While construction workers (along with the occasional cherry picker/construction equipment) may still be seen throughout the halls, the long-awaited Health and Human Development (HHD) building was ready for move-in this June! The project began in 2012, and was part of a multistep process that included renovations to the Biobehavioral Health Building, which was completed in Spring 2013.

The new HHD building houses HDFS faculty, staff, and students, as well as the Dean’s Office and the Methodology Center. Members of the HDFS department can be found working in their new offices on the basement, first, and second floors. The building has a very modern feel, sporting a central glass atrium with four flights of stairs descending from top. Bold accent walls and a bright color palette add to the building’s interesting decor, and the private patio overlooking College Ave is the perfect spot for lunch. Remember to take advantage of this prime location on a warm, summer afternoon!

The building was designed by Bohlin Cywinski Jackson firm, which is also responsible for the architecture of the Pegula Ice Arena, the New York Apple Store in New York City, and the Liberty Bell Center in Philadelphia.

For more info, visit www.collegian.psu.edu
Dr. Fishbein comes to Penn State from the University of Maryland School of Medicine, where she was the Director of the Center for Translational Research on Adversity, Neurodevelopment, and Substance Abuse in the Department of Psychiatry. She has “conducted transdisciplinary research with translational implications since the start of [her] career in an effort to dissect underlying interactive mechanisms in psychopathology, in particular drug and alcohol abuse and related risk behaviors.”

What are you most excited about this year? (a) My new mountain home in Howard; (b) working with some of the most talented prevention scientists in the country and (c) the prospect of improving lives through the translation of scientific knowledge. I know it all sounds corny, but it's entirely true.

What is your dessert of choice? Hot fudge ice cream cake. Now if only a restaurant in State College would take on the challenge!

If you know of a restaurant in State College with hot fudge ice cream cake, please get in contact with Dr. Fishbein ASAP!

Dr. D. Max Crowley
Assistant Professor of Human Development and Family Studies

Dr. Crowley, a 2012 Penn State HDFS graduate, returns to Penn State from his recent position as a National Institute of Health Fellow at Duke University. He describes his work as a combination of human development, economics, and public policy. His work fits in well with other prevention-focused HDFS faculty, as he is “particularly interested in preventing illness and criminal behavior through evidence-based investments in childhood and adolescence”. His research “focuses primarily on (1) strengthening economic evaluations of preventive interventions, (2) facilitating evidence-based policy-making through strategic investments in preventive services, and (3) evaluating the utility of performance-based financing to access new resources for improving health.”
2015 Cohort
We welcomed 15 new students into the department this year

Liz Allen
From: Syracuse, NY
Undergraduate Education: Bucknell University
Advisor: Dr. Chad Shenk
Research Interests: The relationship between early trauma and subsequent risk taking and delinquent behavior, with the ultimate goal of informing intervention and prevention science
Dessert of Choice: ALL DESSERTS

Mimi Brinberg
From: Blacksburg, VA
Undergraduate Education: University of North Carolina-Chapel Hill
Advisor: Dr. Nilam Ram
Research Interests: Studying and modeling individual change over time.
Summer highlight: Mint chocolate chip ice cream

Allison Gray
From: Williamsburg, VA
Undergraduate Education: University of Virginia
Advisor: Dr. Tim Brick
Research Interests: Emotions/facial expressions and how they change over time; the differences of emotional perception over time
Dessert of Choice: Ice Cream. No Doubt.

Lawrie Green
From: Raleigh, NC by way of Falls Church, VA
Undergraduate Education: Massachusetts Institute of Technology
Advisor: Dr. Max Crowley
Research Interests: Child development in the context of the family and the role of society in supporting parents, especially those who were not parented well themselves.
Dessert of Choice: Texas sheet cake

Katie Grills
From: Rochester Hills, MI
Undergraduate Education: Kalamazoo College
Advisor: Dr. Cindy Stifter
Research Interests: The role that parenting plays in developing emotion regulation during infancy and early childhood
Dessert of Choice: Coffee ice cream - Ben & Jerry's Coffee Coffee BuzzBuzzBuzz is my jam.

Abby Keim
From: Buenos Aires, Argentina & Crested Butte, CO
Undergraduate Education: Hamilton College
Advisor: Dr. Scott Gest
Research Interests: The experiences of English language learners in classrooms where the majority are monolingual English speakers
Dessert of Choice: Chocolate Mousse.

Lorena Aceves
From: Gilbert, AZ & Inglewood, CA
Undergraduate Education: University of Arizona
Advisor: Dr. Mayra Bamaca
Research Interests: Academic achievement and the importance of culture/family for Latino adolescents; the recruitment and retention of URIM students in medical education and professions
Dessert of Choice: Cheesecake & Ice Cream
Keiana Mayfield

From: Richmond, VA
Undergraduate Education: University of Virginia; University of Wisconsin, Madison
Advisor: Dr. Greg Fosco
Research Interests: Better understanding how family systems affect interparental functioning, as well as child wellbeing and development
Dessert of Choice: Apple pie

Emily LoBraico

From: Shrewsbury, NJ
Undergraduate Education: Syracuse University
Advisor: Dr. Greg Fosco
Research Interests: Studying and developing prevention and intervention programs for at-risk youth; school and family systems change
Dessert of Choice: Cannoli

Chelsea Muth

From: VA
Undergraduate Education: New York University; University of California, Davis
Advisor: Dr. Zita Oravecz
Research Interests: Longitudinal data analysis and Bayesian modeling
Dessert of Choice: Ice Cream

Patrick Ryan

From: Boston, MA
Undergraduate Education: Emmanuel College; Trinity College Dublin
Advisor: Dr. Lisa Gatzke-Kopp
Research Interests: Physiological underpinnings of emotional regulation and development
Dessert of Choice: [blank. Does this mean he doesn’t like dessert!?!]

Xiaoran Sun

From: Weifang City, China
Undergraduate Education: Zhejiang University, China
Advisor: Dr. Susan McHale
Research Interests: Family processes that have influences on children's and adolescents’ socio-emotional development and well-being
Dessert of Choice: Taiwan Pineapple Cake

Ashley Stanford

From: Crown Point, IN
Undergraduate Education: University of Indianapolis
Advisor: Dr. Lynn Martire
Research Interests: I am interested in studying interventions for caregivers. I want to make sure that people who need these programs receive them!
Dessert of Choice: Anything with peanut butter

Julie Wood

From: Columbia, MO
Undergraduate Education: University of Minnesota
Advisor: Dr. Nilam Ram
Research Interests: Longitudinal quantitative methods, dynamic modeling, and other mathematical models
Dessert of Choice: Ice Cream

Xiao (Wendy) Yang

From: Weifang City, China
Undergraduate Education: Tsinghua University; Columbia University
Advisor: Dr. Nilam Ram and Dr. Scott Gest
Research Interests: Quantitative methods to examine the relationship between individual development and its social contexts
Dessert of Choice: Tiramisu
Descriptive Statistics
Some fun facts about the 2015 Cohort

Figure 1. Distribution of favorite colors.

Figure 2. The 2015 cohort hails from three countries: USA, China, and Argentina.

Figure 3. The 2015 cohort calls 10 different states home.

Figure 4. 2015 Cohort at the First Year Picnic.
Not pictured: Keiana Mayfield, Chelsea Muth

Figure 5. Countdown of the cohort.

6 Favorite dessert is ice cream
5 Favorite color is purple
4 Call Virginia home
3 Working with Nilam
Words of Wisdom
Current graduate students’ advice for a successful first year

Top 3 Words of Wisdom:

1. Don’t compare yourself to other people
2. Make time for fun
3. Don’t panic

Have fun! You are in a wonderful place with great people and opportunities - dive in!
~David Lydon

Don’t compare yourself to other people! Not everyone has the same work style, and not everyone’s lab works in the same way.
~Sara Freed

Try not to worry if everything seems overwhelming at first...everyone here wants to help you succeed!
~Kristine Bova

Make time for some fun! Taking breaks and doing fun things will ultimately make you more productive. You don’t want to burn yourself out by working all the time!
~Jess

I’ve found it very helpful to write everything down! I keep a notebook of just general notes for each day. I keep my notes from all meetings, notes about assignments, etc. in the same notebook. It’s a great habit to get into - and I love having all my general notes about what I did each day in a hard copy, in one place.
~Nicole

Come to the first year party!
~Brian

Don’t panic, give yourself time to settle in, you’ll do great!
~Raisin

Don’t hesitate to ask whatever questions you have about first year life to lab mates or buddies. Advices you get can be quite helpful.
~Hye Won

Learn which working style works for you. If you work best at your office early in the morning, do that. Also don’t compare yourself to others in your cohort; everyone has a different working style! Also take your weekends off. Everyone needs to recuperate and enjoy life so they can come back to work energized.
~Briana

Make time for extracurricular activities. Work life balance in grad school can be challenging but it is very important to set up good habits early! It’s a marathon, not a sprint.
~Dierdre Katz

Beware of the bears and wolves lurking around State College...someone masquerading as Greg Fosco

Creating and sticking to a daily schedule helped me balance all the demands of first year. Also, don’t forget to plan time for fun and sleep :)
~Libby

The semester may seem overwhelming at first. Just relax and you will survive!
~Grace

Start getting ready for Follies now!
~Amanda
An Academic Overview

The 2014-2015 academic year was a successful one! Our graduate students attended over 15 different conferences in impressive locations such as Toronto, Los Angeles, and San Diego. Conferences attended include:

- **American Psychological Association (APA)**
- **American Educational Research Association (AERA)**
- **Behavioral Genetics Association Conference**
- **Biodegrometry of Aging Symposium**
- **Gerontological Society of America (GSA)**
- **International Congress for Developmental Cognitive Neuroscience (FLUX)**
- **International Society for Psychoneuroendocrinology (ISPNE)**
- **National Council on Family Relations (NCFR)**
- **Society for Ambulatory Assessment (SAA)**
- **Society for Mathematical Psychology**
- **Society for Neuroscience**
- **Society for Prevention Research (SPR)**
- **Society for Psychophysiological Research**
- **Society for the Research on Child Development (SRCD)**
- **Society for the Scientific Study of Sexuality**

**Conference Highlights:**
Brian Calhoun presented his first poster at a research conference last semester and was overjoyed when he got a congratulatory high-five from Greg Fosco. Well done, Brian!

This September, The Geier Lab will be traveling to The Netherlands for Flux, where they will be presenting a number of ongoing research projects.

This year was a productive writing year as well. Among others, Penina, Sara, Jinshil, and Briana each submitted their first papers, and Libby began writing her first, first-authored paper.

Over half of our graduate students hit a major academic milestone this year, and some hit two! A big congratulations to you all!

Milestones
Completed during the last academic year

**Graduated with Masters**
Amanda Roxanna Griffin
Jacinda Li
Lu Ou
Jenny Padilla
Briana Sprague
Allison Doub
Ni Jian
Peter Kim
Julia Bleser
Kristine Bova
Annie Le
Jon Reader

**Crushed it at Candidacy**
Chelom Leavitt
David Lydon
Megan Maas
Quang Trieu
Emily Waterman
Rose Wesche
Kami Dvorakova
Rachel Koffer
Jacinda Li
Lu Ou
Jenny Padilla
Mengya Xia

**Completed Comps**
Rachel Abenavoli
Mairin Augustine
Deirdre Katz
Lauren Bangerter
Nicole DePasquale
Lawrence Lo
Megan Maas
Courtney Polenick

**Defended Dissertation**
Summer 2015 for Fall 2015
Graduation
Susan Doughty
Lauren Philbrook

**Graduated with PhD**
Jochebed Gayles
Soomi Lee
Jacqui Miller
Liz Munoz
Where in HHD is the Coffee Bar?
And other obscure office objects.

Actually, that’s too easy. The Geier lab has been boasting about their coffee bar for the past two months, so here’s a bit more of a challenge for you! Can you match these more hidden office objects with their home?

Location bank

- Debbie Miller's Desk
- Eva Lefkowitz's Office
- Greg Fosco's Office
- Geier Lab
- Gest Lab
- SHAARP Lab
- Zarit Lab

A Penn State beach baby and a dish of smarties

A fern in a beautiful, handmade clay pot

Motivational words about the writing process

An empty candy jar

A Daily Mood Flip Chart and a cup of tea

A desktop fire and a countdown to Christmas

1

2

3

4

5

6

7
A Picture Perfect Summer

Libby, Meng, Sara, Penina, Summer, Jess, Brian, and visiting fellow Mara, had fun with sparklers.

Roisin and Jess were very excited about their fananas.

Abby made a new chameleon friend in Maui.

Libby and Summer at the HDFS picnic.

Xiao at Whipple Dam with her puppy, PangPang.

Allison climbed the to the top of the Sacre Coeur, Paris.

Sara and Hayden bird-watched in the Cayman Islands.

David, Brian, Jon, and Lauren found a waterfall at Ricketts Glen.

David, Dan, Sara, and Brian tried their hand at carnival games at the Grange Fair.

David ziplined across Toronto while Lauren and Nicole struck a pose.

Quality time with the Waterman siblings.

Abby made a new chameleon friend in Maui.
Memorable Summer Moments

Went sailing for a week in the British Virgin Islands

~Dierdre

Canoeing with my advisor and labmates in the Stone Valley Park, and hiking in Rocky Mountain National Park with a group of 15 undergrad friends!

~Lu Ou

I went to a festival back home in Ireland and a wedding in Montreal!

~Roisin

I took my 12-year-old brother camping in a Hobbit House themed cabin. It was built into a hill, had wildflowers growing on top, and had a circular front door. We hiked the Appalachian trail, made up adventure stories, and wrote fantasy-themed mad libs.

~Penina

I went to Colorado over the 4th to visit family!

~Briana

I cruised around the St. Lawrence River on a boat that’s named after me.

~Emily

Fed some zebras at an African safari wildlife ranch in Texas :D

~Hio Wa (Grace) Mak

I had so much fun this summer! A couple of us hiked Ricketts Glen - it’s about a 2 hour drive outside of State College but it is totally worth it as there are dozens of waterfalls on the trail. I went to Toronto for a conference and overcame my fear of heights by going up the CN Tower and going zip-lining. I played a lot of Settlers of Catan. Brian and I formed a band - look for our debut EP soon - we’re still taking suggestions for band names.

~David

Visited two states I had never been to before: New York and Canada

~Brian

I infiltrated the Geier lab and have begun stealing Chuck’s students. Bahah

~Someone masquerading as Greg Fosco

Traveling that nourished my soul

~Kami

I went to the Magic Hat Brewery in Vermont!

~Amanda

Facilitated a prevention program for 9-12 year olds

~Kristine

Went to Cebu for five days

~Hye Won

Friendly Fruit Bandits?
The investigation continues

Jess Braymiller returned to her office on a Tuesday afternoon to find a pleasant surprise from an unnamed visitor. The next morning, Nicole Roberts was delighted to find a housewarming gift on her doorstep. Not so coincidentally, the two gifts were adorned with the same decorative ribbon, and signed using the same blue marker.

Have The Fruit Bandits upgraded from playing pranks to performing random acts of kindness? Or are there two mysterious gift givers in the department?

This is a message to The Fruit Bandits: handwriting samples have been retained for further investigation. Thank you notes pending upon the final verdict.

Photo evidence of a visit from The Fruit Bandits?
Lorem Ipsum Dolor

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Dr. Steve Zarit

On Saturday August 29th, students, faculty, and family celebrated the impressive and inspiring career of Steve Zarit. Throughout his 29 years in our department, Steve seemed to accomplish the impossible: effectively juggling 25 graduate students, the roles of Undergraduate PIC, Graduate PIC, and Department Head, all whilst publishing over 300 articles. Former graduate students and Post-Docs from around the country spoke fondly of their time working with Steve and provided testimonials of his supportive and mentorship style, which continued long after graduation. “He’s a lifetime advisor, not just a masters or PhD advisor,” said 2013 graduate Amanda Legget.

Prior to this event, the newsletter chairs had the privilege of chatting with Steve as he reflected on his accomplishments. When asked about his favorite HDFS memory, he quickly responded: “Taking classes to Sweden has been the most exciting thing we’ve done...you walk into a [Swedish] nursing home and go ‘Oh my god, this is unbelievable in terms of quality of care!’”. Steve began taking students to Sweden around 1997, and Lesley Ross plans to continue leading this exciting trip in the future.

When prompted for words of advice to share with students and faculty, Steve noted the importance of understanding the rich intellectual history of our field, having an awareness of the literature that extends back years, and learning from that literature instead of continually reinventing the wheel.

During retirement, Steve looks forward to spending more time with his grandchildren, traveling, taste testing his wife’s delicious cooking, and mastering the art of breadmaking - beginning with French Baguettes!

To thank Steve for his contributions to our department, an internal award has been named in his honor. The award is intended to recognize an outstanding graduate student who demonstrates excellence in teaching, research, and service during his/her graduate student career.

Upcoming Events

Social Chairs Brian and Sara, better known as the Party Planning Committee (PPC), would like to remind all graduate students to mark their calendars for the First Year Party on Friday, September 11th.
We R: Penn State R Users’ Group

We R is officially up and running again for the fall semester. We had great turn-out last semester, and are looking to get as many (or more!) involved this semester.

- **Who:** Interdisciplinary group of individuals who use or want to learn R for science
- **What:** Designated space to come work on projects, ask, and answer questions
- **Where:** HHD 401
- **When:** Wednesdays, 3:30-5:30, drop in as you please, and remember to bring your laptop!

How can I join and whom can I talk to for more details? Please contact Libby Benson (LEB237@psu.edu) to be added to the listserv and/or join us on Facebook by searching We R: Penn State R Users’ Group.

“Where in HHD is the Coffee Bar?”

**Answer Key**

1. Debbie Miller’s desk
2. SHAARP Lab
3. Greg Fosco’s Office
4. Zarit Lab
5. Gest Lab
6. Geier Lab
7. Eva Lefkowitz’s Office

A Note from the Editors

Second years Summer Braun and Jess Braymiller were recently elected Newsletter Representatives. We hope you’ve enjoyed this edition!