



FAMILY SCIENCE & HUMAN DEVELOPMENT

Department Newsletter

OCTOBER 2024

New Academic Calendar Launches in Spring 2025

Beginning in January 2025, Montclair State University will implement a new academic calendar reflecting a three-semester format with multiple modalities. The restructuring is part of President Jonathan Koppell’s initiative to increase flexible learning options and provide students with year-round educational opportunities.

“The new three-term model allows us to be nimble and creative.”

- Jonathan Koppell, University President

Koppell said, “The new three-term model allows us to be nimble and creative,” and will “create as many pathways to earn a degree as possible. This change is another expression of our commitment to eliminate the typical barriers to earning a degree.”

What’s Different?

The new format incorporates multiple changes and will be structured as follows:

- Semesters will be reduced from 15 weeks to 14 weeks.
- Partial (half) terms will be shortened to from 8 weeks to 7 weeks.
- Summer schedule will include one 14-week term, two 7-week terms and three 4-week terms.
- Evening courses will begin at 5:20 p.m. instead of 5:30, as well as 6:30, 6:55, 8:15 and 8:30, accommodating students with varying scheduling needs.
- A week-long Fall Break will be added and, like Spring Break, will be scheduled mid-semester between the two 7-week terms. A Summer Break will separate the summer and fall terms.
- Class times (also called “course blocks”) will be stackable, allowing students to schedule courses consecutively and efficiently, without long gaps between classes. The op-

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Department Chair’s Corner

And just like that, we are officially in Fall season. This semester is certainly flying by and it has been great seeing and participating in a busy bustling campus every day. I hope all of you are having a great semester thus far, and continuing to look forward to the promise of what lies in the weeks and months ahead.



Dr. Lyndal Khaw

When most people think of October, many positive things typically come to mind: the pumpkin spice, the warm glow of apple cinnamon candles, the gorgeous hues of autumn leaves, and the crisp cool air. These are all good things we should be grateful for. But as you will see in this newsletter edition, October also brings a yearly reminder of Domestic Violence Awareness Month.

I am especially attuned to what this month symbolizes, being a professor and researcher who has dedicated my last 19 years conducting research on domestic violence (also known as intimate partner violence) and its impact on families, kids, and communities. In my time spent researching the experiences of survivors and families, it is striking that I meet so many people who are often unaware of how common and profound partner violence is in our society.

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DATES TO REMEMBER

October 10

Bagels & Bracelets for Student Appreciation Week *(see p.2)*

October 25

Registration begins for Spring 2025

November 1

Deadline to apply for Spring 2025 FSHD Internship



Social Justice Initiatives

Combatting Domestic Violence

Heal, Hold & Center is the 2024 theme of Domestic Violence Awareness Month. This national campaign is sponsored every October by the National Resource Center on Domestic Violence to uplift the needs, voices, and experiences of survivors.

To uphold this year's theme, organizations and individuals must embrace the many cultural ways to *heal* from violence and oppression, commit to *holding* space for survivors, and *center* those most marginalized in all efforts to end domestic violence.



Intimate partner violence does not discriminate. Anyone can be a victim, regardless of race, age, ethnicity, sexual orientation or economic status. Below is a list of resources to be used if you need support, or if you know or suspect someone else is suffering from domestic abuse.

Montclair State University Student Victim/Survivor Support

- [Office for Social Justice and Diversity](#): 973-655-5114, Student Center Room 113
- Student Support via Campus Partners: www.montclair.edu/msu-cares
- [Counseling and Psychological Services](#) (CAPS): 973-655-5211
- [University Health Center](#): 973-655-4361

Resources in New Jersey

- [New Jersey Coalition to End Domestic Violence \(NJCEDV\)](#) Hotline: 800-572-SAFE (7233)
- NJ Coalition for Battered Women/Lesbians Helpline: 800-224-0211
- [NJ Coalition Against Sexual Assault \(NJCASA\)](#): 800-601-7200
- [SAVE of Essex County](#): Sexual Assault and Violence Education Center, Hotline: 877-733-CARE (2273)
- [Passaic County Women's Center](#) Hotline: 973-881-1450
- [Safe House](#) at Clara Maass Medical Center in Bloomfield, Hotline: (973)759-2154
- [Wafa House](#), Passaic County, 1-800-930-WAFA (9232)

National Support

- [The National Domestic Violence Hotline](#): 800-799-7233 (SAFE)
- Hotline Videophone for Deaf Survivors: 1-855-812-1001, Text: LOVEIS to 22522
- [LGBT National Help Center](#), National Hotline: 888-843-4564 ■

Student Appreciation Event

join
FSHD
on

THURSDAY, OCTOBER 10, 9-11 AM.

for

BAGELS AND BRACELETS!

Make your own friendship bracelets and enjoy a bagel for breakfast! Hosted by the Department of Family Science and Human Development on Thursday, October 10 from 9-11 AM in University Hall Room 4116 (4th floor). While you're here, ask us about all the rewarding careers you can pursue with this major!



Chair's Corner

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Consider some of these facts from the World Health Organization, Centers for Disease Control, and the Human Rights Commission:

- The World Health Organization calls domestic violence a “devastatingly pervasive” global health problem, with estimates of 1 in 4 women worldwide having experienced physical or sexual violence at the hands of an intimate partner in their lifetime.
- The onset of violence can be early, with about 1 in 12 girls reporting physical, sexual, or emotional abuse in adolescence.
- Domestic violence affects people in virtually every social category - sex, gender, sexual orientation, social class, race, and family composition.
- Overwhelmingly however, rates have been found to be higher in minoritized groups, including women and girls, Black and Hispanic, and LGBTQ+ populations.
- Survivors often take multiple attempts to leave an abusive partner (as many as seven times!). This is my area of research, and in 19 years, I have met less than five women who took only one attempt and left. There are so many barriers to leaving an abusive partner - from finances and feelings to fear of harm to themselves and their families. Survivors need support and empathy, not judgment, period.
- Domestic violence is a preventable health problem.

If you have been paying attention to the news, some of the most recent high-profile stories have been of horrific incidences of gender-based domestic violence around the world. In Kenya, Olympian marathon runner [Rebecca Cheptegei](#), upon weeks of returning from the Paris Olympics, died from injuries after being set on fire by a jealous ex-boyfriend. And, at the time of writing this piece, [Dominique Pelicot](#) sits on trial in France for the marital rape of his wife Gisele, drugging her, and allowing 50 strangers to sexually abuse her in a span of 10 years while she was unconscious. One can only imagine the level of physical, psychological, and emotional trauma experienced by survivors and the people who love them.

This month, I hope you take the opportunity to learn more

“If you are neutral in situations of injustice, you have chosen the side of the oppressor.”

Desmond Tutu

about what we can collectively do to be more aware of this pervasive issue. Given the statistics alone, the chances of knowing someone who has experienced or is currently experiencing partner violence are extraordinarily high. Unfortunately, college campuses are not spared from domestic or dating violence.

The Department of Family Science and Human Development is committed to promoting a culture of respect, safety, and advocacy for our community. We recognize that domestic violence is a form of injustice that also stems from socially-prescribed inequities. We all have a social responsibility to help and speak out against violence.

This month, let's work towards deepening our understanding and take actionable steps toward ending domestic violence in our communities, all year round. ■

If you or someone you know is in need of help, please contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or visit their [website](#). Page 2 of this newsletter also includes a number of resources that our students, faculty, and staff should be aware of to support survivors of violence.

Alumni Spotlight

Yuki Takahashi

Yuki Takahashi was an international student at Montclair who earned her degree in Family Science and Human Development in 2008, with a concentration in Family Services and her certification as a Child Life Specialist. She later returned to Montclair and earned a master's degree in Family and Child Studies in 2017.



Her Path: I learned about the Child Life Specialist (CLS) when I was an undergrad student in Japan and it became my dream job. However, there were too many challenges for me, as the CLS can only be studied and certified in North America, and there were no CLS jobs in Japan at that time.

After graduating from a Japanese university with my BA in Social Welfare with a concentration in Childcare, and several years of exploration, I applied and was accepted into the FSHD program at Montclair in 2004. I took the Child Life Specialist Certification exam at the same time as graduation and passed in 2008. I worked as a Certified Child Life Specialist (CCLS) at a children's hospital in New York City for almost 7 years and decided to come back to Montclair for a master's in 2015 to deepen my knowledge surrounding families and children.

Her Career: I am now employed full-time as a CCLS at a children's hospital in Tokyo, Japan. I am one of only 49 CCLSs working in Japan. I also serve as an executive board member of the Japanese Association of Certified Child Life Specialists.

Her Thoughts: "It's never too late and never so easy to follow our dream, but if you never give up it will come true. When I found my dream job, it felt impossible as I was already in my senior year at the university in Japan and my English skills were beginner's level.

However, after much consideration and being brave to face challenges, I was working as a Certified Child Life Specialist in the US and earned a master's degree as well. I believe being sincere to others and to yourself and working hard, you will find yourself surrounded by the people who support you." ■

Career & Internship Insights

Register for Spring Internships

If you're an FSHD major in the Family Services concentration and plan to take FSHD 409 Internship in the Spring 2025 semester, be sure to submit the Internship Registration Form in Canvas by the **November 1** deadline.

Upcoming Career Events

Fall 2024 Career & Internship Fair

Wednesday, October 9 | 1:00-4:00pm
University Hall Conference Center, 7th floor

This fair is for everyone looking to launch your career or gain experience through a full-time job or internship. Come and network with employers in a wide variety of industries! Dress professionally, bring lots of resumes and your Montclair ID. Open to all students, alumni, and the public. Registration is required through [Handshake](#).

FSHD 409 Internship Information Session

Wednesday, October 16 | 12:00-1:00pm - Virtual only

This event is offered for FSHD students with a Family Services concentration in all grade levels to learn more about FSHD 409, the required senior year internship. Highly recommended for those planning to complete their internship in Spring 2025. [Register via Handshake](#).

Community Health Expo

Tuesday, October 22 | 2:30-4:30pm
University Hall Conference Center, 7th floor

The Expo enables students to meet and network with employers in community health fields and explore the opportunities available in their organizations. [Register via Handshake](#). Get ready by joining the virtual **Preparing for the Community Health Expo Workshop** a day earlier, on Monday, October 21 from 3:00-4:00pm. [Register here](#).

Graduate & Health Professions School Fair 2024

Tuesday, October 23 | 1:00-4:00pm
University Hall Conference Center, 7th floor

Are you pursuing a career that requires a graduate or professional degree? Do you need help planning your next steps after graduation? This fair will connect students of all levels with admissions representatives in a wide variety of fields! You can also attend professional development and admission preparation workshops during the fair. [Register via Handshake](#).

Questions? Email CCHLcareer@montclair.edu.

Check out all the CCHL career events and workshops [here](#). ■

Battling Food Insecurity on Campus

The Red Hawk Pantry aims to combat food insecurity within the Montclair State University community. The pantry carries non-perishable foods, frozen items and fresh fruits and vegetables, as well as personal hygiene items and school supplies. It serves the university's students, faculty and staff, who may visit once per week.

Registration is now required through PantrySoft. It's quick, easy, and essential for a smooth visit. When you register, be sure to use your Montclair email as your User Name. Register here: app.pantrysoft.com/register/montclair ■



Red Hawk Pantry
Fall '24 Hours

WHAT- FREE NON-PERISHABLE FOODS & PERSONAL CARE ITEMS

WHERE- BLANTON HALL, 1ST FLOOR

WHO- ALL STUDENTS, STAFF AND FACULTY

TUES- 5PM-7PM
WED- 1PM-3PM
THURS- 1PM-3PM
SAT- 11AM-1PM



New Academic Calendar

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tions for class frequency will be once, twice or three times a week.

- Common Hours will be on Monday and Wednesday from 2:00 – 3:30 p.m., instead of one long period on Wednesdays, and will create dedicated time slots for student engagement and campus-wide activities.
- Winter term will continue to be 15 school days.

Advantages of New Format

The new academic calendar offers numerous benefits:

- A year-round academic format aligns with the president's vision of providing continuous academic instruction throughout the year.
- Six partial (half) terms will be offered each calendar year (January through December).
- Uniformity will be maintained when terms have an equal length and duration.
- Coordinated semester breaks will offer university-wide downtime.
- Prohibiting partial terms from overlapping with different full terms will eliminate scheduling conflicts and violations of federal financial aid guidelines.
- A standardized calendar that remains consistent year-to-year offers predictability to students, faculty and the campus community for efficient scheduling. ■

Hispanic Heritage Block Party



Family Science and Human Development

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(973) 655-4171 ■ FSHD@montclair.edu
[FSHD Website](#)

Dr. Lyndal Khaw, Chair
Lisa Mills, Newsletter Editor

