

# FAMILY SCIENCE & HUMAN DEVELOPMENT

MARCH 2022

## The Science of Studying Families

In the simplest terms, Family Science is the scientific study of families and close interpersonal relationships. In more depth, it is a distinct social science discipline, formed by a unique combination of characteristics that establish a knowledge base for professional application.

The field of Family Science is:

- **Relationship-focused:** It uses a systems perspective, which means it considers family relationships and interactions within broader societal systems. Family Scientists have a sophisticated understanding of what healthy relationships look like across a diversity of families, and across the lifespan.
- **Strengths-oriented:** It hones in on family strengths, and how the family can build on those strengths to be sustainable and self-sufficient.
- **Preventive:** The Family Science perspective applies knowledge about healthy family functioning to help prevent problems before they occur.
- **Translational:** Research findings are meant to be applied in real life to help strengthen families.
- **Evidence-based:** The knowledge applied in teaching and practice comes from rigorous scientific research. Family Scientists use multiple methods to gather evidence and conduct research, and Family Science has its own distinct methodologies and theories.

### The Importance of Family Science

In the United Nations' *Universal Declaration of Human Rights*, family is heralded as the

*(Continued on page 2)*

## DATES TO REMEMBER

### March 1

Deadline to Register for Summer Internships

### March 7-13

Spring Break

### March 12

Daylight Savings Time Begins—  
Turn clocks ahead 1 hour

### March 31

Registration Opens for Fall 2022 and Winter 2023



Our hearts are heavy for the children, families and people of Ukraine.



**Dr. Lyndal Khaw**

## Department Chair's Message

I am sure we have all been looking forward to the start of spring this month. I know I certainly have. March not only marks the midpoint of our semester, but also what hopefully is the start of some "feel-good" weather. For many of us, a much-needed spring break is just a week away!

It is quite hard to believe but this March is also the year 3 mark of when a global pandemic up-ended everyone's lives (and everyone instantly knew what Zoom was). For the past two years, I'm proud to see that our department community has remained resilient, and we adapted our teaching and learning in the best way possible! To stay safe, we did our part by perfecting habits like social distancing, mask wearing, and staying isolated when sick. Vaccines made a real impact in saving lives. As we slowly pick back up to our "new normal" phase, I have heard from many FSHD students and professors that learning in a COVID environment can feel very isolating. It's clear that we all miss the human connection.

Therefore, I hope you see this Spring as an opportunity to reengage. I encourage you to start considering safe and manage-

*(Continued on page 3)*

## Student Spotlight

### Shanika Forbes

Shanika Forbes is a junior majoring in Family Sciences and Human Development, with a concentration in Families, Children and School Settings (the teaching track).

**Her Story:** Ideally, I've always wanted to be a teacher in an urban school district to serve as a transformative educator in lower income communities like the one where I completed my schooling. The disparities, lack of resources, and quality teachers that represent the demographic of the students within these schools inspired me to attend Montclair State and go into the Family Science and Human Development



major. I want to create an inclusive learning environment where I teach to inspire. I am currently a full-time student in the Teacher Education Program to get my early childhood education certification in P-3.

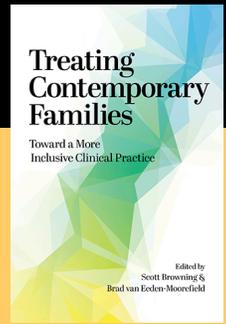
**Her Plan:** My goal is to work in an urban school district as a teacher of color to provide students of color a quality education, and to be a positive role model as a transformative educator. Being a Family Science and Human Development major prepares me to interact with diverse families in various environments and understand how families influence a child's development, the different stages, and theories of development that children go through, and how social and interpersonal relationships shape people.

**Her Thoughts:** "My professors are extremely supportive, helpful and have presented the topics in a concise format before and throughout the pandemic. They ensure you're prepared to encounter diverse families and people from different backgrounds and how to interact with different familial dynamics!" ■

## OUR ACHIEVEMENTS

### FSHD Faculty & Staff

**Dr. Brad van Eeden-Moorefield** published a [new book](#), *Treating Contemporary Families: Toward a More Inclusive Clinical Practice*.

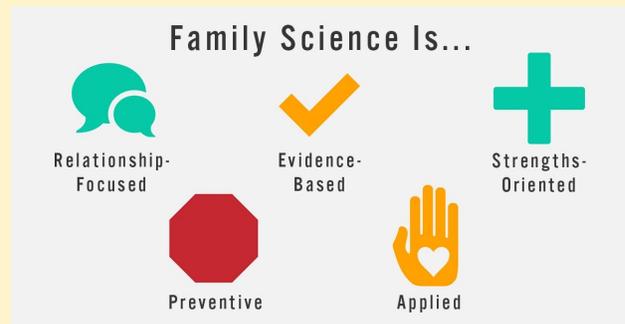


### The Science of Studying Families

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"fundamental group unit of society." Families have unique characteristics and relationships compared to other groups of people. Almost no other group besides family has the level and range of influence on a person's life over time, from big decisions like where someone lives, to things as simple as how they squeeze a toothpaste tube.

At the same time, families don't come with instruction manuals. Being part of a family doesn't necessarily mean that someone knows everything about being in a healthy, well-functioning family. Therefore, it's crucial to study and understand how families function and develop, and to apply research findings and best practices to the many situations that affect families' daily lives.



Family Science exists in numerous settings around the world, spanning roles in research, teaching, policy making, and professional practice. By summarizing and sharing research findings, offering programs for families and individuals, and much more, this discipline provides evidence-based techniques that enable families to strengthen interpersonal relationships and their overall well-being.

Additionally, policies and programs at all levels of society address family-focused issues: child care, healthcare reform, adoption, child abuse and neglect, domestic violence, caregiving, family leave, poverty, marriage equality, and more. Family Science knowledge is vital to making these policies and programs optimal for all families.

Through their work across many careers, Family Science scholars and professionals possess knowledge and expertise that make them uniquely qualified for many types of jobs. See page 5 for a comprehensive list of the career opportunities in this field. ■

## Social Justice Initiatives

As our Social Justice Advisory Board continues working toward fulfilling its goals, we encourage you to take a look at the complete [Social Justice Strategic Plan](#) which outlines the FSHD Department's commitments and direction in this area.

### Helpful Resources

The Board is happy to share this diverse list of [resources](#) related to mental health, self care and antiracism support for Black, Indigenous, and People of Color (BIPOC) and Asian American and Pacific Islanders (AAPI).



### Social Justice Concept

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

#### Cultural Community Service

*"Opportunities for people to give back and positively transform their home communities."*

### Share Your Thoughts

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](#) or you can cut and paste this link: [https://montclair.co1.qualtrics.com/jfe/form/SV\\_3JHboG6J8W0DO4J](https://montclair.co1.qualtrics.com/jfe/form/SV_3JHboG6J8W0DO4J)

Be empathetic.

Be compassionate.

Be kind.

Be you! ■

## March is National Social Work Month

FSHD joins the National Association of Social Workers in celebrating National Social Work Month in March. The 2022 theme, "The Time is Right for Social Work," underscores how social workers and their life-affirming services are needed more than ever as our nation addresses economic inequality, systemic racism, the demand for improved health and mental health care, and the pandemic.

This annual campaign educates the public and policymakers about the roles social workers play in an array of sectors, including hospitals, mental health centers, schools, social service agencies, community centers, and politics.



Many FSHD majors earn a [minor in social work](#) or pursue their [master's in social work](#) after graduation. It is one of the fastest growing career fields, with nearly 720,000 professionals employed in the United States and 3 million worldwide. As an integral part of our nation for decades, social workers were instrumental in the Civil Rights and Women's Rights movements and pushed for social programs we now take for granted, including the minimum wage, a 40-hour work week, Social Security and Medicare.

Social workers touch millions of lives every day, and at some point in time they will likely assist you, a family member or a friend. As the slogan says, the time is always right for social work. To learn more about social work, visit the National Association of Social Workers at [socialwork.org](https://socialwork.org). ■

### Department Chair's Message

*(Continued from page 1)*

able ways to reconnect with your peers, our department, and the larger campus community. If you haven't already, here are some starting ideas:

- Find a new extracurricular club or student group to join (a quick plug for our FSHD-based group, the Montclair Student Council on Family Relations, which is **always** welcoming of new members).
- Find a study partner or meet a classmate outside of class time - either remotely or safely in person.
- Connect with your professors by attending office hours or scheduling meetings to chat.
- Volunteer for a cause that speaks to you!

It's not always easy but it is a start.

I know it may be a real challenge to step out of your bubble - I've been right there with you. While COVID is still very much around us, and some restrictions are still in place for good reason, we also owe it to ourselves to develop some meaningful social relationships in college. As future helping professionals, we know firsthand the importance of social connections.

I look forward to FSHD facilitating some of these transitions in the next few months. Until then, I'd love to hear ideas or thoughts from you (email me at [khawl@montclair.edu](mailto:khawl@montclair.edu)) about how your FSHD family and home department can help. ■

## Congratulations and Best Wishes to our FSHD Graduates

January 2022



Aboukwaik, Rahma  
Abuhadba, Yasmeen  
Abutaa, Suzan  
Ahearn, Alyssa M.  
Arrietta, Alexis A.  
Autret, Maya  
Bakunas, Rachael E.  
Barge, Jessica R.  
Bas, Gabriela F.  
Beauvais, Nia V.  
Blanco, Alana J.  
Cartagena, Marisol  
Castillo Tavarez, Inma G.  
Cavallo, Maria F.  
Cintron, Charito A.  
Cleveland, Nicole M.  
Coleman, Jessi M.  
Collova, Camryn R.  
De Jesus, Desiree M.  
Debrecki, Debriella M.  
Della Peruti, Melanie A.  
DiMilia, Amanda M.  
Doubledde, Rachael  
Erzene, Alexis  
Feola, Meredith G.  
Feuer, Kayla A.  
Franco, Stephanie  
Funez, Samantha D.  
Gallo, Julia L.  
Glogiewicz, Hailey P.  
Granados, Valeria  
Ha, Juyeon  
Haurey, Alexis M.

Inglima, Courtney A.  
Kaner, Devan A.  
Kaupas, Kaitlin  
Kelly, Natalie A.  
Kostyn, Mikayla A.  
Krause, Lauren E.  
Leogrande, Brittany C.  
Lliguicota, Jakeli  
Logothetis, Anna S.  
Lopez, Maya D.  
Martin, Riley N.  
Miyazawa, Seishu S.  
Molina Sanchez, Ariana J.  
Mustafa, Dina  
Pacheco, Stephanie R.  
Papanikolaou, Nicole C.  
Pereira, Sabrina N.  
Perez, Leah C.  
Pfeifer, Carly N.  
Queiruga, Raul  
Rho, Sara  
Rosario Silverio, Magalis  
Rubio, Sally  
Salcedo, Yosmari  
Salvant, Paula M.  
Scott, Courtney D.  
Shehata, Marwa M.  
Soto, David A.  
Straniero, John  
Urena, Arianna E.  
Velasquez, Jenifer  
Velez, Anabella  
Vignola, Ashley

## Become a CFLE:

### Certified Family Life Educator

Family life education is the practice of applying educational approaches that empower families to function optimally, strengthen interpersonal relationships, and avert problems. The Certified Family Life Educator (CFLE) designation validates your knowledge, skills and abilities as a Family Life Educator. Issued by the National Council on Family Relations (NCFR), it is the nationally recognized standard in this field.

Our FSHD program is NCFR-approved. With careful planning, students who graduate with our Family Services concentration are prepared to apply for provisional CFLE certification *without* taking the CFLE exam! Students in other majors or concentrations must take the exam.

Possessing the CFLE designation can give you a competitive edge in the job market, expand your range of job opportunities, and command a higher salary!

For more information, contact Dr. Soyoung Lee at [LeeSo@montclair.edu](mailto:LeeSo@montclair.edu). ■

## Red Hawks Athletics

Come out and cheer for your teams!



### March Sports:

Lacrosse  
Baseball  
Softball  
Track & Field

Check out the [full schedule here](#).

# CAREER OPPORTUNITIES *in* FAMILY SCIENCE



## Business, Consumer & Family Resource Services

Employee Assistance  
Corporate Childcare  
Family Financial Counseling & Planning  
Vocational Guidance  
Consumer Protection  
Family Resource Management  
Food Assistance  
Child and Family Poverty Research  
Work Life Balance  
Family Business Consultation  
Academic Advising



## Community-Based Social Services

Youth Development Programs  
Adoption Agencies  
Foster Care  
Teen Pregnancy Prevention & Assistance  
Family Preservation  
Welfare Assistance  
Vocational Rehabilitation & Job Training,  
4-H Youth Development  
YMCA/YWCA  
Scouting Programs  
After-school Programs  
Adult Day Care  
Gerontology Programs



## Education

Public Schools  
Cooperative Extension  
University & Colleges  
Research  
Family Life Education  
Community Education  
Parent Education  
Family Peace & Justice Education  
Children's Museum Education  
Marriage & Family Enrichment & Education  
High School Guidance Counseling  
Program & Curriculum Development  
College Student Life Programs.



## Family Intervention

Individual & Family Therapy  
Case Management  
Crisis & Hotline Services  
Court-Mandated Parent Education  
Divorce Mediation  
Abuse Protection Services  
Sexual Violence Prevention  
Drug & Alcohol Prevention  
Residential Treatment Programs  
Victim/Witness Support Services



## Faith-Based Organizations

Clergy  
Family Mentor  
Parent Education  
Youth Programs  
Budgeting and Money Management  
Marriage and Relationship Programs



## Early Childhood Education



Childcare Centers  
Head Start Programs  
Preschools  
Early Childhood Family Education



## Government & Public Policy

Family Policy Analysis  
Advocacy/Lobbying  
Military Family Support Services  
Child & Family Services  
Juvenile Justice  
Family Court



## Healthcare & Family Wellness

Public Health Programs & Services  
Child Life  
Nutrition, Wellness and Sexuality Education  
Prenatal and Maternity Services  
Disability Services  
Long-Term Care Programs  
Hospice  
Funeral Services



## International Education & Development

International Family Policy Analysis  
Peace Corps and NGO Leadership  
Global Family Planning Programs  
Community & Sustainable Development  
International Human Rights Advocacy  
Immigration & Migrant Families Services



## Research

Grant Proposal Writing  
Academic and Government-Related Research  
Population Studies & Demographic Research  
Research for Community Non-Profit Agencies  
Program Evaluation & Assessment



## Writing & Communication

Curriculum & Resource Development  
Public Service Radio and TV Programming  
Newspaper & Magazine Journalism  
Blogging & Social Media



**National Council on Family Relations • [ncfr.org](http://ncfr.org)**

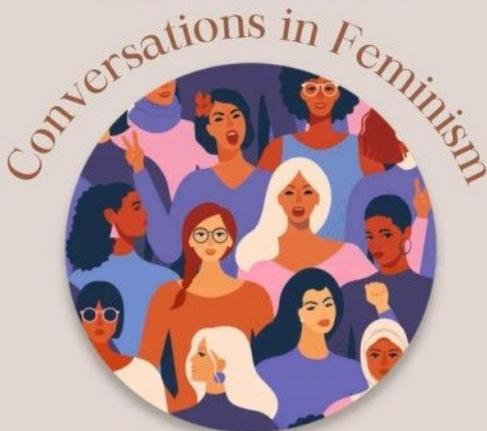


# International Women's Day

FSHD supports *Break the Bias*, the theme of International Women's Day on March 8, 2022.



Join us for intersectional and inclusive discussions of great feminist works in literature, speech, film, and more!



**February 9 & 23**  
**March 16 & 23**  
**April 6 & 20**  
**May 11**

Hosted by GSWS  
BI-WEEKLY MEETINGS  
UNIVERSITY HALL | ADP CENTER  
ROOM 1145 WEDNESDAYS AT 2:30-4 P.M.

Open to all genders, identities, orientations, races, etc.

## Family Science & Human Development

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Dr. Lyndal Khaw, Chair

Lisa Mills, Newsletter Editor

