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Family Connections

BYU School of Family Life Alumni Magazine

Facilitating Beauty in the Home

What Have I Done With My Major?

The Truth About FACS Education



Message From The Director

Dear School of Family Life Alumni,

This issue, brings you news about our Family and Consumer Science Education (FACS Ed) program, some of our newest faculty hires, the retirement of our venerable office manager, LaRita Johnson, and more. We are in the midst of a substantial turnover in the School as the baby boomer generation, which is amply represented in our faculty and staff ranks, starts to retire. Over the next 10–15 years almost one-half of our faculty will retire, so many of the faces you are familiar with from your days as students will start to move on to bigger and better things. It is difficult to watch my dear colleagues, some of whom I took classes from when I was a student, leave our ranks. They have so much knowledge and experience, and we miss them dearly when they retire. Plus, each one who retires makes us all feel older.

Still, it is difficult to spend much time mourning and daydreaming about the good old days because our new hires bring new training and energy to their jobs and help us improve and move forward. All I have to do is spend a few minutes with the newest faculty we have in the School and our newest group of students and my mind turns to the future and all the exciting things that are coming. I hope you feel some of this as you read about a few of our recent hires and projects.

I think you'll also enjoy reading about our FACS Ed program. This is one of our fastest growing and most vibrant majors. When students graduate with a focus in FACS Ed, they are able to teach in our junior high and high schools; take jobs in the apparel, textile, cooking, interior design, or family service industries; and use these vital skills in their homes and communities. Our graduates in this area are working and serving all across the country, and you may know several in your community.

As always, we like to stay in touch with our alumni and send them updates on what is happening at BYU. Feel free to contact us for more information about our academic programs and research or to support us in our endeavors in any way you feel able.

Sincerely,

Dean Busby

Dean Busby



DEAN BUSBY, DIRECTOR
SCHOOL OF FAMILY LIFE, BYU



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BYU School of Family Life Alumni Magazine



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Please give us your feedback at: familyconnections@byu.edu

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What Have I Done With My Major?

by KIMBERLY ALLEN EYRE

We got home from our daughter's birthday party at about 7:30 p.m. Although it was early in the evening, I felt like it was 10:00 p.m. I was tired and spent. The kitchen was a disaster, with the remains of birthday party prep and lunch (and breakfast) all over the counter. I had five children to help get ready for tomorrow—homework, lunches, laying out clothes (did we even have clean laundry?), and getting them into bed—and my husband was leaving in a few minutes for a Scout meeting at the church. I noticed the message light blinking on the phone and pushed “play.”

I went cold and my heart sank as I heard the reason for the call. One of my favorite former BYU professors was looking for some interesting alumni to spotlight in the next edition of the School of Family Life Family alumni magazine and wanted to talk to me. I felt sick, and frankly, ashamed. I looked around my kitchen and thought, defeatedly, I have done *nothing* interesting or noteworthy with my major. I felt so down—so worthless and embarrassed—as if I'd failed. And I dreaded returning the call.

As I started moving forward with the evening, the Spirit slipped into my heart with a single phrase I had read somewhere months earlier: “*Do what you can, with what you have, where you are.*”¹ It played in my mind insistently and clearly and increasingly stronger. As I thought about different moments in my life, I slowly felt light coming back, and confidence replacing the shame. No, I have not been able to organize or teach community classes, attain higher degrees, or advocate in court for families in need. I can't remember being in the newspaper at all since I graduated from BYU. I have had my hands and mind full and overflowing with the tasks and challenges God has given me. But what I have done—and what the Spirit was gently but absolutely reminding me of—has been to love and to connect and to bless others in many, many small but very important ways. And the way I have done these things has been largely influenced by the skills and experiences—formal and informal—that I gained majoring in Family Science.

I was one of those college students who took a long time deciding on a major. After two years of general education requirements and a break for a full-time mission, I actually sat down with the big course catalog and went through each possible major one by one. I

especially loved helping people and finally chose to major in Social Work.

Just a few days before school started, however, I began to have some doubts. For some reason, and at the very last minute, I changed all of my classes to the Family Science major. The difference was startling and powerful. It was as if I had been standing in a dark room and all of a sudden the many shades in the room had been flung open at once. Bright light came rushing in and filled the room. I knew I had found the right major for me.

With that start, I jumped into my classes eagerly. I loved the interesting, energizing, and thought-provoking things I learned about relationships, families, and myself. They were fascinating, sometimes uncomfortable, and very often thrilling. I also learned things that were full of hope and clarity. I *loved* my major. It was light-upon-light for me. I also knew that with all of this knowledge, I must be destined for the perfect marriage and perfect children.

I graduated from BYU, married, and moved far from the Mountain West as my husband pursued medical training. We have now lived in five states, at least eleven homes, and eight LDS wards. In each place we have found good people and fun, generous, and faithful friends. We have also found that life's greatest pains and deepest heartaches often come from marriage and family relationships and that there is a great need for love. I started, unconsciously at first, and then very consciously, to put my training to use to bless my family and those families within my reach. I started doing what I could, with what I had, where I was.

My husband and I have implemented many things I learned from my major into our own marriage and family. One of my favorite skills I learned at BYU is what we call “The Talking Stick” or “Who Has the Floor” (a way to take turns speaking and to learn to really listen), which I first saw in a marriage enhancement class. We laugh about it, but it really works for us.

One day, as the sun streamed into our living room, I sat with a friend and listened as she wept about her marriage. She and her husband were having hard times. Neither wanted to end the marriage, yet they were in such pain. Right there I had a powerful

¹ Theodore Roosevelt, BrainyQuote.com, Xplore Inc., 2014, <http://www.brainyquote.com/quotes/quotes/t/theodorero100965.html>.



“I started, unconsciously at first, and then very consciously, to put my training to use to bless my family and those families within my reach. I started doing what I could, with what I had, where I was.”

witness and epiphany that has guided me since: *I must do all I can do in even the littlest ways to help and support marriages.* The stakes are so high. All of my words and all of my actions must strengthen marriages, and specifically and especially my own marriage and the marriages of those close to me.

I have wept with my friends during their hard marriage trials. I have prayed for help for them. And I have rejoiced with them when things go well. I have cheered at engagements and cheered at anniversaries. Isn't this part of the covenant we make at baptism, to mourn and lift burdens and to comfort and to testify to those we love (see Mosiah 18:8–9)? Along the way, I have soaked up some of the most amazing stories of love and hard times and resolution in marriage. These have all blessed my marriage and are bits of faith and light that I can pass on to those around me.

One of my favorite things to ask other married couples is their story of how they met. One of my past Family Science professors, who was also a marriage counselor, told of how he asked couples in his office how they met. Often simply by telling the story, they would feel those wonderful first falling-in-love feelings come flooding back. I have found that to be true time and again as I laugh and cheer and weep to the stories of love all around me. And, of course, my husband and I share our own love story with others and

with our children. I want our children to know that they come from a legacy of love.

It goes without saying that I am imperfect (and even though I was sure it would be different, my family is also imperfect). I mess up, let others down, and fall short. Even so, I can be the Lord's light and voice and support marriages and families. I can validate the fact that we all have hard times, and I can testify that things can get better and that marriage is worth it. I can be an advocate for marriage and family, not in a court, but in my living room, in my children's classrooms, in my visiting teaching relationships, and even during my everyday errands.

I try to support parents, too. One Sunday, after wrestling and corralling my many young children through church, an older woman in the ward approached me in the parking lot. She was a powerful lady in our extended community and in the Church. She was also mourning her husband's imminent death from cancer. She expressed simply to me, "You are doing a good job. I know it is hard. You are doing just fine." Her words, rather than condemning me for rowdy and irreverent children, freed me and lifted me.

I have tried to be like her. When I see mothers in the store so angry with their unruly children, I try to stop and engage them in quick

conversation. “How old is your child? She is beautiful. She’s done shopping, huh? I know how she feels! I’m tired, too!” Just a few words, but a little light and a little lift. As I validate and support, rather than immediately correct or judge, I empower others to keep working hard, to have faith, and to have hope. At the same time, these experiences remind me to be more patient and gentle with my own young ones.

Sometimes in my life, I have felt almost overwhelmed with the day-to-day tasks of being a mother of young children. Even in those often stressful and tedious trenches, the Lord finds me and uses my talents. Once, in the middle of my husband’s medical training, the Relief Society Enrichment leader asked me to teach a class on communication in marriage. How did she know that was my degree? She didn’t. She just felt impressed to ask me. Years later, I had a similar experience. I had recently moved to a new state when I was invited to give a class at the upcoming Stake Women’s Conference. My topic? Marriage. The women who invited me didn’t even know me personally. But the Lord did. He knows right where I am, even when I feel buried and hidden in my day-to-day life. He will find me and He will use me and my specific talents and training to serve His children at just the right time . . . for others and for me. I remain worthy and willing, and He puts me to work in small and large ways all around and all the time.

Connections and love can be strengthened in many places. During my husband’s medical school years, I helped with a medical family support association. I was also part of a dating co-op. Each week one couple would babysit all the children while the other three couples could have a date night. That made for one especially wild Friday a month, and then three already-scheduled date nights. As we have moved from place to place during those long years of education and training and then getting settled, I have been a part of book clubs, babysitting swaps, cooking groups, and playgroups. My daughter and I recently started a daughter/mother book/cook club. I love offering a place where mothers can laugh together with their daughters. In these many small ways, I gain friends, share experiences, and have opportunities to lift and lighten and bless the families and connections of those around me.

I have tried to take advantage of many marriage/child/family enrichment classes offered through the Church or my community

to bless my own relationships. My personal theory is that though any couple who are devoted to each other and to the Lord and who love each other and the Lord can be okay. *Any skills learned on how to work and communicate together can make that marriage relationship easier.* And just like many other things, we need to learn these skills again and again. This need became very apparent as my husband finished his residency after ten years of marriage and we signed up to take the six-week marriage course offered by our stake. As I sat there each Tuesday night listening to the wonderful skills being taught, I had two thoughts. #1: This is such great stuff! I learned this stuff in my major at BYU! And

2: Huh. Sure could’ve made these last years easier if I had *remembered* these great things I learned in my major at BYU!



Even though I have forgotten some things for a time from college, I learned and passed on a marvelous truth spoken of in the book of Joel in the Old Testament. The Savior says, “And I will restore to you the years that the locust hath eaten” (Joel

2:25). In marriages and families, as in life, one of the greatest messages of the gospel is that we can start over. We can try again to be a better spouse, a better parent; to make a better marriage, a better family. “Doubt not, but be believing, and *begin as in times of old*” (Mormon 9:27; emphasis added). As a defender of marriages, I try to spread hope to those in pain around me, whether in large groups or one-on-one.

Sixteen years have passed since I graduated with a degree in Family Science from BYU. As everyone, I have carried heavy loads, weathered hard trials, and wept many tears. I have also laughed hard and loved deeply and greatly rejoiced. I have spent time overwhelmed and heavy-laden, but I have also been abundantly blessed and have seen beautiful miracles and light. I look different than that young and bright-eyed graduate from those many years ago. But, though seasoned, my heart and my spirit are still exactly the same: I am excited and strong and fiercely determined to follow the example of Jesus Christ and to *bless families*—one person, one marriage, one parent, one child at a time. I do what I can for those around me, with what time and energy and resources I have, wherever I am. And it is enough. “Shall we not go on in so great a cause? Go forward and not backward. Courage . . . and on, on to the victory!” (D&C 128:22). I can answer the question “What have you done with your major?” with confidence and joy. I *am* making a difference.



Facilitating Beauty in the Home:

CARLY COWSER THORNOCK

Filled with apprehension at the thought that she would be attending a school where her major of choice—Interior Design—is not offered, an 18-year-old Carly Cowser (now Thornock) wondered if she had made the right choice accepting the scholarship offered her and making the move from Kaysville, Utah, to attend BYU.

Now, six years later, Carly is a Family Space Designer, a homegrown title she feels fits her specific role not only within the interior design community, but in the family life sector as well. In the past, Carly has consulted with several families, helping them to create a space supportive of their unique personalities, values, and lifestyles. Now she meets these needs through her blog, entitled “Old Farm Road.” On her blog (see sidebar), Carly explains her



zeal for family space design: “My passion of passions lies in how we use our homes to create memories and relationships, and most importantly, how to use our spaces to strengthen our families. . . . My goal is to make spaces reflective of who people are and what we want to become.”¹

She didn’t always know that this would be her path in life. In fact, she admits to being one of the School of Family Life (SFL) skeptics, buying into the outsider’s stigma that BYU SFL majors are just “husband searching.” However, after her first class with Professor Jenet Jacobs, she became a SFL convert, especially after finding the interior design emphasis.

Carly found an unexpected depth in her studies. “We didn’t just study how to sew or cook or decorate or budget, but we studied why it mattered and how these things are a form of worship and an integral part of becoming who God wants us to become in our families.”

Her love for what she does is apparent as she gestures animatedly and strives to communicate the importance of planning a home around family needs and desires. “It’s all about what values you want to inspire in your family,” she states, when asked how she sees the correlation between interior design and family function—an idea that became her senior thesis. Since then, she has endeavored to use her skills to help others make their houses into homes.

“My passion of passions lies in how we use our homes to create memories and relationships, and most importantly, how to use our spaces to strengthen our families. . . . My goal is to make spaces reflective of who people are and what we want to become.”

¹ *Old Farm Road*. Designer Blogs, n.d. Web. 5 Apr. 2014. <<http://www.old-farm-road.com/p/about.html>>.



What's in a Home?

Home—this word means something different to everyone, yet most would agree that there is a distinct difference between a home and a house. Carly states that “General rules of design are helpful, but I don’t think that’s what makes a home.” According to her, a home is more than the physical structure of your house; it’s “an intentional use of that house to meet deeper goals based on principles of love, respect, and safety.”

How, then, does one go about making a house into a home?

Routines and Rituals

What you do in your house matters, but even more important is *how* you do it. As the saying goes, “home is where the heart is,” and putting heart into your house has a lot to do with how you go about the everyday activities within it. Carly stresses the importance of routines in family life, but even more than that, of making these routines more than just boxes to be checked off. Instead, she

advocates for the building of rituals, which are of greater value than the simple ordinary tasks.

The *why* is especially important in creating a ritual out of a routine. What do these routines mean, and why do we do them? If we understand why an action is important and meaningful, how we do them changes. In this way, “over time, routines can morph into these rituals.” These rituals become meaningful and allow for families to grow closer together when participating in them. “Rituals are what give people identity” and help instill a sense of belonging.

Having family dinner is one such situation where the line between a routine and a ritual can be clearly seen. There are several steps required to complete the process, and they are different family-to-family: preparing the food, setting the table, praying over the food, talking with each other, doing the dishes afterward. All of these menial routines when put together with a spirit of love can create a ritual with specific meaning. As Carly puts it, “Eating dinner is the routine, and the ritual is *eating dinner*.”

Something that works for one family could be completely wrong for another. For Carly, the satisfaction comes from finding the perfect fit for a family's unique personality and lifestyle.

Objects Imbued with Meaning

In the same way that routines can become rituals depending on how you do them, “everyday, ordinary things become spiritual because of how you use them.” Carly has felt this to be true in her own life.

When she was a young girl, Carly's grandfather would lovingly gather her family around the coffee table for family prayer every time they were together. “Now when we see the coffee table, we think of Grandpa, and how he would always pray for us, and this identity of who we were as a family.” Visual tokens such as the Cowser coffee table, a picture of the temple, a special rug from that one trip to California, or your great-grandmother's china plate can have a remarkable influence on the spirit of your home. “I'm reminded with my eyes more than this abstract idea of what we believe,” Carly reiterates.

She also emphasizes the importance of uncluttering the objects in your home. Too many things begging for attention will cloud the atmosphere you want to achieve. “You have to be careful what you put in your house in the first place so that the things screaming for attention are the important ones.”

Not only will clutter make it difficult to focus on the objects of real importance and the feeling behind them, but, as Carly noted in a recent article published in a prestigious academic journal, clutter can also negatively affect a child emotionally, which in turn can influence a mother's parenting style to be more coercive. Or as she put it in her formal academic language: “Thus, although a cluttered house may not be a large enough stressor in and of itself to impact mothers negatively, when the cluttered house enhances child emotional dysregulation, the combination can cause some mothers to experience negative effects.”²

The Intersection

Because beauty is subjective, Carly recognizes that there is no universal approach to planning a home. She speaks quietly as if divulging a secret when she says: “Beautiful is an emotion,” and then laughs at the profundity of what she has just expressed. It's completely true; walking into a usable and custom space triggers an emotion, and the perceived emotion is what makes you view that space as beautiful. Carly supports this subjectivity of emotion. “Every family is different. Every family has different values, hobbies, and interests. So to help families figure out what those values and hobbies and goals and interests are and then to make their environment supportive of them is what I'm passionate about.” Something that works for one family could be completely wrong for another. For Carly, the satisfaction comes from finding the perfect fit for a family's unique personality and lifestyle.

Carly would consider herself a facilitator, rather than a planner. Her designing is all about making a tailor fit for each family. She helps families to function at their best by finding the intersection between creating not only a beautiful environment, but also a space where family values are supported by that environment. However, the ideal is not the same as reality. “Of course, we would like to think that life fits into these boxes, all perfectly, but it doesn't,” Carly admits, a smile playing at her lips as she shakes her head wistfully at the notion. “I wish I could just buy this couch and it would be the answer to my family and its cohesiveness!”

Carly hopes her future is full of love and laughter in her own home. Right now she is taking care of her nine month old, Nyle, blogging away, and doing lifestyle photography shoots (see sidebar photos). Her blog shares her views and beliefs of family space design, and her wish is “that people can catch the fire of the truth of it and the potential it could be for them.” Ultimately, Carly wants to share her knowledge with others as well as implement it in her own life.

² *Old Farm Road*. Designer Blogs, n.d. Web. 5 Apr. 2014. <<http://www.old-farm-road.com/p/about.html>>.



Remembering Ashleigh Nicole Cox



Ashleigh Nicole Cox, a senior majoring in Human Development in the School of Family Life, died on February 9, 2014, a day after being caught in an avalanche in American Fork Canyon. Ashleigh was born May 31, 1992, in Columbus, Georgia. She lived in Colorado Springs most of her life and graduated from Doherty High School in 2010, where she served as seminary council president and participated in track, choir, and Honor Society. Ashleigh enjoyed reading, watching musicals, singing, music, figure skating, violin, camping, and hiking. Her parents described her as having a love for life and always striving to do what was right. As their oldest child, she was a great example to her siblings and friends.

In the School of Family Life Ashleigh served as a research assistant and as a teaching assistant. Dr. Susanne Roper commented,

“Ashleigh worked patiently with students in research methods and was sensitive to the needs of a diverse group of students.” Ashleigh also spent the summer of 2013 working in an orphanage and hospital as a participant in the Romania Study Abroad program. Speaking of her work there, Dr. Chris Porter said, “Through our interactions I came to recognize the great sensitivity and love Ashleigh demonstrated towards the children in Romania.” Dr. Larry Nelson added, “She was humble, kind, compassionate . . . and filled with the true love of Christ.”

Ashleigh was to graduate in April 2014 and had been accepted into the BYU Masters of Social Work program. She is survived by her parents, Dennis and Jamie Cox, and her siblings, Ryan, Allison, Megan, and Mikayla.



Retiring Staff: LaRita Johnson

DEDICATED SERVICE SINCE 1992



LaRita Johnson and four generations of family

This summer marks the retirement of one of the most appreciated members of the School of Family Life. LaRita Johnson, the SFL department administrative assistant, will retire to begin a more relaxed lifestyle. Although LaRita expresses her excitement at the prospect of being more free to travel without work always in the back of her mind, she knows just how much she will miss being a part of the SFL community. This community will undoubtedly miss her unwavering and tender presence just as much, not only in her office on the second floor of the JFSB, but in their lives as well.

People like LaRita are hard to find: completely competent, yet loving and humble. Getting her to talk about her accomplishments is no easy task, although she has indeed accomplished much during her twenty-two years of service to the BYU School of Family Life and before that eight years working in various positions around campus. As an acknowledgement of her devoted service, LaRita was presented the prestigious Fred A. Schwendiman Staff Performance Award in 2001.

LaRita humbly expresses how lucky she feels for her position working in the SFL administrative office and her appreciation for the loving community she has been able to experience these many years. “I have *loved* working with the faculty and the students. I mean, this department is just great . . . and I’ve enjoyed working with them, being a part of what they’re doing here at BYU in the School of Family Life.” She then adds jokingly: “I’m glad they didn’t fire me!”

LaRita and her husband, Dennis, look forward to visiting their fourteen grandchildren and traveling in the near future to places they haven’t been able to get to before. They especially look forward to camping up the east coast in their fifth wheel trailer and returning to Palmyra, New York.

The SLF community wishes them well in their travels and thanks LaRita for her years of dedicated service.



Getting the Word Out:

THE TRUTH ABOUT FAMILY AND CONSUMER SCIENCES EDUCATION

“This is not your grandmother’s home ec,” reads the caption under a picture featured in an article in *The Week* about the benefits of family and consumer sciences in today’s world¹. Yet many people still seem to believe that home economics is a relic from the good ol’ days instead of the useful tool that it is proving to be.

Why exactly does home ec—now known as “family and consumer sciences” (FACS)—get such a bad rap in today’s world? Perhaps it’s viewed as a remnant of the 50s housewife culture or a subject irrelevant to men. Or maybe FACS classes have been stereotyped as goof-off hour in high schools. However, is it possible that many don’t value FACS today because we have been duped into believing that the *content subjects* within FACS are unimportant and outdated? Consider the habits nowadays of eating out instead of at home or of outsourcing personal financial decision-making, simple household repairs, and even laundry. The result is that adolescents just leaving home, who do not have the financial means to eat out every night or have someone else do their laundry, are thus ill equipped to handle the basic components that make up everyday living as an adult.

That’s where the Family and Consumer Sciences Education major steps in. FACS Ed started at Brigham Young University in the 1800s. Its mission has always been to craft a team of highly qualified professionals to teach essential life skills to junior high and high school youth.

What exactly are these students learning? It’s far more than making pies, although the ability to bake the perfect *tarte tatin* is nothing to be scoffed at. In addition to teaching advanced cooking skills, FACS Ed fosters a knowledge of early childhood development, parenting, family and marital relationships, personal and family financial management, housing and interior design, clothing and textiles, and nutrition and wellness, just to name a few. Because these topics are often neglected subjects of parent-to-child communication and teaching in the home, these skills need to be taught in secondary schools. Learning these skills will enable youth to not only take care of themselves when they leave home but also create their own career opportunities while in high school and directly afterward.

Dr. Christine Moore, who taught FACS classes for 30 years in the schools and has been with BYU for the last 10 years directing BYU’s FACS Ed program for the past ten years, exclaims with a passion she often seems unable to contain, “While some say we have no place at a university, I say you can’t afford not to have us here.” She expresses her belief that those who doubt the credibility and significance of FACS classes or the FACS Ed major simply don’t have the facts.

She holds that now is not the time for modesty among the FACS Ed students and professors; now is the time to convince others of the necessity of teaching these subjects in the schools and of training teachers to fulfill this need. She wishes other proponents of the program would more readily hop onto their “soapbox,” which, she admits, is a place she is quite comfortable, and get the word out about FACS Ed.

Well, here it is: popular assumptions and the realities any FACS Ed faculty member or student would want you to know:

Assumption: Family and Consumer Sciences teaches skills that only stay-at-home moms need to know.

Reality: High school students can learn how to eat healthy, how to do taxes for the first time or use a credit card responsibly, and how to perform high-quality sewing, among other things. As Dr. Moore would put it, it’s ludicrous to teach children to be a chemist and not teach them how to eat healthy or how to do laundry. She rolls her eyes as she says, “Even scientists have to eat, have to wear clothes!” A fact of life is that there is no escaping the day-to-day necessities of life. Having these skills will increase students’ caliber of life by making them more independent individuals, better money-managers, better spouses, and better parents.

Assumption: FACS classes only encourage young women to stay at home and not pursue a career.

Reality: One of the goals of the FACS Ed teachers is to help students be able to find gainful employment straight out of high school. Completing certain classes in a high school FACS class, such as ProStart for future chefs, can help graduating students find jobs or start their own businesses—such as a catering

¹ Carmel Lobello, “How home ec could save a generation,” *The Week*, November 6, 2013, <http://theweek.com/article/index/252391/how-home-ec-could-save-a-generation>.



“While some say we have no place at a university, I say you can’t afford not to have us here.”

business, interior design consulting, tailoring, or a day care facility—in their own homes.

Assumption: A FACS Ed major could never be profitable in the “real world” and is not practical as a career.

Reality: A FACS Ed major is versatile and employable. It’s even on Georgetown University’s Top Ten list of degrees most likely to land you a job in your field right out of college.² On top of all that, BYU’s record for placing graduates in jobs is perfect: 100 percent of FACS Ed students who seek teaching positions have been employed in their field immediately after graduation. In fact, the demand for FACS teachers is so high that states other than Utah are raising salaries and recruiting from Utah to try to fill their positions. Dr. Moore laments, “A lot of programs are closing—not because Family and Consumer Sciences is out, but because they cannot get teachers to fill the positions. That’s the big problem.”

Assumption: FACS Ed is a cop-out for those college students who want to take the easy route and don’t want to get a degree in a more difficult major.

Reality: FACS Ed is perhaps one the most demanding majors offered at BYU, with a minimum of 71 credit hours required to graduate. That’s double the number of credit hours it would take to earn a BA in Economics from BYU. And if you want an icy stare, just accuse an advanced sewing class student of taking a puff cake class!

The hope for the future is that more people will open their eyes to the necessity of having FACS classes and teachers to instruct junior high and high school students in topics that will benefit them their entire lives—topics their parents, more often than not, are struggling to teach their children themselves. BYU’s FACS Ed program will continue to fill this need with some of the most highly qualified and in-demand Family and Consumer Science teachers in the nation.



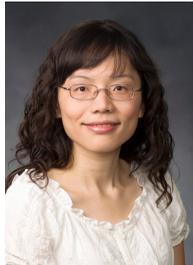
² Anthony P. Carnevale and Ban Cheah, ““Hard Times: College Majors, Unemployment, and Earnings,”” *Georgetown.edu*, May 29, 2013, <https://cew.georgetown.edu/unemployment2013>.



New Faces in the School of Family Life

If you were to come to campus these days and roam the halls of the School of Family Life (in the beautiful, new Joseph F. Smith Building), you wouldn't recognize a lot of faces. The School has experienced almost 50 percent turnover in the past decade. Here are the newest talented and dedicated additions to the SFL faculty:

Dr. Chien-Ti Lee received her PhD in Family and Human Development from Utah State University in 2010 and completed two post-doctoral appointments, the first at Wesleyan University and the second at Duke University Medicine Center. Her research focuses on protective and risk factors of adolescent normative psychosocial development (identity and cognitive autonomy) and also on psychosocial problems (substance use)



across cultures and societies. Dr. Lee converted to the LDS Church while attending graduate school at Utah State University in 2007. She grew up in Taiwan, writes traditional Chinese characters, and wants to be a great mentor like Confucius.

Dr. Chad Gibbs received his PhD in Interior Design from the University of Minnesota in 2007. He fills a big gap in the department left by the retirement of David Taylor. Dr. Gibbs teaches and does research on how architecture supports the experiences of the home. He was a professional interior designer in the healthcare industry and taught interior design at BYU-Idaho, University of Minnesota, Indiana University of Pennsylvania, and Colorado State University



prior to joining the faculty at BYU. He loves road trips and camping. He says, "You see the most amazing things and meet incredible people when you travel this way."

Dr. Spencer James received his PhD in Sociology and Demography from Pennsylvania University in 2012. His research focuses on population-level shifts in the formation, maintenance, and dissolution of long-term romantic relationships. Dr. James has eclectic tastes in music, from "EFY music" to reggae.



Dr. Angela Bradford received her PhD in Human Development and Family Studies, with an emphasis in Marriage and Family Therapy, from Auburn University in 2012. Her research focuses on understanding how and why couples can change when they participate in educational and clinical interventions. Dr. Bradford is a talented cake decorator, a pastime she and her young children enjoy very much.



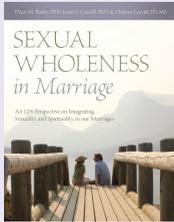
Dr. Lee Johnson received his PhD in Human Development and Family Studies, with an emphasis in Marriage and Family Therapy, from Kansas State University in 1998. He taught at the University of Georgia before coming to BYU. Dr. Johnson's research focuses on the influence of physical activity, improved sleep, and reduced stress on emotional regulation and other marriage and family therapy outcomes. He is an avid athlete who competes in triathlons.





Lifelong Learning

Brigham Young University urges its faculty to make a BYU education spiritually strengthening, intellectually enlarging, character building, and leading to lifelong learning and service. In that spirit, the School of Family Life faculty have suggested some recent publications and resources of potential interest to SFL alumni to help them stay current in the field.



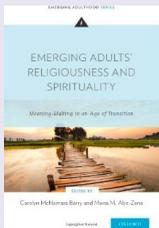
Sexual Wholeness in Marriage: An LDS Perspective on Integrating Sexuality and Spirituality in our Marriages *by Dean M. Busby, Jason S. Carroll, & Chelom Leavitt*

Sexuality can be one of the most rewarding and yet perplexing areas of life for spiritually-minded individuals. In this book, the authors—two BYU SFL faculty and a former graduate student—present a pathway to building healthy sexual attitudes and a sexual relationship with a spouse that can be enriching and fulfilling on the spiritual journey toward exaltation. In addition, they address many of the common questions LDS individuals have about their sexuality that have not been adequately answered by existing sources, including: How can couples manage their often different levels of interest in sex? What are the types of sexual behaviors that are appropriate for married LDS couples? How can couples keep their sexual relationship creative and enjoyable over the decades of marriage? How can couples be better prepared to start off their marriage on the right foot when they are sexually inexperienced?



Marital First Responders <http://maritalfirstresponders.com/>

The *Marital First Responders* organization was created to help individuals be more helpful when friends and family members who are struggling in their marriage and thinking about divorce approach them with their concerns. Most people struggling in their marriage go first to a friend or family member rather than a professional. *Marital First Responders* was founded by a leading marriage researcher and therapist, Dr. William J. Doherty, and his daughter. More than 70 percent of Americans say they have been a confidant to someone about a marriage problem. This website describes the aims of the service and provides a link to a free webinar to learn more.



Emerging Adults' Religiousness and Spirituality: Meaning-Making in an Age of Transition *by Carolyn McNamara Barry & Mona M. Abo-Zena*

Most American children are raised in a religious tradition, but by the time they reach their early twenties, their outward religious expression declines significantly and many leave their faith. Reasons for this change in religious behavior include increased immersion in contexts beyond the family and exposure to secular media. Also, adolescents are forging their own identities at this time. Coming into one's own takes on great prominence during the years of emerging adulthood (18–29), making the time ripe for religious and spiritual development. In *Emerging Adults' Religiousness and Spirituality*, the authors seek to understand how the developmental process of meaning-making encompasses emerging American adults' religiousness and spirituality.



The Overprotected Kid *by Hanna Rosin* <http://www.theatlantic.com/features/archive/2014/03/hey-parents-leave-those-kids-alone/358631/>

This fascinating article in *The Atlantic* magazine discusses overprotecting our children and not allowing them the freedom to explore the world on their own. It suggests that parents are perhaps spending too much time with their children.

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Family Connections

BYU School of Family Life Alumni Magazine

