

FAMILY SCIENCE & HUMAN DEVELOPMENT

Department Newsletter

MAY 2024

Meet Our 2024 Scholarship Recipients

The Department of Family Science and Human Development annually awards scholarships to students whose community service activities and academic achievement are deserving of recognition and support. We are proud to introduce this year's recipients.

KATHARINE B. HALL UNDERGRADUATE SCHOLARSHIP

Jean-Marie Beeks

Being a full-time student and a full-time mom enables Jean-Marie to connect resources and launch activities including an after-school cooking program for kids, an international letter-writing project for youth soccer players, and an art program between kids and nursing home residents.



FAMILY SCIENCE AND HUMAN DEVELOPMENT AWARD

Sabrina Loibl

As an Applied Behavior Analysis (ABA) Therapist working with children on the autism spectrum, Sabrina engages in community service that directly impacts families and children. She chose FSHD as a major because it offers a solid groundwork for her future aspirations of obtaining a master's degree in Speech Pathology.



KATHARINE B. HALL GRADUATE SCHOLARSHIP

Milira Cox

Milira, a licensed marriage and family therapist, is a PhD candidate in FSHD. Her clinical work and research is an intersection of relational-cultural processes between BIPOC populations and their environment, purpose and identity development, program evaluation, and policy.



DORIS RUSLINK SCHOLARSHIP

Gracie Parker

Armed with the knowledge that her family was the most important aspect of her life in spite of all the challenges they faced, Gracie is pursuing a career helping other families work through the circumstances in their own lives. Discovering the FSHD major cemented her decision to attend Montclair.

DALILA REID AWARD

Jailyn DeBerry

Jailyn's desire to be of service to others inspired her to volunteer at the Newark Office of Youth & College Affairs, and at Catholic Charities with adults who have cognitive disabilities. Majoring in FSHD has enabled her to conceptualize a career helping and advocating for others on a larger level. ■



Department Chair's Corner

It's finally here - the end of the semester! You did it; congratulations on making it to May. I can almost hear the collective sighs of relief as we cross the finish line (and that's just coming from the faculty!). For some in our community, this finish line is truly the end of your undergraduate journey as you look ahead to commencement and beyond. You made it - all of the hours spent in lectures, in person and on Zoom; the late nights studying and cramming for exams; the endless cups of coffee or whatever it was that kept you going; the multiple jobs you held to support your bills in school; the friends and acquaintances you made; the hours spent writing emails, papers, and discussion posts...all culminating in this moment where you put on your best clothes, don your bedazzled caps and graduation gowns, and walk across that stage to receive your diploma as Pomp and Cir-



Dr. Lyndal Khaw

(Continued on page 6)

DATES TO REMEMBER

May 1

Last day to register for Fall 2024 FSHD Internship

May 6

Fr. Lapsley Presentation

May 7

Last day of semester

May 13

> Commencement
> Summer session begins

Healing from Trauma—A Presentation by Father Michael Lapsley

FSHD is proud to present a
Peace-Building and Restorative Justice event
Monday, May 6, 2024
University Hall Conference Center

Everyone has a story to tell and every story needs to be heard. The first step to personal healing requires exploring and acknowledging the emotional wounds carried by individuals. This is an opportunity to hear directly from an activist who experienced and overcame traumatic events in his fight for justice.

This unique, visionary event opens with a general session featuring Father Michael Lapsley, an anti-apartheid activist attacked and exiled by the South African government. He founded the "Institute for Healing of Memories" to support those who wish to share their experiences and be heard compassionately. The general session, from 9:30am - noon, is free to Montclair State University students and employees.



The second portion of this event offers an intimate "first step toward healing" workshop that creates a safe space for people to tell their stories, encounter injustice, touch their own wounds and be heard without judgment. This session, from 1:00-5:00pm, is \$80 for Montclair folks, and limited to 24 participants.

Registration is required through Eventbrite: <https://www.eventbrite.com/e/healing-the-wounds-of-history-forgiveness-and-the-importance-of-knowledge-and-acknowledgment-tickets-874716248847?aff=oddttdcreator>. ■

MONTCLAIR STATE UNIVERSITY | Family Science and Human Development
College for Community Health

Department of Family Science and Human Development
and the College for Community Health present

A Peace-Building and Restorative Justice Event

Monday, May 6, 2024

9:30 am - 12:00 pm – Open to all

1:00 - 5:00 pm – Afternoon Workshop (Limited registration)

University Hall Conference Center, 7th floor

"Healing the Wounds of History: Explorations About Forgiveness and the Importance of Knowledge and Acknowledgment in Journeys of Healing"

Fr. Michael Lapsley SSM

President

Healing of Memories Global Network

Father Michael Lapsley is a New Zealand born, South African Anglican priest who is a member of the Society of the Sacred Mission. He is a social justice activist and was part of the liberation struggle against apartheid. After Father Michael was exiled by the South African Government in 1976, he joined the African National Congress (ANC) and became one of their chaplains. While living in Zimbabwe he discovered he was on the South African Government hit list. In April 1990 he received a letter bomb resulting in the loss of both hands and an eye. In 1998 he founded the [Institute for The Healing of Memories](#) and today is the President of the [Healing of Memories Global Network](#). Recipient of the 2022 The Niwano Peace Prize, he is recognized for his "relentless struggle against apartheid and social discriminations, his support for the liberation movement in South Africa and for his peacebuilding activities." The Niwano Peace Prize committee wrote that, "Father Lapsley's non-violent, multi-faith peacebuilding efforts and activities of healing based on restorative justice, dialogue, and reconciliation are continuing to contribute to the healing of South Africans as well as many others all over the world."



Morning Session*: FREE to Montclair State University students, faculty, and staff (must register)
Non-MSU Registration - \$20

Full Day Program*: includes Morning Session, Lunch, and PM Workshop
Montclair State University students, faculty, and staff - \$80
Non-MSU Registration - \$100

For more information, please call 973-655-4171 or email costag@montclair.edu



Scan QR Code to Register
or [Link to Registration Site](https://www.eventbrite.com/e/healing-the-wounds-of-history-forgiveness-and-the-importance-of-knowledge-and-acknowledgment-tickets-874716248847?aff=oddttdcreator)

*Certificate of Completion will be issued.

MONTCLAIR STATE UNIVERSITY | Family Science and Human Development
College for Community Health

Register for Morning Session Only or Full Day Program

Morning Session – Open to All (includes breakfast)

\$20 for non-MSU attendees

9:30 am – 12:00 pm

This morning session offers an introduction to Fr. Michael Lapsley's story and to the work and the events to the formation of the Institute for the Healing of Memories and how it relates to South Africa's Truth and Reconciliation Commission. This establishes the core tenets of healing, forgiveness, reconciliation and relationships.

Full Day Program – Morning Session, Lunch and Afternoon Workshop

Limited to 24 Participants

\$80 for MSU students, faculty, and staff; \$100 for non-MSU attendees

1:00 – 5:00 pm

NOTE: All Workshop attendees MUST also attend Morning Session

Workshop for those who wish to learn about and experience an "introduction" to the process of healing and reconciliation. Those who would be the healers of others must be on their own journey of healing. Participants will be asked to share their own life journey in small groups. This workshop provides a safe space to encounter injustice, touch their own wounds and to be listened to without judgment. A journey for the wounded healers. Participants will receive not advice but words of support and encouragement about their journeys.

Scan QR Code to Register:

<https://tinyurl.com/frmichaellapsley>



Montclair State University Co-Sponsors/Supporters of the Event:

Anthropology; Classics and General Humanities; Counseling; Center for Autism and Early Childhood Mental Health; History; The Holocaust, Genocide, and Human Rights Education Project; Justice Studies; Office of Social Justice and Diversity; Political Science and Law; Public Health; Religion; Social Work and Child Advocacy; and Sociology.

Exploring Human Services Careers

CCHL Career and Internship Services and the FSHD Department co-sponsored an informal Lunch & Learn for Human Services Careers, and welcomed representatives from three key FSHD employers to campus.

FSHD students took advantage of the opportunity to gather in small groups for meaningful career-focused discussions and learn about each employer's own career journey. Many topics were covered including internships, interviewing, career preparedness, and how to form a professional network.



Employers introduce themselves at the start of the Lunch and Learn for Human Services Careers.

Thank you to our awesome employers who took time from their busy schedules to help guide our students:

Project C.O.P.E. was represented by FSHD Professors Dr. Robert Reid and Dr. Pauline Garcia-Reid, Program Directors, along with Prevention Specialist John Soh

All Stars Project of NJ was represented by Carlos Javier, Director, Production and Operations. Carlos is also an FSHD alum!

Women's Rights Information Center was represented by Donna Dalton, Senior Case Manager & Educational Career Counselor ■



Donna Dalton from the Women's Rights Information Center discusses careers in the human services field with FSHD students.

Internship Info Session

Our virtual Internship Information Session is open to FSHD students in all grade levels with a Family Services concentration. The program will explore the process and deadlines for the required FSHD 409 senior year academic internship. It is especially encouraged for those planning to complete their internship in Fall 2024.

Tuesday, May 21, 2024

3:30-4:30 pm — Virtual only

[Register via Handshake](#). If you have questions, contact Colleen Casenta, Internship Coordinator, at casentac@montclair.edu. ■

Career Corner

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

Scouting Programs

Scouting professionals organize and oversee activities and events aimed at furthering the personal growth and skill development of young individuals within a scouting organization. They typically work with youngsters ranging from elementary school to high school age, and guide them through a range of educational and recreational experiences.

Responsibilities could include:

- Planning and leading outdoor adventures
- Coordinating programs that build character, develop leadership and promote personal fitness.
- Teaching practical skills such as camping, first aid and navigation
- Recruiting and training volunteers to be involved in programs and events.
- Working with a volunteer board of directors

Skills possessed by effective scouting professionals include being people-oriented, motivating and supervising volunteers, and collaborating with community leaders and other organizations. ■

Social Justice Initiatives

Pinwheels for Prevention

To raise awareness of Child Abuse Prevention Month in April, the Department of Family Science and Human Development supported the national *Pinwheels for Prevention* campaign championed by Prevent Child Abuse America. The FSHD staff planted a sparking, twirling Pinwheel Garden outside University Hall.

Pinwheels have been the national symbol of child abuse prevention since 2008, based on research showing that people respond positively to their connotation of playfulness, whimsy and joy. During April, organizations and businesses across the country planted pinwheels to proclaim in solidarity that all children deserve a happy, healthy, and safe childhood. ■



Supporting the Foster Care System

According to the US Children’s Bureau, approximately 20,000 youth age out of the foster care system each year without a permanent family. In 2021, seventy-seven percent of eligible youth left care without receiving the federally funded services necessary to prepare them for adulthood and independent living. Foster youth who transition out of care without strong connections are more likely to become homeless, be diagnosed with mental health disorders, suffer from substance abuse, and become involved in the juvenile justice system.

To shine a spotlight on issues related to the children and families engaged in foster care, May is declared National Foster Care Month. The 2024 campaign — *Engaging Youth. Building Supports. Strengthening Opportunities.* — stresses the importance of building equity in the child welfare system. Individuals from all parts of child welfare play an important role in equipping youth to leave foster care with strengthened relationships, holistic supports, and opportunities.

The theme also emphasizes the importance of involving the young people early and throughout their time in foster care to

help create successful outcomes. Because access to culturally responsive resources and opportunities is essential to the futures of youth exiting foster care, child welfare personnel must look for ways to collaboratively work with related professionals to engage youth in permanency planning, gain access to holistic supports, and help nurture important relationships to set them up for future success. ■

TIPS TO

Strengthen Minds & Uplift Families

1. Nurture youth’s well-being early, often, and continuously. Don’t wait for the signs.
2. Talk about mental health as needs and strengths rather than problems or issues.
3. Recognize what culture has to offer. Incorporate traditions, practices, and community.
4. Engage youth. Ask what types of supports they need—including traditional and nontraditional options.
5. Champion the well-being of families and caregivers to support youth’s mental health.



National Foster Care Month
childwelfare.gov/fostercaremonth

Student Spotlight

Emily Perri



As a senior majoring in Family Science and Human Development, with a concentration in Family Services, Emily Perri graduates this month with a 4.0 GPA.

Her Story: As I was choosing my major, I knew that my goal was to work with families. It was exciting

to find a major that aligned so well with my interests. What I find most beneficial about the Family Science and Human Development major is how interdisciplinary it is. I have been fortunate to learn aspects of psychology, child advocacy, sociology, and more as I have progressed toward my degree. I feel that having a wide range of study has provided me with more resources and approaches to best assist families.

Her Plan: Going forward, I am hoping to attend law school. While I am not certain of which legal field I would like to pursue, I am passionate about working with families in some form. In the meantime, I would love to work in a position involving advocacy, education, and outreach.

Her Thoughts:

- Take advantage of elective courses in the major! It's an interesting way to introduce yourself to new topics.
- Office hours are a great way to connect with professors and ask questions about course material.
- Try your best to take breaks and reward yourself for your hard work. ■

Interdisciplinary Minor Complements Many Majors

The interdisciplinary minor in Family Science and Human Development (FSHD) provides an in-depth understanding of individuals, families and communities by exploring multiple perspectives from social sciences and human services.

Grounded in social justice and diversity, this minor takes an expansive look at how people live, grow and develop relationships from infancy through adulthood.

To learn more, [click here](#) or reach out to the CCHL Student Success Center in University Hall 1180, call 973-655-7866, or email CCHLadvising@montclair.edu. ■

Social Justice Initiatives

Celebrating AAPI Heritage

In May, Asian American and Pacific Islander (AAPI) Heritage Month recognizes the contributions and influence of AAPI individuals to American history, culture, and achievements.

AAPI by the Numbers

US Population

24.7 million Asians

1.8 million Hawaiian & Pacific Islanders

Military Veterans

2.5% of Asians

6.6% of Hawaiian & Pacific Islanders

Bachelor's Degree or Higher

56.1% of Asians

25.8% of Hawaiian & Pacific Islanders

US Businesses

642,950 Asian-owned firms

8,324 Hawaiian & Pacific Islanders-owned firms

Source: US Census Bureau

Mental Health Awareness Month

Since its inception in May 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions.



Department Chair's Corner *(continued from page 1)*

cumstance plays in the background while your friends and family cheer you on.

I know it all sounds amazing - and it is - but once the celebration eases, the guests leave, and the last "Class of 2024" confetti is vacuumed up, I also know mixed feelings can set in. Amidst the hope, excitement, and pride, the end of a chapter may also elicit feelings of anxiety, sadness, and doubt as you ponder "what's next?"

I can relate. About 21 years ago, I graduated with my bachelor's degree in the Class of 2003 at the University of Illinois, ready and excited for my next adventure. I was an international student, eager for my first career in the United States, so like so many graduates with a student visa, I applied for an extension to work for one year after graduation. I started looking for a job and interviewing in my senior year, but there were no bites; many employers simply did not want to hire me because I didn't have a permanent work visa.



Dr. Lyndal Khaw in her grad school days at the University of Illinois.

As I walked across the stage to get my diploma, I remember feeling a sense of pride, but also, fear and dread. Terrified and discouraged that I didn't have any real opportunities waiting for me on the other side of the stage. To make matters worse, my family wasn't able to attend my graduation, but fortunately my community - my dear friends, mentor, and even my internship supervisor, came to support me on that day. It was thanks to this community that I was able to pull myself out of this funk. While I admittedly allowed myself to wallow in self-pity for a couple of weeks post-graduation (I felt like I deserved it), my community did not allow me to stay this way.

Thanks to connections made (the power of networking!), I landed a part-time position as a case manager at Big Brothers

Big Sisters of Champaign County, working with amazing families who seek mentorship for their children, matching kids with our wonderful volunteers, doing home visits, and running fundraisers for the organization. (One of our fundraisers was an all-you-can-eat chocolate extravaganza event - when I say I loved that job, I mean, I **loved** that job.) Because it was a part-time gig, that opportunity also allowed me to grow professionally and explore graduate schools, which landed me in a dual master's program in Social Work and Human Development and Family Studies (HDFS), which eventually led me to complete my doctoral degree in HDFS. And the rest as we say, is history.

I share this story with all of you graduating FSHD majors, because I want to assure you that however you feel on graduation day is valid and legitimate. While of course, graduation is a joyous occasion, it's OK to have mixed feelings about things. An end of a chapter can be pretty sad. But it's also OK to trust that things will work out the way that they do. Your time here has been spent preparing for the next phase in life, not only the knowledge that you learned from your classes, but the life skills that you learned and honed over the years. Another lesson I will impart to you, is to lean on your community, your family (blood-related or not), friends, professors, advisors, etc. Your community believes in you and your ability to teach, advocate, lead, engage, innovate, inspire, help, and to grow. Use that to help you write your next chapter.

To the Class of 2024: congratulations on your success! Enjoy the time celebrating your accomplishments. You earned this moment. Live and embrace it.

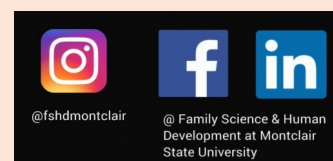
And to everyone in our community: have a wonderful summer ahead! ■

Family Science and Human Development

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[FSHD Website](#)

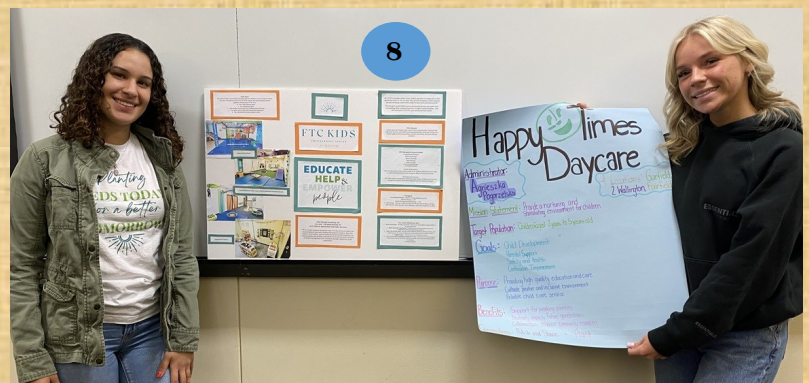
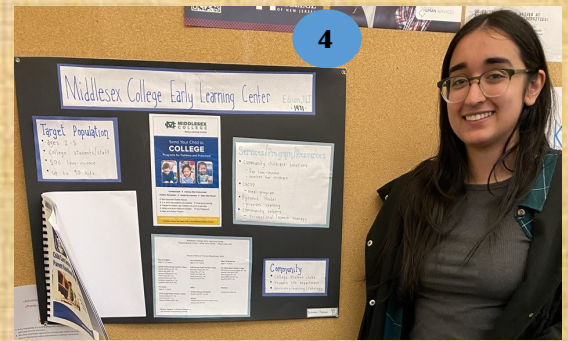
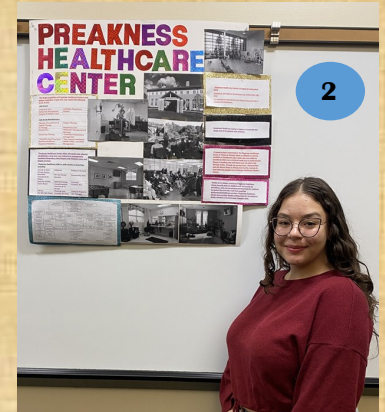
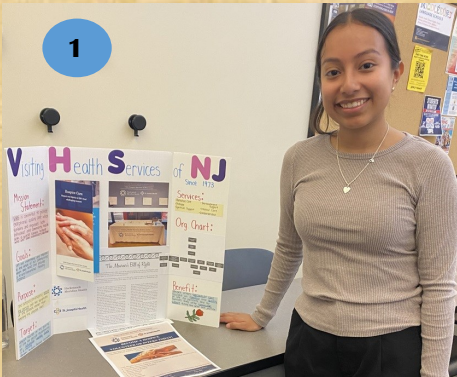
Dr. Lyndal Khaw, Chair
Lisa Mills, Newsletter Editor



Our Students Serve the Community

Community engagement is at the core of what we do in Family Science and Human Development!

All FSHD majors are required to complete 35 hours of field work in the community. In April, Dr. Lyndal Khaw's FSHD 315 *Field Experience* students presented their final posters to share their experiences and engagement at field sites. Students found placements in various community and school settings in Montclair and other communities in New Jersey. Here is just a sample of their various placements.



- Pictured with their presentation posters are:*
1. Johanna Ariza - Visiting Health Services of NJ - Hospice Care
 2. Aliyah Pallero - Preakness Healthcare Center
 3. Ashley Elias - Project Kind
 4. Eemaan Jadoon - Middlesex College Early Learning Center
 5. Melissa Wells - Jewish Battered Women's Shelter
 6. Amanda Rodriguez - Toni's Kitchen
 7. Jean-Marie Beeks - Family of Caring
 8. Olivia Argiro - FTC Kids, and Melisa Weglarz - Happy Times Daycare.