

## Message from the Department Head

The HDFS department is vigorous and productive, moving scholarship in exciting directions that have practical implications for improving people's lives, while providing challenging and cutting-edge knowledge to our students.

This past year, faculty members **Drs. Fred Vondracek** and **Carolyn Johnson** retired; their stories appear later in the newsletter. In reflecting on their careers, I have thought about the traditions of HDFS. Great teaching exemplified by faculty like Fred and Carolyn has been a hallmark of the department. I recently had conversations with two alumni about an HDFS teaching legend, **Dr. Stella Goldberg**. Both alumni described how she inspired them to switch majors into what was then Individual and Family Studies (IFS), and the impact she had on their careers. One of them, **Dr. Sherry Corneal '76 IFS, '87g, '90g HDFS**, went on to earn a doctorate in HDFS. As many of you know first-hand, Sherry has provided inspiration to many cohorts of HDFS students. I am proud of Sherry and the other outstanding and dedicated teachers in the department who are carrying on this tradition.

Our alumni Affiliate Program Group (APG) has been revitalized under the leadership of **John Soubik '85 IFS** and is planning a variety of activities with the department and our Undergraduate Student Organization (USO). The mentorship program continues to be very popular among alumni and students. This coming year the APG and USO will be working together on a career panel for students. We also held a new alumni event this summer, an outing to a State College Spikes baseball game, which was great fun. Alumni provide a valuable link between the academic world and the changing opportunities for work in human services and related areas. By working closely together, we can improve the ways we prepare the next generation of students.

Our graduate students have had continued success this past year. **Lauren Molloy** is the recipient of a Network Science Exploration Research Grant. She will study how the evolu-

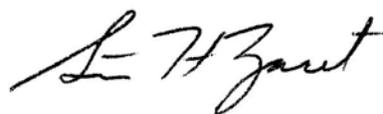
tion of social networks and individual functioning covary within group therapy. Two graduate students, **Melissa Lippold** and **Mary Lai**, have received prestigious Ruth L. Kirschstein National Research Service Awards from the National Institutes of Health to pursue their doctoral research. **Christine Fortunato** is the recipient of one of the college's Drs. Albert and Lorraine Kligman Graduate Fellowship awards, which funds dissertation research. Finally, **Allison Reamy** and **Elizabeth Muñoz** were the first recipients of the Doctoral Student Professional Development Endowment, which was established by the founding dean of the College of Human Development, **Dr. Donald H. Ford**.



I'd like to ask your help in supporting Penn State's newest capital campaign, *For the Future: The Campaign for Penn State Students*. HDFS is fortunate to have had generous donations that have increased scholarship money at both the undergraduate and graduate level, but we have a long way to go to meet the financial needs of our students.

As we start a new academic year, I hope that you will be part of our continuing success at Penn State. Take time to read about all the things that are happening, and find a way to join in. Contact John Soubik and the APG, or drop me a note ([z67@psu.edu](mailto:z67@psu.edu)) to share your thoughts or provide an update on what you are doing.

Regards,



Steven H. Zarit  
Professor and Head

## HDFS Develops a New Initiative for the Protection of Children and Families

HDFS is developing a new undergraduate initiative that will allow students to focus their studies on the protection of children and families. This initiative is supported by a fund created by the de Lissovoy family in memory of longtime faculty member in the department, **Dr. Vladimir (Val) de Lissovoy**, who died in 2009. De Lissovoy worked for many years as a thoughtful and effective advocate for abused children in Centre County, and inspired students to pursue careers in that area.

**Dr. Sarah Kollat**, senior instructor, has developed a new course, “Child Maltreatment Prevention, Intervention and Legal Issues,” which is being offered for the first time in fall 2010. The course will consider the causes and correlates of child maltreatment, child maltreatment prevention and intervention programs, and the U.S. child welfare system process. Students will examine relevant legal issues in the field of child protection, including the termination of parental rights, investigative interviewing techniques, and foster care placement.



Dr. Sarah Kollat

As part of the initiative, HDFS is tailoring some of its internship possibilities toward child protection, either by enhancing current internship placements or by developing new placements that address the interface of child and family issues with the legal system.

## New Course on Adoption

During the spring 2010 semester, **Dr. Jennifer Crissman Ishler**, assistant professor, offered a new course on child adoption. The course was originally scheduled for forty students, but the demand was so great that the class was increased to accommodate ninety students.



The course introduced students to the concepts, language, and individuals and groups associated with adoption. Students looked at adoption from the perspective of the birth parents, adoptive parents, and adoptees. They discussed and analyzed the social, emotional, and developmental issues facing each of the triad members. Students also learned about the various types of adoption (open, closed, domestic, international, and foster care) and they developed an understanding of issues in transracial and gay, lesbian, bisexual, and transgender (GLBT) adoptions.

Because many students have expressed an interest in completing internships and working in the field of adoption, the department plans to offer this course on a regular basis.

## New Facilities Under Way and Being Planned

Several facilities used by HDFS faculty will be undergoing significant change in the next year.

### Biobehavioral Health Building

The bridge that connects Henderson Building and Henderson Building South is scheduled to be torn down in the fall. It will be replaced with a freestanding building, tentatively deemed the Biobehavioral Health Building, that will primarily serve as a research facility. Three research centers



Bohlin Czwinski Jackson

## LateNight Penn State May Reduce Student Drinking

Heavy drinking by college students is a major problem for public health; it is among the top causes of death, injuries, and social problems in this age group. Penn State, like most colleges and universities, provides many alcohol-free social and leisure programs for students. The impact of these types of programs on student drinking has not been rigorously, empirically evaluated, despite their potential for improving retention, preventing heavy drinking, and reducing negative consequences of heavy drinking.

A major challenge to evaluating the success of alcohol-free social programs is the possibility that they mostly attract abstainers and others who are not heavy or problem drinkers. While leisure opportunities for all students are beneficial, it is important to attract students who otherwise might have engaged in risky behaviors.

A recent paper published in *Prevention Science* by **Dr. Megan Patrick '05g, '08g HDFS** (now a research investigator at The University of Michigan); **Dr. Jennifer Maggs**, professor of human development and family studies; and Dr. Wayne Osgood, professor of crime, law, and justice and sociology, examined whether first-year students drank less alcohol on Thursdays, Fridays, or Saturdays when they attended the University-sponsored LateNight Penn State (LNPS) activities compared to weekend days they did not

attend. The project is funded by the National Institutes of Health.

First-year college students reported their social activity involvement and alcohol use via fourteen consecutive daily Web-based surveys. With information from 689 students across 3,350 days, the researchers found that students drank less on days they attended LNPS and on weekend days they stayed in, compared to weekend nights they went to bars/parties, other campus events, or other entertainment. The results were especially clear among female students: compared to days they went out, women drank 64 percent less alcohol on days they attended LNPS and men drank 21 percent less. Because the researchers compared weekend days students attended with weekend days the same students did not attend, their results were not due to whether the person was usually an abstainer versus a heavy drinker.

This lower drinking on days attending LNPS is consistent with the mission of the program. These results show that the benefits of on-campus alcohol-free activities seem to apply to students who do sometimes drink, and they suggest that alcohol-free social programs may be an effective strategy for decreasing alcohol use on days when students attend alcohol-free events rather than going to other events or gatherings.



### LateNight Activities

LateNight Penn State provides an alcohol-free environment for students, with activities that include:

- Singing and dancing showcases (e.g., a capella showcase, Annual Student Drag Show, Ballroom Dance Celebration)
- Bands in concert
- Games (e.g., laser tag, Bingo, game shows, board games, casino night, Halo tournament)
- Creative crafts
- Free movies

headed by HDFS faculty will be housed in the new building: the Prevention Research Center for the Promotion of Human Development, the Gerontology Center, and the Center for Diverse Families and Communities.

The new facility will provide more space for the department's growing research program and will provide increased training opportunities for graduate and undergraduate students.

#### Henderson Building South

Henderson Building South is also slated to be replaced with a new building that will house faculty and staff in HDFS and other units of the College of Health and Human Development.

#### New Child Care Center

On the north side of campus, a new child care center is being built that will replace the Child Development Laboratory. The new facility, called the Gary Schultz Child

Care Center at Hort Woods, is being constructed at Park Avenue and Allen Street (a block north of Pattee and Paterno libraries), and is scheduled for completion in April 2011. The new facility will provide greatly increased capacity for child care on campus and it will expand training opportunities for students pursuing careers in early childhood education.

## 2010 Distinguished Alumni Award

**Karen B. Peetz '77 I F S** received the Distinguished Alumni Award from the Board of Trustees at a ceremony on June 4, 2010. Peetz is chief executive officer of financial markets and treasury services and senior vice president of the Bank of New York (BNY) Mellon Corporation.

At an award luncheon hosted by the College of Health and Human Development, **Dr. Graham Spanier**, President of Penn State and Peetz' former professor, described her as the best student he ever had. Peetz said that the knowledge and skills she acquired as an Individual and Family Studies major contributed every day to her work, including understanding people and families, knowing how to run a group meeting, and being able to motivate a team.

After graduating from Penn State, Peetz taught school while pursuing a master's degree in applied behavioral science at the Johns Hopkins University. She was introduced to banking by a friend and began her financial career in human resources at Chemical Bank. She then moved into sales and commercial lending with what is now JPMorgan Chase & Co. Peetz joined BNY Mellon in 1998.

Peetz is a member of the Penn State Board of Trustees. As part of *For the Future: The Campaign for Penn State Students*, she serves as a member of the College of Health and Human Development's

Development Council. She also sits on Penn State's Presidential Leadership Academy Advisory Board. A past president of the college's Alumni Society, Peetz was honored with Penn State's Alumni Fellow Award (2007).



(L-R): Dr. Graham Spanier, President; Karen Peetz; and Steve A. Garban, Chairman of the Board of Trustees.

## New Training Opportunities for Undergraduate Students

Undergraduate students in HDFS will soon have new and expanded opportunities for specialized training.

In partnership with the College of Education, HDFS will offer a program that will allow students to qualify for the new pre-kindergarten through fourth grade teacher certification in Pennsylvania. HDFS will be offering this program at University Park this coming year, and it hopes to develop similar opportunities at other Penn State campuses that offer four-year HDFS degrees.

HDFS is developing a new emphasis in human resources (HR). Drawing on the experience of two alumni who are HR professionals, **Craig Jackman '81 I F S** and **John Soubik '85 I F S**, the department has created a recommended curriculum for students interested in this type of career. As many HDFS graduates have found, combining the core helping skills taught in HDFS with a business background opens

up some great career opportunities. The department is working out the final details of the program now.

This fall, the college is offering its Global Leadership Initiative (GLI). More than a study abroad program, GLI will select academically talented and motivated undergraduate students and provide training for leadership in areas related to global health and human development. Students will participate in special classwork and experiences abroad and receive mentorship from alumni or affiliates of the college. International ex-

periences could include internships with nongovernmental organizations or national or international governmental agencies (such as the World Health Organization) or with international companies. The program will build on the extensive international work done by HHD faculty. HDFS faculty are particularly suited to provide opportunities to students, as they now have research and educational connections with universities in the United Kingdom, Ireland, Sweden, the Netherlands, Germany, Vietnam, Korea, South Africa, and Australia.



## Gerontology Center Update

There are several new developments in the Gerontology Center, including a new director (**Dr. Martin Sliwinski**, professor) and faculty member (**Dr. Lynn Martire**, associate professor) as well as several new research projects and initiatives.

An important goal of the center is to improve the quality of life in adulthood through a better understanding of how everyday experiences shape health and well-being. The Gerontology Center is collaborating with faculty and students in other academic units (including the Survey Research Center and the School of Visual Arts) on a University-wide initiative to develop technology for real-time data capture and intervention delivery. This initiative supports the development of cutting-edge technology to understand how people respond to events in their everyday

lives. Researchers will take real-time measurements of physiology, activity patterns, social interactions, emotions, and cognition.

Another goal of the center is to promote interdisciplinary research on health and aging. In the coming year, an interdisciplinary team of researchers from the Gerontology Center and the Hamer Center for Community Design (housed within Penn State's School of Architecture and Landscape Architecture) will study how the environmental and social changes resulting from the development of Marcellus Shale gas deposits impact human health and well-being. The Gerontology Center plans to support continued building of interdisciplinary research teams and pilot projects that advance our understanding of emotional, physical, and cognitive health in adulthood.



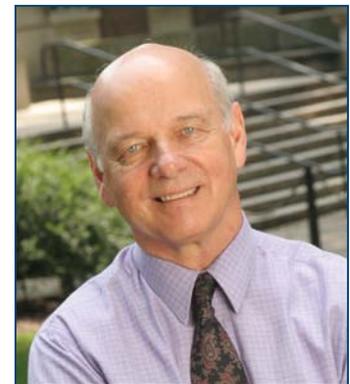
Dr. Martin Sliwinski

## Longtime Faculty Members Retire



**Dr. Carolyn Johnson** retired this spring and now holds the rank of assistant professor emerita. Carolyn was one of the most popular HDFS instructors, teaching courses on development as well as the "Helping Relationship" course (HDFS 411). At the same time as her retirement, Carolyn received a twenty-five-year chair from the department in recognition of her long service at Penn State.

**Dr. Fred Vondracek** retired on June 30, 2010, after a forty-one-year tenure at Penn State. Now a professor emeritus of human development, Vondracek had a profound impact on the people he worked with and on the University as a whole. He helped shape and build the Division of Individual and Family Studies, the precursor to HDFS. He helped revolutionize the University's child care services; while he was head of the IFS division, University-offered child care expanded from part time to full time. His research bridged the fields of vocational psychology and development psychology and had a far-reaching impact. Vondracek was also devoted to improving Penn State's international collaborations and reach. He played a significant role in developing several international initiatives, including a faculty/student exchange program between Penn State and the Friedrich Schiller University of Jena (Germany),



and the College of Health and Human Development's Global Leadership Initiative, which began this fall.

Vondracek will continue his involvement in life at Penn State after his retirement, consulting and providing advice for several initiatives, including the development of the new Gary Schultz Child Care Center at Hort Woods.

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For more about Vondracek's accomplishments, visit [www.hhdev.psu.edu/news/2010/vondracek.html](http://www.hhdev.psu.edu/news/2010/vondracek.html)

## The HDFS Undergraduate Student Organization: Focus on Professional Development and the Community

Over the last few years, the HDFS Undergraduate Student Organization (USO) has worked to revitalize itself as a student organization benefiting both Penn State students and the Centre County community. The USO's ultimate goal is to provide opportunities for HDFS students to engage themselves in both professional and personal development. The USO organizes service events throughout the academic year—including two annual food drives and one annual stocking stuffer drive for the Centre County Youth Service Bureau (CCYSB)—as well as activity nights for CCYSB youth.

In addition, the group organizes professional development events for HDFS students, including sessions on applying to graduate school, talks by potential internship and employment sites, and internship fairs. As 2010-11 unfolds, the USO looks forward to continuing these events, along with promoting the new HDFS USO Mentoring Program and the Fall Career Panel, featuring HDFS alumni representing the various careers available to HDFS graduates.

For further information about the HDFS USO, please contact the USO faculty advisers, **Dr. Lisa Gatzke-Kopp** ([lmk18@psu.edu](mailto:lmk18@psu.edu)) and **Dr. Sarah Kollat** ([sxh345@psu.edu](mailto:sxh345@psu.edu)).

### Recent Events

Events during the 2009-10 year included: Meet the Faculty Night; Orientation Meeting for New Major/Change-of-Assignment Students; Internship/Career Fair; Fall Food Drive, Spring Food Drive, and Stocking Stuffer Drive for the Centre County Youth Service Bureau (CCYSB); CCYSB Volunteer Events: Fall Frolic, Turkey Fest, and Mardi Gras (all at the Bellefonte Youth Center); USO Mentoring Program Recruitment and Orientation Event; Retirement Reception for Dr. Carolyn Johnson; and Information Sessions on Career as a Child Life Specialist and Applying to Graduate School.

### Upcoming Events 2010-11

**Sept. 15, 2010** – Meet the Faculty Night: Wednesday, 4:00-6:00 p.m., Hintz Family Student Center, 10 Henderson Building

**Oct. 15, 2010** – HDFS Alumni Career Panel: Friday, noon-2:00 p.m., Bennett Pierce Living Center, 110 Henderson Building (Reception to follow)

**Nov. 11, 2010** – HDFS Alumni Panel on Careers in Human Resources

**TBA** – USO Mentoring Program Second Year Kick-Off Event

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## Past Faculty Member's Gifts Help Pave Way for Grad Students

**Dr. Marjorie Knoll** is a name many graduates of the former Home Economics and Individual and Family Studies programs in the 1960s, 1970s, and 1980s recall with great affection and respect. Knoll was known for her devotion to students, for having the highest standards and an unwavering belief in the value of the department. As the Department of Human Development and Family Studies achieves its own philanthropic milestones in the College of Health and Human Development's campaign goal during *For the Future: The Campaign for Penn State Students*, it is an honor to highlight a gift of a lifetime from one of its own faculty members, her vision still benefitting what HDFS stands for today.

A visionary but practiced woman, she expressed her love of her work by creating a legacy of exceptional measure. A significant

gift to the University, unknown until after her death in 2007, made possible two endowments in HDFS. The first is a distinguished graduate fellowship—the first of its kind in the college's history—and the other is an endowment to promote the enhancement of graduate education in HDFS.

These endowments will continue to ensure the success and support of HDFS graduate students. Her belief in the strength and importance of a graduate education will now, forever more, provide funds for future graduate students across HDFS to perform their own research and fulfill their dreams, as Knoll did hers.

For more information on HDFS endowed funds or how you can make a gift, please contact Devon Herrick at [dmh5026@psu.edu](mailto:dmh5026@psu.edu) or 814-863-7255.

## HDFS APG...What is THAT?

by John A. Soubik '85 I F S, HDFS APG President

Like many of you, I had no idea what an Affiliate Program Group was, let alone that our own Department of Human Development and Family Studies had one.

The Human Development and Family Studies Affiliate Program Group (HDFS APG) is one of 280 Penn State alumni groups composed of graduates from the same academic program. As an HDFS grad, you automatically become a member of the HDFS APG with no membership fees.

All it took for me to become involved was a phone call from the former president of the HDFS APG who invited me to participate on a career panel discussion for HDFS students. After that, I was hooked. I enjoyed the experience so much—dialoguing with students, helping others, and giving back—that I became a member of the APG's board and eventually was invited to become president, the position that I have enjoyed since October 2008.

So what does the HDFS APG mean to you? By becoming involved, you have the opportunity to stay connected to the University through networking with peers, faculty, and staff; mentoring students; participating on career panels; speaking with students in the classroom about life after graduation; and other volunteer, social, and relationship building activities.

The HDFS APG and the Undergraduate Student Organization (USO) partnered and sent an e-mail on March 31, 2010 to HDFS alumni that included a link to an interest survey for participation on the fall 2010 career panel. The e-mail was sent to the address that is on file with the Alumni Association. Over eighty of you responded and expressed interest in helping students with their career questions. For that, the HDFS APG and USO thank you! The career panel discussion is scheduled for Friday, October 15, from noon to 2:00 p.m. in the Bennett Pierce Living Center, 110 Henderson Building, on the University Park campus.

A few other ways to engage yourself directly with the APG include becoming an officer or board member; actively volunteering on one of four committees (mentoring, awards, communications, or social); offering internship and/or job placement opportunities to students; or by making a financial contribution to the department, the College of Health and Human Development (HHD), or the University either by visiting [www.giveto.psu.edu](http://www.giveto.psu.edu) or contacting **Devon Herrick** in the HHD Development Office ([dmb5026@psu.edu](mailto:dmb5026@psu.edu); 814-863-7255). Penn State, HHD, and the HDFS department need your help to guarantee the future for its students, faculty, and programs both through your volunteering and philanthropic participation.

There are more initiatives that we would like to make happen, but we need help—a little of your time and talents. We invite you to become active in the HDFS APG—your alumni group. Visit us at [www.hhdev.psu.edu/alumni/apg/hdfs](http://www.hhdev.psu.edu/alumni/apg/hdfs) to learn more and sign up under the “Get Involved” tab. There, you can also provide us with your contact information, including your current e-mail address, so we're able to keep in touch with you.

Should you have any questions about the HDFS APG, please let us know at [hdfsapg@yahoo.com](mailto:hdfsapg@yahoo.com). Thank you and we look forward to hearing from you.

Go State!





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## Upcoming Events for 2010-11

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- Nov. 11, 2010** – HDFS Alumni Panel on Careers in Human Resources

## Department is Part of Cluster Hire in Neurosciences

The Department of Human Development and Family Studies, with the Department of Nutritional Sciences and the Department of Psychology, was selected to participate in a cluster hire of three new faculty in neurosciences. The HDFS position will emphasize the neuroscience of emotional development during adolescence. The department is particularly interested in identifying candidates who study how developmental and contextual (family, peer, cultural) factors influence the development of brain organization and function. This person would be able to integrate emerging neuroscience knowledge into undergraduate classes on adolescence and teach graduate seminars on the topic.

The Department of Human Development and Family Studies brings together so many aspects of what we as human beings go through in our lives. During *For the Future: The Campaign for Penn State Students*, the HDFS department is looking to its graduates and friends to help support this vital element of the College of Health and Human Development and to invest in the future of its students, faculty, programs and research.

To make a gift, please visit [www.giveto.psu.edu](http://www.giveto.psu.edu) and designate your contribute to HDFS.

To speak with our Development Office for any individual questions about giving, please feel free to call **814-863-7255**.

*For the future*  
THE CAMPAIGN FOR PENN STATE STUDENTS

