Partners support early childhood education

Many of you will remember your experiences in the Gifford Building, interacting with the preschool children in the Early Childhood Center. Or maybe you remember it as the Child Development Laboratory School housed in various buildings near or around the Oval.

Whatever your connection to the 80-year history of the school, you will be excited about the expanded mission of our program. The purchase and renovation of the historic Washington School building to transform it into the new Early Childhood Center will enhance our program and community in countless ways.

The new school, located only three blocks from campus, will expand from a preschool-only program to also provide care for infants and toddlers, which will more than double the number of children and families served. The expansion was made possible by several partners, united by their belief in the opportunities afforded by the new facility.

The CSU students voted to allocate more than $3 million in facility fees toward the purchase, infrastructure, and remodel of the building. They believed in the value of the project to provide expanded childcare opportunities for student parents, as well as experiential learning opportunities for students in many areas, not only human development and family studies, but also health and exercise science, nutrition, and occupational therapy, among others.

Our foundation partners are excited to help promote quality early childhood education for the Fort Collins community. The Griffin Foundation provided the lead gift to support the project because of its mission of supporting higher education and health. Their gift names the Griffin Foundation Community Room and Gym.

The Temple Hoyne Buell Foundation mission is to support positive development of children. Their gift will support building renovations, furnishings, and materials for classrooms and observation rooms to fully support the mission as a lab school.

Qualistar Colorado is focused on promoting quality in early childhood programs, including grants for facilities improvement. Their gift is also supporting the renovation of the historic space that will allow for the expansion of our highly-recognized program and profoundly improve our ability to serve children, families, and students.

Plans for the building include seven classrooms, along with a gymnasium, community room, and playground.

Opening of the new ECC is planned for January 2013. Thank you to CSU students and our foundation partners for making this possible.

The ECC project needs your support! Contact Victoria Keller at victoria.keller@colostate.edu or see www.hdfs.cahs.colostate.edu/centers_outreach/ecc/eccgiving for information on how to give to this exciting project.
What an exciting time this is for HDFS! So many wonderful things are happening it’s hard to know where to start. On that note, I’d love to share some of our news with you.

We are on the move – quite literally! In August 2010, HDFS moved from Gifford into our new home in the state-of-the-art Behavioral Sciences Building. We also received funding to expand and renovate the Center for Family and Couple Therapy in Gifford. And, we are looking forward to a significant expansion to our Early Childhood Center through our upcoming move to the historic Washington School in January 2013. These new spaces give us the ability to house our growing numbers of faculty and students, provide cutting-edge learning opportunities, and support our expanding research projects. We are so grateful to the students of CSU who have funded each of these three endeavors through student fees.

Our undergraduate major continues to grow – from 500 students to close to 800 in five years. We have incredibly smart and hard-working students with a passion for careers that promote positive and healthy development across the lifespan and who want to make a difference with their lives. We are proud of our online undergraduate degree completion program (see page 6). Our online degree is identical in course offerings, rigor, and quality to our resident program. It is delivered to students at a distance, many of whom work full-time jobs while completing their education.

We have launched a new Ph.D. program in applied developmental science which builds on and is integrated with our very successful master’s programs in marriage and family therapy and family and developmental studies. In our new ADS program, we provide advanced preparation in human development across the lifespan, and train students in applying their research-based knowledge in real-life contexts. We currently have 13 Ph.D. students, and are steadily increasing our enrollment. Students from this program will go on to careers in academia and leadership in programs that support individuals and families.

Our faculty continues to excel. We have had several recent awards and distinctions in the department, a record number of grants and publications, and new and innovative programs that support and engage the community. We also are very excited about new faculty and staff and introduce them to you on page 6.

We need your help, your guidance, and your passion to take us to new heights. My door’s open, and I’d love to hear from you. Did I mention that the Behavioral Sciences Building has a lovely coffee bar? Stop by and visit – the first cup of coffee is on me!

Lise Youngblade, Department Head
(970) 491-3581
Lise.Youngblade@colostate.edu

Campus Corps mentoring program changes lives

Jordan, a junior at Rocky Mountain High School was struggling in school and with other family issues when she discovered Campus Corps.

With assistance from her mentor, Cara Dart, a student in human development and family studies, Jordan has made a remarkable turnaround. She now proudly boasts a 4.0 GPA for the semester, and has found a direction in life. With Dart’s help, she explored CSU English department offerings, and now hopes to attend college and pursue an English degree.

Campus Corps, supported by a three-year Learn and Serve grant through the Corporation for National and Community Service, is a 12-week service-learning course that involves CSU students mentoring at-risk youth in the Fort Collins and surrounding communities. The program has also received funding from the local Bohemian Foundation.

Faculty in the HDFS marriage and family therapy program oversee Campus Corps. Graduate students serve as lab instructors and undergraduates serve as mentor coaches and mentors. Student mentors spend four hours once a week with their mentee providing homework help, career guidance, and positive wellness activities.

Youth ranging in age from 10 to 18 are referred by family, the Poudre School District, or through the juvenile justice system of Larimer County. More than 500 youth and 700 CSU students have been a part of the program. According to one of the core founders of the program, Toni Zimmerman, “Data show that Campus Corps is a win-win. Youth participants report improvements in academics, self-esteem, relationships with others, and avoidance of risky behavior. Data from CSU students suggest they gain perspective on the needs of our community and a sense of responsibility to become civically engaged.”

“I learned that if I try hard enough, I can achieve what I want in life.”
— Jordan, a junior at Rocky Mountain High School
Graduate student fosters mentoring success

Lindsey Weiler knew that the marriage and family therapy program in HDFS was where she wanted to be. After Weiler graduated from Concordia University in St. Paul, Minn., she spent time working in a residential treatment center and domestic violence shelter before applying to graduate school.

When she came up to interview for the program, she felt right away that it was a great fit. “I fell in love with the faculty and was excited about what the department had to offer. I felt as if our values aligned, and I could really grow and learn as a therapist here.”

The focus on social justice and individualized training also resonated with her.

After earning her master’s, Weiler is now a part of the new Ph.D. program in applied developmental science.

Weiler has played a key role in the Campus Corps mentoring program. Campus Corps pairs at-risk youth referred by the juvenile justice system with CSU undergraduate students who serve as mentors.

Weiler has been awarded a prestigious Ruth L. Kirschstein National Research Service Award from the National Institute on Drug Abuse, part of the National Institutes of Health. After completing her degree, Weiler hopes to find a role in a university setting where she can work as an independent scientist and professor while continuing to mentor beginning therapists and fostering programs for at-risk youth. “I believe in healing and happiness for all people and hope the work I do makes a positive difference for those affected by it,” she says.

Student’s hands-on experience inspires career

When Teresa Molello came to CSU as a freshman, she selected a major in psychology, before finding her true calling. She always knew she wanted to work with children, or possibly enter a medical profession. She found the Child Life program within human development and family studies and changed her major, discovering it was the perfect career path for her.

Certified child life specialist is a therapeutic approach to helping children and their families cope with a child’s hospitalization experience. Molello says taking classes in HDFS is giving her the background essential to her future career. “I am also gaining a lot of hands-on experience through my practicum and internship. Being able to apply what I’ve learned in classes to real children in preschool and hospital settings is very valuable.”

Molello says her professors are very caring and want to help her succeed and reach her career goals. “Many of my professors have worked in the field so they can give real life examples of things they have experienced. Also, many of my professors are actively conducting research and sharing their findings with classes.”

In addition to her studies in HDFS, Molello has been involved in a number of campus activities. She joined the Dean’s Leadership Council, a group of students made up of all majors in the College of Applied Human Sciences, who participate in leadership and service activities.

She represents the College on the University Facility Fee Advisory Board, which approves projects funded by the student facility fee. She was excited to be involved in helping to support the new Early Childhood Center in HDFS, which received more than $3 million from UFAB to buy the historic Washington School building for renovation into an expanded facility.

“I love being involved in what is going on around campus and being a voice for my College,” says Molello.
Research Impact

Parent-child interactions focus of new study on abuse

Can scientists predict if a child may eventually become the victim of abuse or neglect just by looking at patterns of how parents and children solve problems together?

More than 200 families with children who are 2-and-a-half-years old will be part of the study, called the Parenting Young Children Project. Researchers will look at biological, emotional, and behavioral response patterns between parents and children as they solve problems and work out solutions. The study will measure indicators such as heart rate, breathing patterns, emotional expressions, child compliance, and parental discipline on a second-by-second level when parents and children are in conflict or challenged with a difficult task like solving a hard puzzle together.

Erika Lunkenheimer, professor and lead researcher on the study, says that how the interactions play out—especially when a child or parent becomes upset and how the parent responds—may be telling.

“We will look at whether or not the parent or the child ‘drives’ the other’s behavior on a second-by-second basis,” Lunkenheimer said. “We want to better understand those patterns and learn to identify how they point to risk for—or protection from—child abuse or neglect. We think understanding these relationship patterns may improve our prediction of child abuse and neglect, rather than looking solely at a parent or child’s individual behaviors.”

The study’s aim is to identify new and improved risk markers that may indicate that family intervention is necessary. The $643,000 study is funded by the National Institute of Child Health and Human Development, a part of the National Institutes of Health. It is a five-year project including national and international team members at Penn State and Bar-Ilan University in Israel.

Unlocking thinking skills in children with Down syndrome

Debbie Fidler, professor, and Lisa Daunhauer, associate professor, are working collaboratively on two projects investigating executive functioning skills in young children with Down syndrome. Executive functioning refers to a host of skills which include planning, attention, problem solving, and verbal reasoning.

Funded by the U.S. Department of Education at more than $1.4 million, the studies aim to determine how children with Down syndrome learn differently from typically developing children. Executive functioning skills are associated with early achievement in school.

Fidler and Daunhauer hope to identify how specific thinking skills vary among children with different disabilities. By developing a profile of learning strengths and weaknesses for children with Down syndrome, the pair believes they can help to advance the field of special education and improve classroom outcomes for children with the disability.

Fidler is also assisting on a project studying how to enhance reading instruction for children with Down syndrome.

Awareness of age-related change breaks through common stereotypes

Manfred Diehl, professor, sponsored a workshop on May 17-18 for researchers investigating the topic of awareness of age-related change. Diehl’s collaborator, Professor Hans-Werner Wahl, traveled to Colorado State from the University of Heidelberg to help lead the workshop.

“Awareness of age-related change is an important topic because we know from a large body of research that how old a person feels is a very strong and reliable predictor of a whole host of outcomes, including how well a person ages and how long a person lives,” said Diehl.

In the workshop, Diehl and Wahl brought together scholars from the United States, Canada, and Germany who have all addressed this issue from various angles. Several of the participants have researched how age stereotypes shape adults’ perceptions of their own aging, and several have focused on cross-cultural comparisons of subjective aging experiences.

Researchers often use questionnaire-based research methods to assess the attitudes of a large variety of subjects across several age groups and cultures to draw conclusions about peoples’ attitudes toward aging and its effect on mental and physical health.

The workshop was funded by the Alexander von Humboldt Foundation as part of a TRANS-COOP grant to the University of Heidelberg and Colorado State University.
Emeritus faculty member extends passion for students through scholarship fund

Janet Fritz, Ph.D., exudes a disarming warmth and gentleness, paired with a passion for her field. Mary Jo Schumacher (’87 M.S.), explains that as a master’s student she was intimidated to meet her advisor for the first time. Fritz immediately put her at ease, however. “When I nervously knocked on her door, she was smiling as she turned around to greet me,” Schumacher says of that first meeting. At the same time, Schumacher and other students learned to revere Fritz’s academic rigor and intelligence. “She is so smart; you know her brain is working faster than the words can come out,” says Schumacher.

Fritz recently announced the creation of a new scholarship fund for students in the Department of Human Development and Family Studies. Her investment in encouraging new students in their studies is reflected in the criteria: the scholarship will be awarded to incoming freshmen in the department who demonstrate financial need.

Fritz benefited from scholarships herself, earning a bachelor’s in psychology from the University of Colorado in 1964, followed by a master’s in child development in 1966 and a Ph.D. in human development and developmental psychology in 1977 from Cornell University. Connections from Cornell and her desire to return to her home state of Colorado brought her to Colorado State University in 1969. She served the next 34 years as professor and modest leader, with numerous department, College, and University service roles including chair of CSU’s Faculty Council, co-chair of the Faculty Women’s Caucus, and chair of the University Executive Committee.

Fritz explains that, “What I enjoyed most about working at CSU were the remarkably collaborative colleagues and students,” noting a sharp contrast between CSU and other institutions where she saw “such fierce turfdom and rivalries among the faculty.” Fritz was instrumental in the maturation of the department, including development of the Child Life Specialist Program, helping develop the master’s program, and instituting a number of courses still part of the HDFS curriculum.

Fritz was known for setting a tone with her students of support and camaraderie. Schumacher, whom Fritz advised during her master’s work, says “She challenged me, but with support.” “I so very much enjoyed working with graduate students to help them take their ideas and turn them into a solid research thesis,” Fritz says. She was known for special favors, like loaning out her typewriter to students, and she also joined in a student softball league, much to her students’ joy.

Recently featured in the College of Applied Human Sciences Legacies project, Fritz shared her 34 years of experience as a faculty member in HDFS. “Meeting Janet and learning about her career was an exceptional delight,” says Victoria Keller, who spearheaded the Legacies project. “Janet’s friendly, easy-going nature paired with her intellect and perceptive abilities make her the kind of person you want to visit with at length.” Keller worked with Fritz to develop a video history and web page chronicling her career, which can be seen at www.cahs.colostate.edu/faculty-staff/janet-fritz.aspx.

The Janet J. Fritz Scholarship will be funded with annual gifts during Fritz’s lifetime, and endowed with a life insurance policy which will guarantee it will encourage students in perpetuity – an appropriate legacy for this unassuming leader.

Applause

Toni Zimmerman was named a University Distinguished Teaching Scholar, the highest distinction for teaching given by Colorado State University. Only twelve members of the faculty with records of performance ranking them among the most outstanding educators in their disciplines hold this honor.

Manfred Diehl received the Scholarly Excellence Award from the College of Applied Human Sciences. Diehl was also elected as a board member-at-large of the Gerontological Society of America, a national professional association.

Christine Fruhauf was selected to serve as executive committee member-at-large for the Association for Gerontology in Higher Education.

Erika Lunkenheimer received the Tenure-Track Faculty Scholarly Excellence Award from the College of Applied Human Sciences.

The Campus Corps team, made up of Toni Zimmerman, Shelley Haddock, Jennifer Krafchick, and Lindsey Weiler, was the recipient of CSU’s Instructional Innovation in Service-Learning Award.
New faces

Early Childhood Center

Karen Rattenborg (B.S., ’87; M.S., ’91; Ph.D., ‘09) has been selected as the new executive director for the Early Childhood Center. Rattenborg will lead development and grant writing efforts and promote collaborative research activities in support of the ECC’s three-fold mission of research, teaching, and service. Rattenborg received her bachelor’s and master’s degrees in human development and family studies at CSU, and her Ph.D. in education and human resource studies from the School of Education. For the past three years, she has served as assistant professor in the School of Teacher Education and Principal Preparation and program chair for the Master’s plus Teaching Licensure program. She is thrilled to be returning to HDFS, where she was employed in the past, to have a role in the exciting new direction of the ECC.

Jamie Alexander began as operations coordinator for the Early Childhood Center in January. In this role, she manages the daily operations of the ECC and ensures effective financial and organizational management. Prior to joining CSU, Alexander worked in both private industry and higher education overseeing business operations and advancement. Alexander has a B.A. from Purdue University and an M.B.A. from the University of Denver. She and her husband Chad have lived in Fort Collins since 2009 with their dog Jada and they are expecting their first child.

HDFS across the lifespan

Allison Bielak joined the faculty as assistant professor in August 2011. Bielak earned her B.A. in psychology from the University of Winnipeg in 2002, and her M.Sc. (2004) and Ph.D. (2008) from University of Victoria, Canada. Using her training in lifespan developmental psychology, Bielak specializes in adult development and aging, with a focus on methodological quality. She expresses a keen interest in the variability of cognitive aging, specifically why some individuals experience rapid rates of decline, whereas others experience relatively small changes in functioning. She is interested in the factors that contribute to these individual differences, including risks factors for and early detection of pathological decline, as well as optimizing influences for achieving healthy aging.

Lisa Daunhauer was named an associate professor in August, having previously served as a special appointment assistant professor in the department. Daunhauer holds a B.S. in journalism from the University of Florida in 1989, an M.S. in occupational therapy in 1996 and a Sc.D. in rehabilitation services-therapeutic studies in 2004 from Boston University. Her research program in the Developmental Disabilities Laboratory at CSU uses an interdisciplinary approach to describe cognitive and behavioral development in children with Down syndrome, as well as other neurogenetic and developmental disorders.

Nathaniel "Nate" Riggs joined us as associate professor in August. Riggs most recently served as assistant professor at the University of Southern California Keck School of Medicine, Institute for Prevention Research. He earned a B.S. in psychology from the University of Washington in 1996 followed by a M.A. in 2001 and Ph.D. in 2003 in human development and family studies at The Pennsylvania State University. Riggs’ research focuses on the role of emotion in multiple health outcomes. Among his basic research interests are investigations into the role of neurocognitive development in children’s ability to regulate their emotions while making healthy decisions. He applies this understanding of emotion to public health interventions for young people in a number of contexts including schools, after-school programs, and families.

Lisa Daunhauer was named an associate professor in August, having previously served as a special appointment assistant professor in the department. Daunhauer holds a B.S. in journalism from the University of Florida in 1989, an M.S. in occupational therapy in 1996 and a Sc.D. in rehabilitation services-therapeutic studies in 2004 from Boston University. Her research program in the Developmental Disabilities Laboratory at CSU uses an interdisciplinary approach to describe cognitive and behavioral development in children with Down syndrome, as well as other neurogenetic and developmental disorders.

Rachel Lucas-Thompson joined us as assistant professor in August. She comes to CSU from Macalester College in Saint Paul, Minn., where she served as assistant professor. Lucas-Thompson is a developmental psychologist who specializes in the ways by which family relationships influence child and adolescent development. Her research specifically addresses the mechanisms by which qualities of the marital relationship influence parent-child relations and youth development, including physiological functioning, attention, and mental health. Lucas-Thompson received her B.A. in psychology from Beloit College in 2004, her M.A. in social ecology in 2005 and Ph.D. in developmental psychology in 2009, both from the University of California-Irvine.

Lauren Shomaker will join the department on a visiting appointment in 2012, and as assistant professor in August 2013. She is currently a research scientist at NIH and at the Uniformed Services University of Health Sciences in Bethesda, Md. Shomaker’s research interests center upon understanding the role of psychological functioning in the etiology, development, and prevention of obesity and obesity-related health problems such as type 2 diabetes. Her research seeks to elucidate to what extent psychological factors, such as depression and stress, promote excessive body weight gain and insulin resistance, the major physiological precursor of type 2 diabetes. Shomaker earned a B.A. in psychology from University of Virginia in 2001, M.A. (2004) and Ph.D. (2007) in child clinical psychology from the University of Denver.

Patrick Reno joined the department in May 2011 as the advisor for the HDFS Online Degree Completion Program. He has a B.G.S. in communication studies from the University of Kansas and an M.Ed. in higher education administration from the University of Nebraska-Lincoln. Prior to CSU, Reno worked at the University of Northern Colorado as a transfer specialist advisor and in collegiate athletic academic advising. In his spare time, he enjoys the Colorado outdoors, baseball, and spending time with his wife and their one-month-old baby boy.

Complete your HDFS degree from a distance with our online program!

www.online.colostate.edu/degrees/hdfs/
Retirements

Ray Yang
Ray Yang was a member of the faculty for 21 years. He joined HDFS as professor and department head in 1989, and served as head for 10 years. His 40 year career has included posts at the National Institute of Mental Health, the University of Georgia, the University of Hawaii, Northern Illinois University, and the University of Wisconsin. A gifted teacher, Yang has inspired countless students. He has published some 40 plus peer reviewed articles and chapters, two books, and several technical reports. His scholarship has made important contributions to our understanding of infant development, at-risk youth and resiliency, and diversity. A tireless advocate for faculty rights and responsibilities, his career also included a deep commitment to serving and supporting faculty governance. Yang's warmth, support and always probing, Socratic mind will be greatly missed by the many students and faculty he has inspired.

Bob Fetsch
Bob Fetsch has been a passionate supporter of the land grant mission, the role of extension in uniting the needs of communities with the expertise of the university, and serving diverse groups with educational programming. Fetsch started his career at the University of Kentucky and came to CSU in 1985, joining HDFS and Extension. He is well-known for his work related to AgrAbility. This project promotes independence and success in agriculture for people with disabilities or other physical challenges and their families. Colorado AgrAbility helps men and women with disabilities from injuries continue to remain employed as farmers and ranchers. Fetsch's passion for helping others led to 27 funded projects totaling more than $2 million. Though officially retired, Fetsch is looking forward to continuing his AgrAbility grant work. Fetsch has been a kind and patient mentor to students, a supportive colleague to agents in the field, and a hardworking and valued member of the faculty.

In Memoriam

Jerry J. Bigner, Ph.D.
Jerry J. Bigner, professor emeritus, died on July 30, 2011, after a brief illness, in Maui, Hawaii, where he had recently moved. He began his thirty-year career in HDFS in 1974 as an assistant professor hired to further develop the lab school program. Bigner was the author of Parent-Child Relations: An Introduction to Parenting (Prentice Hall, 2009; the 9th edition was underway) and editor or co-editor of numerous volumes on same-sex couples. Bigner's research program evolved to focus specifically on gay and lesbian parent-child relations, and he was recognized internationally as an expert on this topic. He was known for his tireless advocacy on behalf of gay and lesbian families, giving expert testimony during a time when it was risky to be a public voice. During his career, Bigner won numerous professional awards. For those who never had the privilege of knowing him, he had a wonderful smile, an unforgettable laugh, a positive approach to life, and an insatiable appreciation of nature.
Greetings from Jeff McCubbin, Dean of the College of Applied Human Sciences

Over the past year as the new dean of the College of Applied Human Sciences, I’ve had the pleasure of getting to know many of our alumni and I look forward to meeting many more of you throughout the coming year.

This is an exciting year for the Department of Human Development and Family Studies. CSU recently surpassed its $500 million goal for the inaugural Campaign for Colorado State University. The College of Applied Human Sciences raised nearly $26 million during the last seven years, thanks to generous support including those who have given to the new home for the Early Childhood Center in the historic Washington School.

As we look to new goals in the years ahead, you will continue to be important to our students and faculty by believing in and contributing to our shared mission. Please contact me at any time with your thoughts and feedback.

Jeff McCubbin, Dean
dean@cahs.colostate.edu

Congratulations
Janay DeLoach

Congratulations to Janay DeLoach (’08 human development and family studies and psychology; ’12 occupational therapy) who won a bronze medal in the long jump to become the first former CSU female athlete to win an Olympic track and field medal.