day operations as well as social media promotion.
- Last but not least, in addition to being dedicated educators, our faculty are also prolific scholars in a variety of fields of study. In the past few months, they have been



The FSHD Department Retreat in October 2021 brought the staff and faculty back together for the first time, after 20 months of COVID-induced separation.

actively publishing new research and books, attending virtual conferences, receiving grant awards, and serving as experts in the media.

These are just highlights of our department's accomplishments since September! It really warms my heart to see the important work that FSHD students, staff, and faculty do everyday, both individually and collectively, to serve the public and local communities, elevate the profiles of FSHD and MSU, and create spaces for all voices to be heard.

On that note, I wish everyone in the FSHD family a relaxing end of 2021 with your families and loved ones. Happy holidays to those celebrating these upcoming December festivities! May the new year bring you promise of hope and many more bright moments to come. See you all in 2022! ■

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