

HDFS NEWSLETTER

SPRING 2015 | Newsletter of the Department of Human Development and Family Science

LESSONS ABOUT LOVE AND SERVANTHOOD: AN EXPERIENTIAL LEARNING OPPORTUNITY IN UGANDA

By Molly Janzyck '16 (HDFS)

Studying abroad in Uganda is one of the most difficult and rewarding decisions I have ever made. Living and engaging in a foreign culture for four months allows one to re-evaluate goals, values and world views in such unique ways. From an HDFS perspective, I have cultivated a greater understanding of what healthy relationships and family dynamics look like globally through my interactions with fellow students and families.

I currently live on the Uganda Christian University (UCU) campus with two Ugandan roommates: Mildred and Gladys. Cultural norms are very different here than in the States; for instance, if I am sleeping, it is completely acceptable for the girls to play loud music, invite friends over

“Living with my Mukono family opened my eyes to many values I hold for my future family and my career in counseling.”

— MOLLY JANZYCK '16

and turn on the lights. One time I had an acquaintance come in my room at 6:30 a.m. on a Saturday to wake me and ask if I was going on a run (um, hello, I'm sleeping!). However, there are some cultural differences I have grown to admire in my roommates, such as their willingness to share and their servanthood. Mildred and Gladys always save a portion of their treats for me, such as fruits, popcorn or cake, and they feel free to use items of mine, like



Molly Janzyck '16 makes a new friend while ordering street food in Uganda during her semester studying abroad.

a knife or a charger. They also find ways to help me feel more comfortable here; if they are going to wash shoes, they will pick a few pairs of mine and clean them as well. Washing linens is difficult for the American students because we must wash everything by hand, so every few weeks my roommates offer to wash my sheets along with their own. They are so mindful of finding ways to show me love, and that has helped me see that servanthood builds healthy relationships in every culture.

I had the opportunity to live with two Ugandan families this semester: first, my large family who lives in Mukono, a 30-minute walk from campus, and second,

my small family who lives in a rural village called Serere. Living with my Mukono family opened my eyes to many values I hold for my future family and my career in counseling. I noticed areas that could improve; both parents were often away from the family, which created a lack of discipline and intimacy in their relationships with the children. I also witnessed great hospitality and teamwork; everyone in the home cheerfully helped with chores and never uttered one complaint. The older children helped take care of the younger ones, and the family always had room for relatives and friends to visit. Furthermore,

Study abroad, continued on page 4

FROM THE DEPARTMENT CHAIR

Dr. Raeann Hamon



As I write this column, another academic year is coming to a close. As you can see from the articles in this newsletter, the year has been an exciting one!

Students have studied abroad, engaged in internship and student teaching experiences, attended and presented at conferences, aided faculty with scholarship and marriage preparation and enrichment programming, expanded their professional competence through classroom and experiential learning, participated in many departmental and campus events, and so much more. I hope that you'll take the time to read our newsletter cover to cover. I trust these stories will generate your own fond memories of Messiah College.

I want to share some exciting news that is more personal. My husband Jeff and I have established a Human Development and Family Science scholarship fund. We chose to do this for three reasons. First, we have long supported the mission of Messiah College. We value the fact that this is a faith-based, Christ-centered institution which seeks to develop the entire person.

Second, Messiah College changes lives. Jeff and I can both attest to the positive impact this place and its people have had on us. As graduates ourselves, we were well prepared academically, spiritually and socially. Just as importantly, we were able to build a foundation which gave us greater purpose, one beyond ourselves.

Third, as a full-time faculty member for the last 28 years, we created the scholarship endowment because I see the need. I see students struggle financially to make the most of their educational opportunities here. I am deeply grieved by the increasing number of students financially inhibited from attending Messiah because of cost or who, after being at Messiah for a year or more, need to withdraw due to limited finances. I am immensely saddened to lose a gifted student in the midst of her/his

college career due to financial challenges.

During this last year, for instance, I met with a prospective student who visited campus on three separate occasions. She was excited about attending Messiah College for HDFS, as she has her heart set on becoming a Child Life Specialist. As the fall semester approached, her father wrote to let me know that despite being incredibly impressed by what Messiah College could offer his daughter, she needed to attend a different college due to cost. After all, they have two additional children to get through college.

I have a junior HDFS major who, as a full-time undergraduate student, is working 35-40 hours per week on top of taking 16 or more credits each semester. This student has a work-study position on campus for 5 hours per week, works at a local department store for 15 hours each week, and babysits for two families between 15

“From everyone to whom much has been given, much will be required; and from the one to whom much has been entrusted, even more will be demanded.”

— LUKE: 12:48 (NRSV)

and 20 hours each week. This student is not alone in working many hours while also attending college full time.

On occasion, I receive emails similar to one that I received this fall. It said:

“Good afternoon, Dr. Hamon, I hope that your break is off to a great start! As you may remember, I transferred from Penn State where I was studying bioengineering to Messiah in order to pursue Human Development and Family Science. Although this is only my second semester, I feel right at home in this department and have loved all of my classes thus far. I believe that this is a very important area of study because family is so important and so influential in the world, and I feel God calling me

to a life of purpose and this education as a pivotal point in my life's development. Sadly, several weeks ago, I found out that due to financial reasons, I will not be able to continue my education here at Messiah unless I am able to receive help. Unfortunately, I do not qualify for financial aid. I come from a big family of eight, but my family cannot afford to help me continue my education. I have been praying and searching for scholarships and have been struggling because many are based on financial need, which I, by federal standards, do not meet the requirements. I feel that it is my responsibility to exhaust all of my options by laying my pride aside and asking for help. Do you know of anything that I can do? Are there any jobs or scholarships that I can apply for, or any people that you can refer me to? Ultimately God's will will be done, and if I am meant to stay here, doors will open. If not, then I know that there is something else in store for me. I just cannot rest without knowing that I am doing everything within my power to stay at Messiah and seek God to strengthen me in this endeavor. I have come to love it and enjoy the Christian community here where I feel God's presence. Thank you for your consideration and help in any way! I completely understand if there is nothing that you can do, but I figured that there is no harm in asking! Please do not feel burdened or obligated in any way!

Have a wonderful break!”

We are excited to have established this HDFS scholarship endowment because Messiah College is a special place with a unique purpose and with wonderful and deserving students who are willing and eager to be used by God. I'm sharing this news because I'd like you to deliberate about how you might continue to use your talents and treasure in advancing God's work in this world. “From everyone to whom much has been given, much will be required; and from the one to whom much has been entrusted, even more will be demanded.” Luke: 12:48 (NRSV)

Raeann R. Hamon

Raeann Hamon, HDFS department chair

THIRD OUTSTANDING ALUMNI AWARD RECIPIENT: LOIS MITTEN-ROSENBERRY, PRESIDENT AND CEO, CHILDREN'S DISCOVERY CENTER



The Department of Human Development and Family Science Outstanding Alumni Award is designed to recognize HDFS alumni who demonstrate significant professional leadership and a legacy of distinguished contributions to the service of individuals and families.

A 1970 graduate, Lois Mitten-Rosenberry founded Children's Discovery Centers (CDC) in 1982 in Toledo, Ohio. She remains President and CEO of CDC, which has now expanded to South Carolina, in addition to her centers in northwest Ohio. With her unique background in education, behavioral science and entrepreneurship, Lois was the Spring 2015 Keynote for the Messiah College Executive Leadership Series. Recognized as an innovator in her field, Mrs. Rosenberry has been featured in Inc. Magazine,

Entrepreneur Magazine, Executive Female, and Early Childhood News. She is a Milestone for Women recipient and Athena Award-winner. She has been named Northwest Ohio Entrepreneur of the Year, Small Business Person of the Year, Ohio Child-Care Administrator of the Year, and serves as Chairperson of the Ohio Chamber of Commerce Small Business Council. In 2005, Mrs. Rosenberry received the Governor's Award for Excellence in Enterprise and was inducted as an Ohio Commodore. She serves on the Boards of 5/3 Bank, AAA Northwest Ohio, Ohio Chamber of Commerce, and Ohio Association of Child Care Providers.

In addition to leadership in her field, Mrs. Rosenberry is committed to several charitable projects. She has partnered with others to create a home (the Deborah Center) for abandoned and abused girls in the city of Timisoara, Romania and serves on the Advisory Board of Veritas, a non-profit organization that provides a variety of services for the families of Sighisoara, Romania. Lois is a person of deep faith and her Christian commitment is evident in both her professional field and her philanthropy.

In addition to her B.A. from Messiah, she has a master's degree in Education from Drexel University in Philadelphia, Pa. She is a co-author of "Inspiring Spaces for Young Children" and "Rating Observation Scale for Inspiring Spaces."



Raeann Hamon, Erin Boyd-Soisson, J. Roberto Reyes, Jennifer Ransil, Paul Johns, Debbie Chopka

The Department of Human Development and Family Science

MISSION

The Department of Human Development and Family Science equips students with the knowledge, skills and expertise to enhance the well-being of individuals and families across the lifespan in diverse social and cultural settings. Within the context of Christian faith and values, the department prepares students, through experiential and application opportunities, to pursue leadership, service and reconciliation locally, nationally and globally.

DEPARTMENTAL PROGRAMS

Majors

- Human Development and Family Science (B.A.)
- Family and Consumer Sciences Education (B.S.)
- Graduates of both the HDFS and FCSE majors are eligible to receive the provisional Certified Family Life Educator (CFLE) designation from the National Council on Family Relations.

Minors

- Children and Youth Services
- Disability and Family Wellness
- Gender Studies
- Gerontology
- Human Development and Family Science
- Multicultural Families
- Pre-Counseling and Therapy

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“Experiencing cross-cultural relationships and family life has allowed me to appreciate HDFS with fresh eyes. This study abroad program emphasizes the importance of sharing Christ’s love through building relationships, and that is exactly what HDFS is all about.” – MOLLY JANZYCK ’16

in my village experience, my host mother, Mama Helen, taught me the value of being a consistent learner. Though she is 65 years old, she is passionate about expanding her mind and skill set. She helps take care of her family, and she provides by using her land for agriculture and lumber. She reads

short stories to learn English, and she hosts American students to remind herself that we are all the same, no matter what color we are. Her example encouraged me to think of ways I can consistently be a student for the rest of my life. Both of my families encouraged me to see home life as a way to build

unity and teamwork.

Experiencing cross-cultural relationships and family life has allowed me to appreciate HDFS with fresh eyes. This study abroad program emphasizes the importance of sharing Christ’s love through building relationships, and that is exactly what HDFS is all about. If we wish to help this hurting world, we must first focus on building trust, respect, understanding and love with those we meet. The skills I have developed through my HDFS classes have enhanced my ability to communicate and observe both at home and in Uganda; never underestimate the power of simply listening and being a friend.

EXPERIENCING ROME

By Ella Ward '17 (HDFS)

Wow! Trying to describe my semester abroad experiences in Rome, Italy, in 100 words seems almost impossible. I could spend my words gushing over how amazing real Italian food is, or how the beautiful juxtaposition of ancient Rome surrounded by modern apartment buildings enamors me. It truly is a once-in-a-lifetime experience to be able to walk through the history I am learning about in Roman History class. Seeing where the early Christians, including Peter, were persecuted only makes me appreciate so much more my right to freedom of religion. I am so incredibly blessed to be living among the biblical and cultural history I have learned about since childhood. However, the thing that has left the most profound impression on my heart is my church family here. I am attending a bilingual international church. The people that attend International Christian Fellowship are from Brazil, Africa, the Philippines, Canada and everywhere in between. I have never been in a place of such loving acceptance of diversity. Although these people have lived such completely different lives than me, the thing that binds us together is our desire to worship God. The beautiful scenery I have seen throughout Italy does not compare to the sight of a group of people praising God in many different languages.



Ella Ward '17 (HDFS) poses with a street performer during Carnevale in Venice, Italy. Ella spent a semester abroad in Rome.

“I have never been in a place of such loving acceptance of diversity.” – ELLA WARD '17

INTERNSHIP SPOTLIGHT

STUDENTS PRACTICE THEIR SKILLS IN REAL-LIFE CONTEXTS



MARISA BOLTZ '15 (HDFS)

For my spring internship, I am interning at Capital Area Pregnancy Center: Life Choices Clinic. My roles at the clinic include observing and being a part of counseling sessions and parenting classes, as well as observing ultrasounds and performing office administrative tasks. Since my time at the clinic, I have grown so much personally and professionally. This experience has given me the hands-on learning I have craved for and has helped me decide how I would like to continue my education after I graduate in May. I would encourage all students to take advantage of the Career and Professional Development Center on campus as they look for future internships and opportunities.



EMILY MARKER '15 (HDFS)

As an intern in the Admissions Office at Messiah College, I have the privilege of learning about the responsibilities of admissions counselors, as well as the college application process. Thus far, I have had the honor of helping with Accepted Student Preview Days, Scholarship Days and Open Houses. Later this semester I will be traveling by myself to a college fair to represent Messiah College. I have learned so much about myself professionally through my internship, like transferable skills that I can take with me to any future employment opportunity. This has been the most rewarding experience from my educational journey at Messiah College.



AMANDA HENCH '15 (FCSE)

After four years, I have finally attained the status as a senior Family and Consumer Sciences Education major, and I can happily say I've enjoyed the ride. I'm currently balancing the life that comes with student teaching. While there is some stress, it does not overpower the reward and joy I get daily from being in the classroom with my students. I'm located at a middle school in the Carlisle School District and I interact with such a diverse community daily. My classes include sustainable sewing projects, nutrition, child development, and the basics of sewing. I love being so involved in the classroom environment with all of the topics we cover.

CONFERENCE HIGHLIGHTS

STUDENT REFLECTIONS ON ATTENDING THE NATIONAL COUNCIL ON FAMILY RELATIONS CONFERENCE

Thanks to support from our HDFS Department Student Research and Professional Development Endowment, along with excellent support from the Student Government Association, 29 students, 4 faculty and our administrative assistant were all able to attend the NCFR Conference this year. Enjoy some reflections from students who attended.

KATIE BULL '15 (HDFS)

As a second time NCFR Conference attendee, I enjoyed the conference all the more. Knowing what to expect the second time around, I understood the general layout and schedule, and knew that it wasn't scary to walk up to your textbook author and shake his hand! This was awesome, by the way. I was sitting in a paper session, and I heard a presenter mention the names of his co-authors. Among those names I heard Wally Goddard. I thought to myself, "Goddard... Duncan and Goddard. He is the Goddard in Duncan and Goddard!" For those of you who have no idea who I am talking about, he is the author of "Family Life Education: Principles and Practices for Effective Outreach," a.k.a. the author of the Strategies text! So, after the session, I introduced myself, shook his hand, talked to him for a few minutes about using his text in class, and went on my way a happy student! It is fun and actually not super intimidating!

Perhaps my favorite experience this conference was the first session I attended. I, and other HDFS students attended the Fellows Round Table session Wednesday morning shortly after arriving. This was my first time attending a roundtable session at the national conference. This roundtable was wonderful because it exemplified my learning about family life education. The presenter was knowledgeable, obviously passionate about the area of discussion and was truly interested in what we wanted to know about the topic. Even though she had prepared information for the roundtable, she was genuinely interested in generating conversations with us. It is nice going to a national conference and feeling like I can contribute to the conversations in



Above: The HDFS department treats student conference attendees to dinner for a fun evening of bonding.
Left: Dr. Reyes, Erica Souter '16 (HDFS) and Shiloh Kail '17 (HDFS) pose for picture during our group dinner.
Top: Dr. Hamon, Kelsea Jones '15 (FCSE) and Abby Leach '15 (FCSE) between sessions at the NCFR conference.

a meaningful way. Throughout the session I kept thinking to myself, "Wow, this is what family life education is about!" We have mentioned in Strategies, the importance of a good facilitator. Even if the program or education is great, the delivery is key! Even though the speaker wasn't offering a full-blown educational course on adolescent

romantic relationship and relationship education to us, she exemplified qualities of an excellent FLE—and offered great information too!

Last year I recall saying that conference attendance was a great way to get to know your peers in our department. At the Newcomers Reception, the speaker said something to the effect of, "Look around. The people sitting to your right and left are who you will be working with for years to come!" I thought, wow, how true!

Building relationships with peers in the department is not only a good way for our department to grow together, but it is great for future development too! Most importantly, it's nice to have some great friends with shared interests! As a soon-to-be graduate of Messiah, I have already made some tentative plans with a fellow student (and friend!) to go the NCFR conference together in Vancouver!



Emily Hoschar '16 (HDFS), Markell Kunzelman '16 (HDFS) and Nicole Nagel '15 (HDFS) take a break from poster presentations.

MOLLY JANCZYK '16 (HDFS)

Attending the 2014 NCFR Conference in Baltimore, Md., was one of the highlights of my junior year in the HDFS department. The sessions I attended were sources of valuable information that I can apply to my career path. On the first day, I participated in a Student New Professional Roundtable Discussion on Romantic Relationships in Adolescence. I was privileged to talk with the NCFR Fellow in charge of the table, and I was able to share the research handout with my mother, who is an abstinence educator. Another helpful session was a similar SNP Roundtable Discussion on Friday. The woman who spoke at my table was extremely helpful and personal; the advice she gave about future careers and grad school boosted my confidence for the future. My favorite session was probably Dr. Fincham's presentation about the effects of prayer in relationships. Since NCFR is not a Christian

organization, I was pleasantly surprised to hear Dr. Fincham speak on a spiritual matter. I was so excited about his research that I told my family and close friends all about it; research backs up prayer!

Furthermore, though I definitely enjoyed the sessions, my favorite part of the conference was connecting with others in the department. A few of the girls and I went to meals together, and we also had "hot tub discussions" in the evenings when we went to the pool area. We told our testimonies, explained our families of origin and our friendships, and we genuinely listened and encouraged one another. Attending NCFR absolutely enhanced my knowledge of the field, but ultimately, it enhanced my relationships with friends in the department. I hope to go again next year! I had so much fun!

ERICA SOUTER '16 (HDFS)

At first I was a little hesitant about attending the NCFR conference. I kept on hearing it in my classes by professors mentioning it. They said this is something you won't regret by attending the conference. So over fall break I decided to attend the conference last minute and I was so glad to hear Dr. Hamon say there was still time left to attend! For me, I thought it was a great professional experience and a way to build relationships outside of the class with the other students and with the professors. I especially enjoyed the Thursday night dinner because it was a great time for fellowship and bonding. With the sessions I attended, most of them were very informative to me. I went to a few sessions that talked about the future of family science and internships available for family science. Also, I went to one that talked about the foundations of building a strong marriage and what it takes to have a supportive family. Aside from the sessions I went to a few poster symposiums. There was one poster that talked about caregiving in older adulthood. This interested me because after Messiah I plan on doing something in this field. It was nice to hear the speaker's perspective on caregiving. It was also fun to explore Baltimore with some of the students. So, even though I was hesitant about going, I'm glad I made the decision to attend because it was a great experience. I will cherish the memories that I made forever!

MAKING A DIFFERENCE THROUGH THE COMMUNITY SERVICES CLASS

By Kimberly Lindquist '15 (HDFS)

The mission of the Tri-County Community Action Commission (CAC) is "to create and maximize the resources for individuals and families to achieve self-sufficiency throughout a multi-county region, which consists of Cumberland, Dauphin and Perry Counties." (cactricounty.org). In the spring of 2014, Dr. Robert Reyes' Community Services class worked with CAC to develop an advocacy video to address the issue of poverty and wage inequality in the Capital Region.

During the summer, Natalie Douglas '14 and I continued this project with CAC. We re-evaluated the needs of the population and worked together to find the best way to advocate for those needs. Natalie and I used data from Dr. Reyes' class research, in addition to supplementary information needed, to properly tell a story of a fictional family based on real-life situations. The video followed a single mother as she increased her hourly wage, one dollar at the time. The reality of the challenge of becoming self-sufficient when working on an hourly rate is clear and powerful. As pay increases and governmental assistance decreases, this mother is faced with the reality that she has more spending power with a lower income because of the benefits and assistance. However, she wants to be self-sufficient and able to provide for her family alone. Community Action Commission plans to share this video with members of the community in hopes of brainstorming ways of bridging the gap of wage inequality.



Dr. Robert Reyes' Community Services class worked with Tri-County Community Action Commission to develop an advocacy video to address the issue of poverty and wage inequality.

HDFS ANNOUNCEMENTS

INTRODUCING A NEW MINOR: DISABILITY AND FAMILY WELLNESS

By Erin Boyd-Soisson

The Human Development and Family Science Department is excited to announce the approval of a new minor geared toward students who are pursuing careers that serve individuals with disabilities. The new minor, Disability and Family Wellness, was approved for the fall 2015 semester. This minor includes four core courses: Foundations of Marriage & Family, Community Services, Introduction to Special Education, and Disability and Society; one development course; and the option of 6 credits worth of selected electives. This minor is meant to aid students in developing skills and gaining knowledge relevant for working with individuals with special needs outside of a school setting and at different points in the lifespan. We would like to thank Dr. Melinda Burchard, assistant professor of special education and recent graduate, Erika Woyzichowsky (who is currently working in early intervention) for their feedback in the development of this minor.



Above: MCCFR Officers: (back row, l-r) Katie Bull, Rebekah Mowen, Kimberly Lindquist, Emily Hoschar, Nicole Nagel (front row, l-r) Annette Kolb, Abigail Leach, Jaclyn Weit, Madison Brinser, Kelsea Jones. (Julie Maker not pictured) Right: Dr. Erin Boyd-Soisson presents a roundtable entitled "Identifying Your Transferrable Skills for Your Resume."



MESSIAH COLLEGE COUNCIL ON FAMILY RELATIONS

Kimberly Lindquist '15 (HDFS)

Messiah College Council on Family Relations (MCCFR) is an affiliate of the National Council on Family Relations. Our mission is to provide opportunities in service, professional development and social networking for our members. On Oct. 2, 2014, MCCFR hosted the Mid-Atlantic Conference on Family Relations,

a regional conference, at Messiah College, and have had many students present posters and lead round-table discussions. We promote participation in a variety of on and off campus activities within the Human Development and Family Science Department students and faculty.

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FACEBOOK!



We'd like to keep you apprised of many of the things that we are doing in the department, so we're posting events and pictures on our Messiah College Department of Human Development and Family Science Facebook page.

Like us at [facebook.com/messiah.HDFS](https://www.facebook.com/messiah.HDFS).

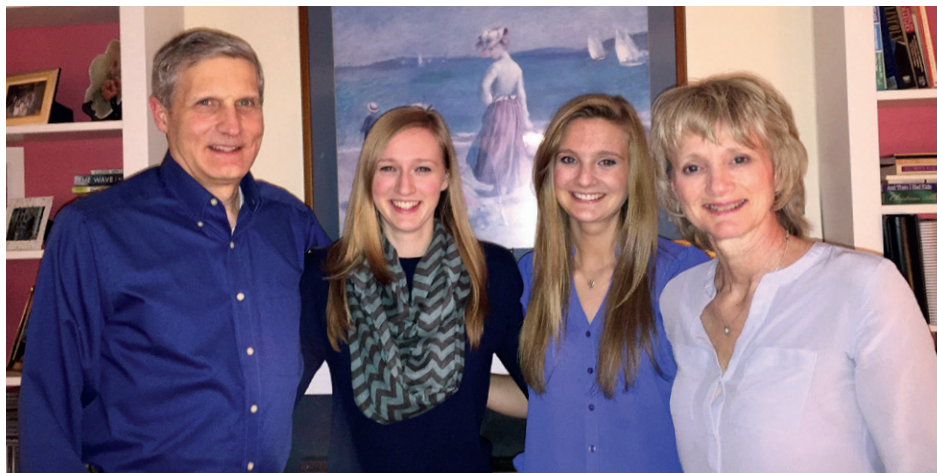


FAMILY AND CONSUMER SCIENCES TEACHER SHORTAGE

There is a national shortage of Family and Consumer Sciences (FCS) teachers. Since Messiah College is one of only two programs in the state of Pennsylvania which prepares FCS teachers, will you help us to recruit students to this program so that we can help meet the market demand? Family and Consumer Sciences teachers receive K-12 certification and teach child development, foods and nutrition, family resource management and other important topics which promote life skills and family well-being. Check out our website at messiah.edu/FCS. FCS teachers and interested students are invited to campus Wednesday, Oct. 28, 2015 to learn more about our FCS program via an alumni career panel, light dinner and campus tour.

HDFS AT MESSIAH: A PARENT PERSPECTIVE

By Rob and Victoria Nagel



Rob and Victoria Nagel with their daughters Michelle '12 (HDFS) and Nicole '15 (HDFS)

We feel very privileged to have two daughters that have thrived in the HDFS major at Messiah College. Our eldest daughter, Michelle, chose Messiah in 2008 after an extensive college search and began her freshman year as a history major. During the year, a friend suggested that Michelle consider majoring in HDFS. It was a natural fit with Michelle's interest in helping others. For example, she founded a human rights club and raised funds for Darfur relief while in high school in New York. Our middle daughter, Nicole, also visited many colleges but felt most at home at Messiah. Nicole began her studies as an education major but soon found herself drawn to HDFS.

Our respect for the HDFS program at Messiah has grown through the years. Through our daughters we learned that HDFS focuses on equipping families and individuals with knowledge to empower them and prevent problems from occurring. This differs from social work, which has an equally noble mission to remediate problems. We also learned that Messiah's HDFS program helps students gain field experience almost immediately in several innovative ways, as described below.

NATIONAL AND REGIONAL CONFERENCES

We were impressed when Michelle told

us at the start of her sophomore year that, as an HDFS major, she had the opportunity to attend the National Conference on Family Relations (NCFR) annual meeting in San Francisco. At this conference Michelle and several other Messiah students learned about new field research from leading experts. They selected sessions to attend based on their own interests and networked with field professionals. In their senior years, Michelle and Nicole attended NCFR meetings in Orlando and Baltimore. We enjoyed hearing our daughters share the insights they gained at these conferences. We also gained a greater appreciation of this unique opportunity when we learned that only a few undergraduate students from other colleges attend the NCFR conferences. This opportunity arose because Messiah professors often serve in leadership roles at NCFR.

INTERNSHIPS

Our daughters have benefited from several internships that complemented their academic studies. Michelle worked at the Morningstar Pregnancy Center in Harrisburg, where she counseled unwed mothers and shared resources that enabled them to keep their babies. Nicole interned as a Child Life specialist at Hershey Medical Center, where she assisted and calmed a child in an emergency

room situation prior to an amputation. She also interned at the Early Childhood Development Center at Messiah and conducted research on Latino demographics for a Messiah professor. These experiences were invaluable.

PROFESSORS

Another benefit of the HDFS program at Messiah is the access and support that students receive from their professors. Michelle and Nicole have shared stories of their professors teaching from a Christian perspective. They note the genuine interest that their professors have in developing their professional skills and their spiritual life.

LIFE AFTER GRADUATION

Michelle graduated from Messiah in 2012, spent a year working at an assisted living center for the elderly and then entered the MSW program at Fordham University. She is excelling in her studies and will graduate this May. Nicole will graduate from Messiah in May and has been accepted to the MSW program at Fordham and the Master of Child Life program at Bank Street College, one of the leading Child Life graduate schools. She appreciates the opportunity to have these excellent options.

PARENT IMPACT

We have really enjoyed seeing our daughters grow in knowledge and faith at Messiah.

They have made friends for life and developed professional skills that enable them to contribute to society in fields ranging from child life, which assists children in hospitals, to gerontology. It has been our pleasure to support the excellent work of the HDFS Department by contributing to the HDFS Endowment Fund at Messiah. Gifts to this fund enable Messiah to provide financial support for students with limited resources to attend the NCFR conferences and fund a "celebration" dinner for all the students that attend. We hope that other HDFS parents will consider supporting this worthy cause.



The HDFS department has two sets of twins this year. Right: Samantha and Elizabeth Brennan '18 (HDFS) Left: Morgan and Mackenzie Luce '17 (HDFS)

DOUBLE TAKE

By Mackenzie Luce

In previous years, we have had many sisters go through the HDFS department. Last year, one sister wrote an article about some of the sisters who were in the major. This year, we have made another observation. Not only do we currently have one set of twins in the department, we have two!! Morgan and Mackenzie Luce are sophomores and Samantha and Elizabeth Brennan are first-years. In this interview, you now have the opportunity to see into the minds of twins a little bit and hear how they work together, why they like to be together, and where they are headed in the future.

HOW DID YOU END UP IN THE SAME MAJOR?

SAMANTHA AND ELIZABETH (S & E):

We actually ended up in the same major by accident. Liz switched in first and then I did. We did not mean to, it was just the best fit for us both.

MACKENZIE AND MORGAN (M & M):

We both switched in. I switched first from nutrition. Morgan came next after going to a panel where one person was a youth

and family director at a church majoring in HDFS and minoring in youth ministry. Morgan was a Christian ministries major at the time.

DO YOU TRY TO TAKE CLASSES TOGETHER?

S&E: Yes, we do try and take classes together. It is nice because we can study together and we go into class already knowing someone.

M&M: Yes, we try to take classes together because we always have someone we know who can understand us and our perspective. Confusing the professor is just a plus (just kidding).

WHAT IS IT LIKE TO TAKE CLASSES TOGETHER?

S&E: Taking classes together is really nice. Like I said, it makes studying a lot easier because we have each other as study partners.

M&M: Taking classes together is great. We have the same homework and can study together. We can help each other out a lot.

We understand each other and the way the other thinks, therefore, we can get more out of the class and have a more enjoyable experience.

ARE YOU PLANNING ON HAVING SIMILAR CAREERS?

S&E: No, we are not planning on having similar careers. I plan on becoming a child life specialist and Liz is planning on teaching high school.

M&M: We plan on pursuing separate careers. Though we are not positive what we want to do, Morgan wants to work in adoption and foster care and I am looking into being a child life specialist.

Do you have a story suggestion for the newsletter? Please contact rahamon@messiah.edu with any suggestions or questions.

MAKING HISTORY REAL: THE POWER OF EXPERIENTIAL LEARNING

By Kimberly Lindquist '15 (HDFS)

As students, it is often challenging to imagine how life was for some of the people or populations in our textbooks. This January, Dr. Robert Reyes was able to take the Family, Ethnicity and Human Services class to the Carlisle Indian School, which we were learning about in class. This school was created in hopes of making the Native Americans “civilized”- more like the Europeans. Children were brought to this school and stripped of their Native American culture. They cut the children’s hair, changed their names and clothes and did not let them speak their native language. Reading about this in the textbook was one thing, but being on the campus of the school and seeing pictures of the children was a very interesting experience.

The campus now houses the Army War College, and if you did not know of the history of the school, it would be challenging to find. There is a cemetery for some of the children who died at the school, but it is far removed from the center of the base where the houses and shops are. It looks just like any other neighborhood until you realize that there is a building with a holding cell in it,



Dr. Robert Reyes and his Family, Ethnicity and Human Services class visit the Carlisle Indian School to experience history firsthand.

and the dorms in the middle of the base used to be full of Native American children who were taken from their families and culture to be educated. It’s hard to believe that what began as a good intention led to such destruction of a population. Having the ability to

walk around the campus and see the buildings that were in the pictures in the textbook was an amazing experience that allowed me to see the textbook in a new light.

MARRIAGE ENRICHMENT AT MESSIAH COLLEGE

By Paul Johns

On March 21, 2015 the School of Business, Education and Social Sciences in collaboration with the Department of Human Development and Family Science hosted “I Still Do,” a marriage enrichment seminar for members of the Messiah College and local communities. The event consisted of portions of a previously held FamilyLife simulcast as well as reflective and interactive exercises for the couples. Paul Johns facilitated the event, which was planned and organized with the input of two HDFS students, Shelby Leno and Kirsten Kleckner, as well as a social work major, Maegan Keperling. Topics addressed included a biblical understanding of marriage, healthy communication, gestures of love and expressions of appreciation for one’s spouse. Based on feedback from the participants, the event was a success providing a time of renewal and intentionality in the lives of the couples. The School of BESS and the HDFS Department intend for this to be the first of a series of annual marriage and family strengthening seminars. Stay tuned for next year’s spring installment.

INTENTIONALLY SERIOUS?

By Paul Johns



Paul and Melanie Johns

“Are you serious?!” entered its eighth annual installment this April 10-11 with a new, student-conceptualized subtitle. Instead of “a retreat for seriously dating and engaged couples,” the subtitle now reads “a retreat for intentionally dating and engaged couples.” So what difference does a single word make? Apparently a great deal in the minds of today’s students. The common sentiment about the old word “seriously” was that it left many dating (or whatever it is called these days) couples believing that they did not necessarily fit within that description. “Seriously” carried, among other meanings, a connotation of commitment that many contemporary couples are not prepared to make; at least not in a public way. The students who helped plan “Are you serious?!” 2015 felt that “intentionally dating” could capture a broader swath of students, including those early in their relationship with a desire to grow. In addition, “intentionally” would subtly discourage those that were only in the dating game for fun or self-fulfillment; not the audience the event necessarily seeks to reach. Building upon the past success of “Are you serious?!” , this year’s new subtitle enticed couples that had been together as little as one year to those that had been together for five years. And as always, it was a pleasure and privilege to equip young couples with tools for relationship success.

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HDFS ALUMNI CAREER PANEL



Nicole Hahnlen '97, Laura Helman '06, Rachel Eshbach '14 and Bryan Fagan '13 share their experience.

On March 24, the HDFS Department hosted an alumni career panel featuring four of our graduates. Rachel Schmuck Eshbach '14 (HDFS) talked about her position as a resource home coordinator at COBYS Family Services; Bryan Fagan '13 (FCSE) shared his work as a high school family and consumer sciences teacher in Souderton Area School District; Nicole Hahnlen '97 (HDFS) described her nurse care coordinator position for the Penn State Hershey Children's Hospital; and Laura Helman '06 (HDFS) explained her job responsibilities as a surgical sponsorship coordinator for CURE International. Each graduate also discussed how their faith interfaces with the work that they do and offered tips on how to make the most of the college experience. Afterward, the graduates joined a group of current students for dinner and further conversation. We continue to be grateful to our graduates for their continuing commitment to our current students.

INTERESTED IN HELPING CURRENT AND FUTURE HDFS/FCS STUDENTS?

- Become a mentor for a junior or senior
- Provide us your job information so that we might feature you in an alumni career profile on our website
- Make us aware of any internship or job openings for our students
- Volunteer to participate on an alumni career panel during fall or spring semester
- Visit one of our classes as a guest speaker
- Offer constructive feedback on how we can improve the program
- Contribute to our HDFS Department Student Professional Development Endowment Fund or the HDFS Department Student Scholarship Fund
- Initiate an HDFS Department-specific endowed scholarship fund
- Pray for our ongoing work, that we might offer the best educational experience possible and glorify God in the process

Feel free to contact me about any of these items or other suggestions that you have at rhamon@messiah.edu.