

FAMILY SCIENCE & HUMAN DEVELOPMENT

JANUARY 2022

FSHD Students Support Refugees with Winter Accessories Drive

The Family Science and Human Development Department completed a highly successful winter accessories collection for Afghan and Syrian families starting new lives in New Jersey. The idea for this community service program emerged from students in Associate Professor Dr. Olena Nesteruk's *Immigrant Families* class (FSHD 350) after a guest speaker from Welcome Home Jersey City described the organization's work with refugee and asylee families in the community. The students then teamed up with the Montclair Student Council on Family Relations (MSCFR) to increase the project's impact and to tap into that group's prior experience of hosting successful drives.

MSU's true spirit of kindness came shining through during November and early December as donations poured in from employees, friends, families and beyond. One donor knitted beautiful scarves with extra yarn she had at home. Another was discussing the drive with her family who ultimately contributed a stack of Target gift cards. A staff member reached out to her local Woman's Club and within two days they generously donated 80 items.

The initiative also developed an inter-collegiate relationship with Seton Hall, where FSHD Department Chair Lyndal Khaw's husband, Dr. Brian Nichols, is a professor. When he mentioned the drive to his students, they jumped in with both feet, particularly one student who was deployed in Afghanistan while serving in the US military.

In the end, the students proudly collected nearly 700 accessories. Dr. Nesteruk delivered the donations to Welcome Home Jersey City for their Mega Holiday Distribution Drive. "It was wonderful to see that everything we collected went directly to families, who came and "shopped" for what they needed," she said. "We helped them find the right sizes and styles for family members. Headscarves and pashminas were very popular."

The final tally of winter accessories was:

- 328 pairs of socks
- 146 pairs of gloves
- 89 hats
- 84 scarves/pashminas
- 14 Target gift cards
- 44 coats and jackets (that were not requested as part of the drive!)

We are so proud of our students for initiating this tremendously important and helpful community service program. ■



FSHD Associate Professor Dr. Olena Nesteruk and her daughter Laura display the hundreds of winter accessories collected for refugees and asylees settling in New Jersey.

DATES TO REMEMBER

January 7

Deadline to Confirm Spring 2022 Internship Site

January 14

Last Day of Winter Classes

January 18

First Day of Spring 2022 Semester

January 25

Last Day for Add/Drop

February 1

Deadline to [Apply](#) for Teacher Education Program

Department Chair's Message

Welcome back, FSHD Family!

I hope this message in our first 2022 newsletter finds you healthy, safe, and well-rested after what hopefully was good quality time spent with loved ones over winter break. For those of you who didn't have a break for a host of reasons, I empathize with you and hope you still found little nuggets of time for yourself to rejuvenate, or just pause and breathe.

The new year usually brings the promise of a new beginning,

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Social Justice Initiatives

Welcome to 2022 and to a new semester! We hope the winter break provided some opportunity to refresh, recharge, and spend time with loved ones. As you will read below, the fall semester was a busy one that moved our social justice work forward in significant ways.

In many ways, our efforts to this point have focused heavily on intentional planning and the development of more equita-



ble structures to support our work. Certainly, we also have engaged inter- and intrapersonal social justice work as well, and that will shift to become more of a focus moving forward into the spring 2022 and future semesters. This type of work will be some of the most challenging, and requires a great level of vulnerability, honesty, and deep reflexivity. We are confident our FSHD community is committed, ready to engage, and can be leaders in ways that help guide others through their social justice journeys.

Selected Updates

1. We are pleased to share that FSHD formally adopted our inaugural [Social Justice Strategic Plan](#) in December 2021. Everyone in the FSHD family had opportunities for input in its development and we thank all of you for the many suggestions that lead to the creation of this community plan filled with intention and accountability. The plan details three overarching commitments:

- As a community, we will be transparent in our commitment to antiracism, social justice, equity, and inclusion.
- We will deepen our understanding of social justice, equity, and inclusion.
- We will strengthen our social justice impact by being change agents.

For each of these commitments we outline a series of strategies we, as a community, will engage as part of living these commitments, with target dates. This plan will be posted on the FSHD Department website and updated at least once a semester in a way that documents our progress and actions.

Importantly, we view this plan as a dynamic document. To that end, please share any suggestions, at any time, that could strengthen this plan.

2. Related to making the strategic plan outlined above visible on the department website, we also are in the process of adding more social justice-related pages and content to our website. We will let you know as these additions go live.

3. The fall semester social justice work not already reported in prior updates included various meetings and programs that sought to provide opportunities for critical self-reflection among FSHD staff and faculty; engaging the Social Justice Advisory Board; enhancing understanding of student experiences (townhall and focus groups); and beginning conversations with potential collaborators across campus. Faculty were also provided copies of an antiracism in teaching reflection tool that will be the focus of some spring 2022 programming.

4. Dr. Jennifer Brown Urban moderated a panel focused on being an ally and accomplice.

A Podcast Resource

Many of you might enjoy listening to [this podcast](#), “The Colored Girl Speaks: Meditations on Race and Other Magically Things” from Dr. Andrea Hunter, a prominent Black family scholar.

Social Justice Concept

In each newsletter, we are defining a different social justice concept. This month we explore:

Access

“To serve the people, a healthy society must offer services and resources. These include education, healthcare, shelter, and food. However, in many societies, there’s unequal access. Education is a prime example of the consequences. When only people from a certain class can afford good schools, those with lower-paying jobs have to settle for less. This leads to those kids growing up and being unable to access certain jobs. In an unjust society, somebody’s race and sexuality can also limit services and opportunities. When everyone gets equal access, it helps even out the playing field.”

Share Your Thoughts

As a reminder, we have created this [virtual feedback form](#) to ensure everyone has an anonymous way to provide input related to the FSHD community’s social justice work. Click on the link or cut and paste this link: https://montclair.co1.qualtrics.com/jfe/form/SV_3JHboG6J8W0DO4J

Be empathetic. Be compassionate. Be kind. Be you! ■

Department Chair's Message

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and the Spring semester shares that promise. For our FSHD students graduating this May, I'm sure this semester couldn't have arrived soon enough. I encourage you all to make the most of these next few months of college. As you embark on your internship or student teaching, keep in mind that this is just the start of your journey and not the end of one.

Network with each other, reach out to your professors and advisors for support and guidance, or just to connect for conversation. The next few months can be so formative in your professional development, so be sure to make them count!

And find out how you can stay connected with the department as a proud alum of FSHD, such as networking with us on LinkedIn or following our page on Instagram. We are always looking to connect with and be inspired by what our students do after graduation.

On this note, I wish everyone a productive and inspiring Spring semester. May this be the best one yet!

Take care,
Dr. Khaw



Could You Identify Human Trafficking?

January is National Slavery and Human Trafficking Prevention Month. Since 2010, this month has been dedicated to raising awareness about the different forms of human trafficking, also known as modern slavery, and educating people about this crime and how to spot it.

Human Trafficking Hotline

888-373-7888

According to the US Department of Homeland Security, "Human trafficking involves the use of force, fraud, or coercion in exchange for labor, services, or a commercial sex act." The department's public awareness Blue Campaign educates the public, law enforcement and other industry partners to recognize the indicators of human trafficking, and how to appropriately respond to possible cases. [Take a look](#) to see if you would know the signs. ■

Student Spotlight

Our January 2022 Graduates

In this newsletter, we shine our spotlight on all the FSHD students graduating in January 2022!



Congratulations on successfully completing your coursework and clinical experiences. We celebrate your accomplishments and wish you all the best as you embark upon your new careers, serving our community through classroom teaching and/or community involvement.

Please know that you can and will make a difference! Use what you've learned, along with your passion and personality, to serve those who need support and assistance.

We look forward to seeing you at Commencement this Spring! ■

Holiday Cards for Kids



The Montclair Student Council on Family Relations (MSCFR) took time out of their busy end-of-semester schedules to brighten the lives of children who were patients in the hospital during the holidays.

Members of the student group created two dozen cheerful, handmade greeting cards and sent them to Cards for Hospitalized Kids, a Chicago-based organization that distributes uplifting, handmade cards to “spread hope, joy and magic to hospitalized children across America.”

We are proud of our students’ dedication and ongoing commitment to community service projects. Well done! ■

Remembering Dr. Martin Luther King, Jr. 1929—1968

**Minister, Activist,
Leader of the Civil Rights Movement**

The time is
always right
to do
what is
right.

- Martin Luther King, Jr.



FSHD Doctoral Program News

Introducing Our New PhDs

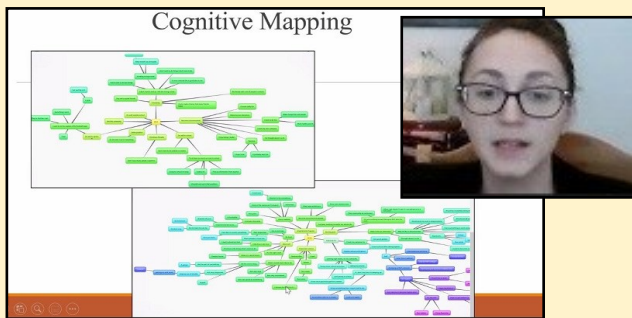
Congratulations to FSHD's most recent PhD candidates who successfully defended their dissertations in December to achieve their doctoral degrees:

- Dr. Maya Autret - "A Critical Exploration of Ideology and Agency in Intensive Motherhood Literature"
- Dr. Rachael Doubledee - "Adolescent Cognition as a Dynamic System: Examining Complex Cognition, Concepts and Context"



Above: Dr. Maya Autret (left) celebrates becoming a newly-minted PhD after receiving the good news from her dissertation committee chair, Dr. Brad van Eeden-Moorefield.

Below: Dr. Rachael Doubledee describes her research methods during her dissertation defense in December.



PhD Program Application Information Webinar

Wednesday, January 5 1:00 – 2:00 pm

This webinar explains the application process in detail and offers suggestions on how to write personal statements, prepare writing samples, and select recommenders. Ours is the only PhD program in New Jersey for Family Science and Human Development!

Trans Black Women Deserve Better:

Expanding Queer Criminology to Unpack Trans Misogynoir in the Field of Criminology

Monday, January 24 12:00—1:00 pm

The next program in our Brown Bag series on Gender and Development will be led by Dr. Toniqua Mikell, Assistant Professor of Crime and Justice Studies at the University of Massachusetts Dartmouth.

Planning to Become a Teacher?

Spring Application Deadline is February 1

If you are interested in learning how to apply to the [Teacher Education Program](#), it's important to speak with the Teacher Education Admissions staff. Schedule a Zoom appointment with either Ian Bouie or Jan Johnson via Navigate (through Nest). The deadline to apply for Spring is Tuesday, February 1, 2022.



Opportunities for Teachers of Color

More than half of New Jersey students are children of color, yet teachers of color represent only 16% of the workforce. A grant from the NJ Department of Education enables MSU to provide support and funding for teachers of color to work in high-need districts. Find more information [here](#).

Internship Deadline - January 7

If you're planning to do your FSHD 409 Internship in the Spring 2022 semester, have you confirmed your site yet? Friday, January 7 is the last day to submit information about your chosen location. When your site is approved, you will receive a permit to register for a specific section of FSHD 409.



If you have any questions about your site or the approval process, contact Internship Coordinator Colleen Casenta at CasentaC@montclair.edu or 973-655-3176.

Is Social Work in Your Future?

Master of Social Work Webinar

Wednesday, January 12

6:30 - 7:30 pm

Learn how MSU's cohort-based MSW program prepares you to provide clinical and advocacy services to vulnerable children, teens and families. Propel your career to the next level or in a new direction!

Feeling the winter chill?

It's National Hot Tea Month

Cold January days are the perfect time to enjoy a nice hot cup of your favorite tea, so boil some water and enjoy these interesting facts about tea:

- Americans drink nearly 4 billion gallons of tea every year.
- Tea was discovered in 2737 BC when some tea leaves accidentally drifted into a Chinese emperor's hot water...and he loved the flavor!
- After withering and rolling, tea leaves undergo natural chemical reactions that change the taste and color, creating different varieties.
- 87% of millennials drink tea, either hot or iced.
- Leading tea-producing countries are Argentina, China, India, Indonesia, Japan, Kenya, Malawi, Sri Lanka, Tanzania, Taiwan and Vietnam.
- In Asia, tea cups have no handles. If the cup is too hot to hold, then the tea is too hot to drink.
- In 1773, British Colonists threw 300 chests of tea from British ships into Boston Harbor to protest high prices and taxation without representation.
- Tea maintains proper fluid balance and can contribute to weight loss when combined with a proper diet. It contains no sugar, sodium or fat.
- Studies show tea has positive correlations to heart disease, stroke, some cancers, diabetes and neurological decline. ■



Red Hawks Athletics

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



January Sports:

Men's Basketball

Women's Basketball

Men's Swimming & Diving

Women's Swimming & Diving

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



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