Welcome, First Years!

The first-year cohort—and their adorable cheerleader—gathered at Spring Creek Park for the Welcome Picnic. From left: Yi Sook, Katie Bamberger, Brandon McDaniel, Shelley Vukman, Suzannah Chatlos, Justin Wilson, Cindy Willner, Stephanie Wilson, Kameron Moding, Rachel Abenavoli, Mina Shimizu, and Katie Lawson.

HDFS Welcome Picnic is a Success

The rain held off long enough for HDFS faculty and students to gather for food and conversation at Spring Creek Park on August 24th. The newest grad students were introduced to the HDFS family and everyone was able to catch up before the start of another busy semester.
Meet the First Years

Advisor: Cindy Stifter  
Research: Socioemotional development of infants; temperament  
Educational Background: Colorado College  
Other interesting facts: Loves all sports, especially volleyball  
If you could be any animal what would you be and why? A dolphin because they are very intelligent and playful. I could be in the Sea World shows!

Advisor: Doug Coatsworth  
Research: Interventions for children through parenting and the school setting  
Educational Background: St. Mary’s College of Maryland  
Other interesting facts: Enjoys baking sweets, being outdoors and reading; along with various arts and crafts  
If you could be any animal what would you be and why? Sea turtle, because the way they move is fascinating and Katie would like to live in the ocean.

Advisor: Ed Smith  
Research: Adolescent risk behaviors and prevention research  
Educational Background: Notre Dame  
Other interesting facts: Enjoys climbing, camping, hiking, running...basically anything outdoors that ends in –ing  
If you could be any animal what would you be and why? An ocelot because they are the cutest animal ever and they are fierce fighters

Advisor: Nan Crouther  
Research: Work-family conflict, gender Roles, methods/stats  
Educational Background: College of Notre Dame of Maryland (BA) and Radford University (MA)  
Other interesting facts: Loves to play basketball  
If you could be any animal what would you be and why? I would definitely be a cat, but not just any cat. I would be my cat Neville because he is living the good life.

Advisor: Dave Eggebeen & Doug Teti  
Research: Transition to parenthood and fatherhood, especially in marriage and infant and child development  
Educational Background: Brigham Young University  
Other interesting facts: Brandon is married to a wonderful woman and father to an adorable 15 month old daughter who is just beginning to walk  
If you could be any animal what would you be and why? A phoenix because they are so cool.

Advisor: Susan McHale  
Research: Family relationships (father-child relationships and sibling relationships)  
Educational Background: Hamilton College  
Other interesting facts: Suzannah’s hobbies include singing, photography and reading  
If you could be any animal what would you be and why? An otter, because they are adorable and social and always look like they are having fun.
**Advisor:** Eva Leftkowitz  
**Research:** Adolescent risk behaviors, the transition to adulthood, and prevention/intervention research  
**Educational Background:** Undergraduate: Penn State; MA: Indiana University of Pennsylvania  
**Other interesting facts:** Shelley enjoys watching Penn State football and the Pittsburgh Steelers  
**If you could be any animal what would you be and why?** A bird, it would be faster to fly across campus instead of walking or taking the Blue Loop  

**Advisor:** Lynn Martire  
**Research:** The interplay of biological and social processes, particularly within the context of health, and the relationship between micro- and macro-level changes.  
**Educational Background:** Rhodes College  
**Other interesting facts:** Stephanie's hobbies include music, crafts, fitness classes, college basketball, laughing, Netflix, new foods and new activities.  
**If you could be any animal what would you be and why?** An African elephant because their size allows for great views, they have impeccable memories, they need little sleep and they form strong and lasting bonds.  

**Advisor:** Lisa Gatzke-Kopp  
**Research:** How biology and the environment interact to shape the psychological development of children and adolescents and how knowledge of these basic processes can be used to enhance the effectiveness of social interventions promoting healthy development. Cindy is particularly interested in understanding variability in the etiologies of mood, anxiety and conduct disorders, and the implications of this variability for individual differences in response to intervention.  
**Educational Background:** Brown University  
**Other interesting facts:** One hobby is horseback riding  

**Advisor:** Mark Greenberg and Scott Gest  
**Research:** The relationships among social, emotional and cognitive development in children and adolescents; prevention and intervention programs; and the intersection of development and education  
**Educational Background:** Fairfield University  
**If you could be any animal what would you be and why?** A Pterodactyl because they are dinosaurs, they fly and they have pretty much the coolest name ever.  

**Research Interests:** How parenting affects children's developmental outcomes; in particular, how parenting practices in different sleeping arrangement patterns influence qualities of mother-infant attachment and the child's later socioemotional development  
**Educational Background:** University of California, Los Angeles.  

**Test your comprehension!**  
Can you name these first-year students?
They survived 501 and 525. They made it through a long, cold State College winter. Then, just when the rest of their cohort was celebrating the end of their first year, Jacqui Cox and Lawrence Lo hopped on a plane to Jena, Germany to begin their third semester of graduate school.

Why did Jacqui and Lawrence choose to go to Jena? “As developmentalists, we know that culture has a great impact on who we become and how we behave. Observing these phenomena first-hand is fascinating,” said Jacqui. Lawrence was also interested in “learning about social change from a place that was experiencing it.”

In Jena, Jacqui and Lawrence took courses with other FSU students and worked on research projects with FSU faculty members. Jacqui worked with Peter Titzman on a study of the acculturation of German immigrants. “I looked at how physical involvement and psychosocial maturity related to relationship satisfaction across cultures,” she said.

Lawrence was involved with two different projects while in Jena. “I worked with Rainer Silbereisen on a project where we examined the processes in which social change affects subjective well-being. I also worked in the methodology department with Rolf Steyer; we worked on causal inference statistical models,” he explained.

Both Jacqui and Lawrence expect presentations, and possibly papers, from their work. Lawrence also anticipates future collaborations with Dr. Steyer on software development.

Living in Jena for nearly three months gave Jacqui and Lawrence an opportunity to become familiar with the German culture. “People never cross the street without a walk signal, even when there are no cars to be seen,” noted Jacqui. Lawrence was surprised at how easy it was to get around with just English. Another pleasant surprise for Lawrence was the large number of Turkish immigrants; he especially enjoyed the Turkish food.

The program allows HDFS students to travel during long weekends and at the end of the summer semester. Lawrence said, “Visiting Prague ended up being the highlight of the wonderful summer.” Jacqui agreed. “My favorite places were Southern Germany, around the Bavarian Alps, which were so beautiful; and Prague.”

Of course, there were difficult aspects of the summer. Lawrence found the process of figuring out research projects and classes and completing paperwork upon arrival to be a bit challenging. Both missed their friends in the States. Jacqui noted that, as part of a large cohort, “…it was difficult to see all the things they were doing together, via Facebook.” Still, Lawrence’s description leaves little doubt as to whether the challenges were worth it: “Best summer of my life,” he declared.

Looking back on the summer, what do Lawrence and Jacqui miss the most about Germany? “Cheap (but good) wine and good public transportation,” said Jacqui. Lawrence missed the basics: “The beer and bratwurst.”

**What advice would you give students thinking of going to Jena?**

**Jacqui**: My advice is actually more along the practical side… You should really look into what banks charge fees for taking out money abroad. It might be worth it to open up a new account before you go.

Secondly, you should really look at what data the various projects have. The data sets they have in Jena are quite extensive, so looking a little deeper will allow you to do a project that you are really interested.

**Lawrence**: Try to do as much preparation beforehand as possible to make the transition go more smoothly. Dr. Silbereisen is very good at hearing your interests and suggesting possible well-fitting research projects. DON’T order large schnitzel from the schnitzel specialty restaurant -- you will have a steak the size of a tray.
Jena Students Arrive at Penn State

Just a few weeks after Jacqie and Lawrence returned from their summer at the Friedrich Schiller University of Jena (FSU), three students from Jena arrived at the State College airport. A few hours later, one more FSU student arrived at the Williamsport airport. (If you want the story, ask Louisa.)

The exchange of Penn State HDFS students with FSU Developmental Psychology students has occurred since 2005. Every fall, HDFS welcomes several German students. These students take graduate-level courses and get involved in a research project.

Anne, Louisa, Eva, and Sandra were excited to learn that they were selected for the exchange program. “I dreamed about spending some time in the U.S. since high school, especially to experience a different educational culture and to gain some helpful knowledge for my academic career,” said Sandra.

Louisa and Anne noted the ap-

(Continued on page 6)

Meet the Jena Students

Anne Tzschach
Hometown: Berlin
Research interests: Influence of intra-ethnic friendships on immigrants’ adaptation, work, family and welfare systems.
Project at Penn State: The Family Relationships Project with Susan McHale.
If you could be any animal, what would you be? Why? A chimpanzee! But only if you don’t make me eat bananas.

Sandra Schmidt
Hometown: Berlin.
Research interests: Adolescence and prevention of risk behavior, including the consequences and antecedents of pubertal timing.
Project at Penn State: The Pathways to Adulthood Project with Susan McHale.
If you could be any animal, what would you be? Why? Maybe a bird, because they can fly and get to see a lot of different places.

Louisa Arnold
Hometown: Bremerhaven at the North coast, but now my parents live in Hildesheim.
Research interests: The effects of social change on the individual
Project at Penn State: For now, I am working with Doug Coatsworth since I am interested in how to apply the concept of mindfulness in family-based interventions.
If you could be any animal, what would you be? Why? Right now I am convinced that I want to be one of those squirrels hanging out on campus all day! They have a great social life with all the other squirrels! Everyone loves the campus squirrels and they don’t have many predators around here. So I would have a really joyful life!

Eva Reindl
Hometown: Roetz (in Bavaria, near the border with the Czech Republic)
Research interests: Effects of parental social networks on educational outcomes of their children. I am also interested in evolutionary psychology.
Project at Penn State: I’m working with Kathryn Hood on the Carolina Longitudinal Study and my first task is coding interviews of students of the 4th, 5th and 6th grade.
If you could be any animal, what would you be? Why? I would be a turtle, because it has everything it needs with it (shell), radiates tranquility (which is never wrong), it has its own (slow) pace but still gets to its destination and it can retreat into its shell if the world is upside down again.
Jena students arrive

(Continued from page 5)

peak of the exchange program’s emphasis on research and the interdisciplinary approach of HDFS. Anne also shared her non-academic motivations for coming to Penn State: “I wanted to see the exchange students from the previous years again!”

Although they have been in U.S. for just a short time, the students have a lot to say about their experience so far. “What surprised me most was how friendly everybody’s been so far,” said Sandra. Eva agreed. “People are much friendlier and try to help as much as they can.”

Louisa said she was “awed by how many people are wearing Penn State cooperate identity outfits!” Students in Jena rarely wear university apparel. Anne was surprised that in America, “people drink skim milk and actually like it.” Several students commented on the size of things in the U.S. As Louisa explained, “…almost everything is bigger than in Europe: cars, servings at the restaurant, even some fruits!”

The students also pointed out negative aspects of American culture, such as the amount of trash we produce from plastic bags and excessive packaging, and the wasteful use of air conditioning.

“American students seem to be more involved in research. In Jena you can get involved by getting a job as student assistant, but even then you will not necessarily develop your own research questions you are working on.”

When you see Anne, Louisa, Sandra, and Eva around the department, be sure to show them your HDFS warmth!

New Faculty and Staff in HDFS

Lynn Martire, Associate Professor

Dr. Martire is originally from Crescent City, California. She received her B.A. and M.S. (both in Psychology) from the California State University at Sacramento, and her Ph.D. in Social Psychology from Kent State.

“I have broad research interests in social relationships and health,” explained Dr. Martire. Her current research projects include the Daily Assessment in Arthritis Study and the Relationships in Late-Life Mood Disorder Project (RELATE).

When she’s not busy with research or teaching, Dr. Martire enjoys spending time with her family and friends. She also likes to ride her bicycle, read, and visit lighthouses.

When asked what age she would return to if given the chance. Dr. Martire said, “Being nineteen again might be fun, but only for a few weeks.” In fact, she’s very happy where she’s at. “Life gets better as I get older.”

Christa Kreps, Staff Assistant for Student Support Services

The next time you run to Mary Jo for help with your course registration or TA assignment, stop and say “Hi” to Christa Kreps. Christa is the newest addition to the incredible administrative support system in HDFS. Krista’s official title is Staff Assistant for Student Support Services, but for grad students she serves as Mary Jo’s unofficial side-kick. “If students can’t get in touch with Mary Jo immediately, I can direct them to the right place,” she explained.

Krista is originally from Centre Hall and attended South Hills School of Business and Technology, where she obtained her degree in Business Administration. Krista previously worked part-time in Penn State’s College of Information Sciences and Technology.

Just two weeks after starting her job in HDFS, Krista married her husband. She is enjoying settling into her new home with her six-year-old daughter.

When Krista was asked what age she would like to re-live, she said, “I’d like to stay where I am right now….There are so many things that I like right now, and that I’m excited for.” She was sure of one thing: “I would never go back to high school!”

As for academics, the students noted that the courses are more intensive at Penn State, with fewer total courses but many more readings.

The students also enjoy being part of a smaller program at Penn State. “Our cohort was much bigger (100-140 people), which made it more anonymous and less personal,” explained Sandra. “I got the impression that HDFS students are more supported in finding out what they might be interested in or want to work on,” said Eva. Louisa agreed.

“American students seem to be more involved in research. In Jena you can get involved by getting a job as student assistant, but even then you will not necessarily develop your own research questions you are working on.”

When you see Anne, Louisa, Sandra, and Eva around the department, be sure to show them your HDFS warmth!
HDFS Crossword

Across:
1. Coding system for categorical variables; or, what you felt like during 1st year
4. Non-orthogonal rotations
5. It's what correlation isn't
7. Bad neighborhood, bad parents, good outcomes
8. A study comparing 1st years to 5th years would be __
10. Mary Jo's newest sidekick: Go to her if Mary Jo's out of the office
16. If it's not manifest, it's ___
18. It has a mean of zero and a standard deviation of one
19. SES and gender

Down:
2. Your genotype; or, the woods.
3. Find her when you need help
6. One of four focus areas in HDFS
9. A big reason people go to Steering Committee meetings
11. The last standardized test you took
12. Author of The Guide to Living in State College
13. One of the final hoops to jump through
14. What would _____ say?
15. They think leggings are pants
17. The best show on earth
20. One of the risk factors for a relationship failing

Key is on page 12
**Amanda Leggett** just saw her article in *The Gerontologist*!

**Emily Pressler** is excited to have two publications in press and in January 2011 her name will appear in *Child Development*...it is ok that it isn't a first authorship!

**Brandon McDaniel** is looking forward to the NCFR conference in November. It will be his first presentation at a national conference.

Steve Van Wert proposed to **Lauren Philbrook** and she said yes!

**Anna Soli** got married!

**Steph Anzman Frasca** married Mike Frasca on June 19th at Bucknell University, where they met in 2005.

**Natasha Dmitrieva** got married!

**Michelle Blockin** passed comps! ABD!!

- See 8 similar stories....
- **Heather King** passed comps! ABD!!
- **Mary Lai** passed comps! ABD!!
- **Lauren Molloy** passed comps! ABD!!
- **Brandi Rollins** passed comps! ABD!!
- **Anna Soli** passed comps! ABD!!
- **Jeong Eun Lee (Jel)** passed comps! ABD!!
- **Ian Lam** passed comps! ABD!!
- **Kyungmin Kim** passed comps! ABD!!

**Liz Manning** accepted a job as a research associate at Public/Private Ventures in Philadelphia
Emily Doyle passed candidacy! YAY!
See 1 similar story...
Bora Lee passed candidacy! YAY!

Stephanie Bradley graduated with a Masters degree
See 10 similar stories...
Fumiyuki Chin graduated with a Masters degree
Amanda Legget graduated with a Masters degree
Brian Stiehler graduated with a Masters degree
Deborah Temkin graduated with a Masters degree
Max Crowley graduated with a Masters degree
Lavona Gorham graduated with a Masters degree
Gail Mayer graduated with a Masters degree
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Joanna Bixxell–Havran is officially a PhD!
Elizabeth Cipriano is officially a PhD!
Amy Syvertsen is officially a PhD!
Jen Wong is officially a PhD!
Laura Wray–Lake is officially a PhD!
How I Spent My Summer Vacation
The Real HDFSers of DC

Listening to Max Crowley describe his summer, you might think he spent time with Jessica Heckert in a third-world country. “We experienced record breaking heat, rolling black-outs, and even an earthquake.” In fact, Max, a third-year graduate student, along with Deb Temkin (4th year) and Allison Reamy (2nd year), was just getting some policy experience through an internship in our nation’s capital.

Max worked for the Office of Research, Planning & Evaluation within the Administration of Children & Families at the U.S. Department of Health and Human Services. Allison worked for The National Partnership for Women and Families on the Campaign for Better Care, and Deb worked for the Office of Safe and Drug-Free Schools at the U.S. Department of Education.

Max worked with a team of researchers focused on the “Maternal, Infant & Early Childhood Home Visiting Programs” section the Affordable Care Act, the document that spells out how health care reform will be enacted. “I had the opportunity to take part in the evidence review of programs, potential measures for the State’s needs assessments, and benchmark setting for assessing program impacts,” he explained. In another project, Max participated in the review and dissemination of the new Head Start Child Outcomes Framework.

Like Max, Allison became very familiar with the Affordable Care Act. Allison, however, worked for a policy advocacy campaign rather than a government office. “The Campaign for Better Health advocates for better health care for individuals with multiple chronic health conditions, particularly older adults,” Allison explained. Allison attended briefings, meetings, and events around DC, and reported back to the Campaign. She also examined the extent to which the Affordable Care Act recognized caregivers’ needs.

Deb’s role as a graduate intern began before the spring semester had even ended. One of her primary tasks was assisting in the development of a survey of school climate. Both her measurement skills and substantive knowledge of bullying prevention programs were invaluable in this work, which required her to explain concepts such as reliability, validity, and factor analysis to non-researchers.

Deb also organized the first Bullying Summit, which was held in DC over the summer. The government wanted to bring in people from different arenas that impact youth. “I had to call the CEOs of non-profits and corporations like Disney,” she said. She fell in love with her job. “They’re doing exactly what I’ve been wanting to do since I was in college when I started my whole bullying prevention and policy angle,” she said.

Moving from the supportive family of HDFS to the fast-paced climate of the capital was not hard. “The climate at OPRE was incredibly supportive.”

“They continually answered questions of mine, shared opportunities for events with me, and welcomed any feedback I had to offer.”

Stepping away from Henderson Building allowed students to see the connections, however shaky, between research and policy development. Allison found that she enjoyed explaining research findings to her colleagues on the Campaign. Max discovered how “researchers can play an instrumental role in the policymaking and implementing process. You do not have to work within government to make substantial contributions to the process.”

City life was also a memorable part of the summer. On Allison’s metro commute, she experienced a fire on the tracks, a man jumping into the tracks, and several other fiascos. “So if you want to ride the metro in DC, I might not be the best person to travel with,” she warned. Max enjoyed the diverse population in DC and the great food, and Deb realized one of the benefits of student living in central PA. “Space! In State College I own a townhouse, but in DC I was living in 400-square-foot apartment with my boyfriend and a cat.”

Deb’s summer ended on an exciting note when she was offered a full-time position as Research and Policy Coordinator of Bullying Prevention Initiatives at the Office of Safe and Drug-Free Schools. She accepted the job and is now juggling the responsibilities of both a grad student and government employee.

Although extra closet space was not enough to keep Deb in Happy Valley, Max and Allison will be around for a few more years. Track them down if you are interested in getting some policy experience of your own.
Jessica Heckert, Jochebed Gayles, and Amy Syvertsen attended the conference of the International Society for the Study of Behavioural Development in July. The conference was held in Lusaka, Zambia.

While in Africa, they went on a safari!

Jessica also conducted interviews in Haiti, where she posed for this picture with two of her youngest friends.

Emily Pressler traveled to Dublin and London this summer with her boyfriend, John. “I was really excited and wanted to do as much as I possibly could. While we were in Ireland, John and I got to take a day trip (via bus) to the West Coast of Ireland, which if anyone has the chance I would totally recommend. Our bus driver was in his eighties and was absolutely hilarious. I’ll never forget how he told us not to climb barriers at the cliffs of Moor because we would fall off immediately and he’d be forced to drive all the way back to Dublin with tears in his eyes. Not only was he a model for successful aging, but he kept me laughing throughout the whole trip and less (rather than more) bus sick. My favorite part was experiencing each country’s history, hearing all the accents, and crossing the street without getting hit by cars (it got tricky).”

Yao Zheng traveled to Taiwan in May. He hiked in Yangmingshan National Park around the Milk Lake, and biked around the Penghu Islands and Sun Moon Lake. He also went for a nighttime boat ride in the Love river in Gaixiong City, and explored the night markets in Taiwan, sampling the different kinds of food.

For a complete description of how delicious the meals pictured above were, please contact Mary Lai.
Jenn Morack did a research internship through the Institute for Social Research at the University of Michigan in Ann Arbor this summer. "I am from Michigan, so it was great to be back in my home state, and the work was really cool since I helped with a pilot study where I got to interview older adults," she said. She also traveled to Minnesota, Michigan, Chicago, and San Francisco before classes started in August. "It was an awesome summer after a crazy first year!"

Bora Lee traveled to San Diego in August for the conference of the American Psychological Association. She received the Best Student Poster Award from Division 20 (Adult Development and Aging). "I visited the Old Town area and enjoyed some Mexican food and atmosphere. San Diego had a lot of good seafood, which was exciting because we cannot get very good seafood here," she said. Bora also attended her first Broadway musical this summer.

Liz Munoz’s siblings traveled all the way from California to visit her this summer. "When my brother and sister visited State College from Los Angeles, California, two things that they never got used to were the fact that the skies were so clear and free of smog, and the humidity. I like to think that taking them to the Creamery, Rita’s, and Meyer Dairy for the days they were here made up for the humidity. Aside from having ice cream every day, we toured the campus, and walked everywhere, which is something that they are not used to doing in Los Angeles." Since her siblings had already traveled across the country, Liz also took them to New York City and Philadelphia.