

*Research Experience Gives
Student Exceptional
Opportunities*

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SCHOOL OF
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2008
ALUMNI
NEWSLETTER

COLLEGE OF
HUMAN
ECOLOGY
— KANSAS STATE UNIVERSITY —

*Cassidy Breeden, '08 graduate in communication
sciences and disorders, hones her research
skills in the voice research lab*

Greetings!

This past academic year has been a time of expansion in the School of Family Studies and Human Services. We had a record year for grants — more than \$16 million. Much of this funding has been for programming and research to help military families. In fact, we will be adding four new clinical faculty positions, two in marriage and family therapy and two in communication sciences and disorders, to work with military families and supervise graduate students who will also be working with these families. You'll be reading more about this in future issues of this newsletter and FOCUS as the projects progress.

In addition, we are establishing an FSHS program at K-State at Salina. We have hired one FSHS faculty member for this coming year and we have plans to hire two more. They will be full members of FSHS, but will be located at the Salina campus. We are excited about this opportunity, and K-State at Salina is equally pleased about the expanded offerings this will allow them to provide.

Expansion is occurring in personal financial planning as well, where two additional faculty have been hired. We are starting a financial planning clinic in downtown Manhattan which will assist families and also serve as a site for research studies. We are also working with the university to establish a financial counseling center for students at K-State. Finally, we are hoping to establish a Ph.D. program in personal financial planning. You can read more about these changes in this newsletter.

So this past year was, indeed, a busy year of foundation building. This coming academic year will be an equally busy year of implementation. We want to thank all donors to our program for helping make the work of the School possible through their contributions to student scholarships and assistantships as well as for research, programming opportunities, and international travel for faculty.



Bill Meredith, *Professor and Director*
School of Family Studies and Human Services

News Briefs

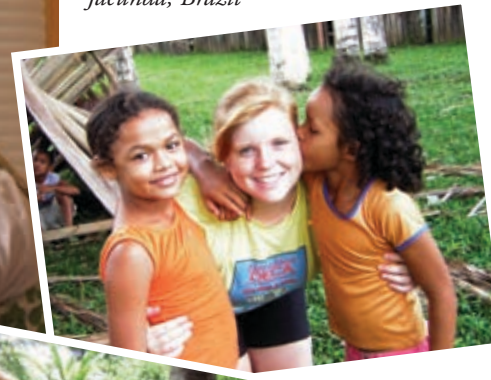


No doubt you've heard by now that as the evening of June 11 crept toward midnight, something ominous was making its way toward Manhattan. A large tornado hit the southwest side of town, leveling houses and scattering debris for miles. It made its way through campus, ending its path of destruction at The Stone House Hoeflin Early Childhood Education Center and the C.Q. and Georgia Chandler Institute for Child and Family Studies. Though it was fortunate that Stone House sustained little structural damage, the building did lose 29 windows, and suffered considerable damage to playgrounds, trees and equipment.

With the help of staff and community members, Stone House was able to resume classes just one day later. But the opportunity remains for alumni to contribute to the reconstruction effort. If you would be interested in making a donation, please contact Jennifer Rettele-Thomas at jenniferr@found.k-state.edu for more information, or call 800-432-1578.



Breeden with a few of the children at the orphanage in Jacundá, Brazil



Dr. Linda Hoag (left) and Cassidy Breeden discuss their research findings

Talking the Talk, Walking the World

Undergrad enhances education through research and study abroad

To speak is to possess one of the most significant characteristics of human nature. The ability to form words in order to express thought — to understand one another — is immeasurably complex, yet so deceptively simple that it's often taken for granted. This is something Cassidy Breeden, B.S. '08 communication sciences and disorders, learned during her undergraduate studies in FSHS, in two very different ways, through lab research and study abroad.

A native of Quinter, Kan., Breeden originally enrolled in the industrial engineering program, but by her second semester she'd realized that major might not suit her as well as she'd thought. Familiar with the communication challenges some people face through her mother's career as a special education teacher, Breeden switched to the communication sciences and disorders program, specializing in speech-language pathology.

"Special education and speech-language pathology often work together.

And I liked that environment, but I was drawn to speech-language pathology," Breeden said.

Since spring 2007, Breeden has been assisting Linda Hoag, professor and certified speech-language pathologist, in an NIH-funded project that examines the interaction between customer service personnel and people who use computer-based technology to speak. These individuals, whose inability to speak often stems from a physical disorder, must depend on an electronic device to communicate for them.

"We're looking for ways to increase the level of independence and the quality of life for people who use this technology in order to communicate," Hoag said.

The electronic devices people utilize can range from keyboards to type messages, to machines that can express entire thoughts or sentences at the push of a button. These systems have a lot of capabilities, but those capabilities are often limited by the user's physical state, and things can still get confusing.

"No matter what method is used, it's still going to be very slow in comparison to the normal give-and-take of everyday conversation," Hoag said. "If we can organize programmed message choices in the most efficient way, we can help the people who use these systems get what they need much faster."

As an undergraduate research assistant, Breeden recruited and interviewed potential participants for the study, set up and ran the experimental sessions, and transcribed recorded data. Logging and organizing all the information, taking special care to be completely accurate, is something Hoag admits can be tedious. But the experience gave Breeden a firsthand view of the difficulties people with severe communicative disorders face in society. It also gave her a leg up on what is sure to be an important part of her graduate studies.

"She was given a good opportunity to learn all the work that goes into research up front. I think it will also help her understand things from a different

FSHS Reaching Out Through K-State Salina Expansion

New program option on Salina campus affords students a variety of educational opportunities

It used to go this way:

If you want to learn all about aeronautical technology, go to the College of Technology and Aviation at K-State Salina. If you want to learn about things like family dynamics, interpersonal relationships and finance, go to K-State's Manhattan campus and enroll in FSHS.

But beginning fall 2008, things won't necessarily go that way anymore. In order to help meet the needs of the surrounding community, the College of Technology and Aviation at Salina is working with the School of Family Studies and Human Services to offer a general degree program in family studies and human services. For a college with a history of expertise in all things mechanical, it's an interesting twist. But to Bill Meredith, director of FSHS, it makes sense.

"K-State Salina is looking to expand the types of classes they offer, and our degree program happens to be very beneficial to the extended Salina community," said Meredith.

For some time, the College of Technology and Aviation has offered humanities courses. Most of them are lower-level courses, aimed at rounding out an otherwise technology-intensive curriculum. But despite the fact that K-State Salina curricula are dominated by technology, administrators are already seeing interest in the new degree program.

"They've gotten a lot of positive feedback already," Meredith said. "This

is a really good opportunity for non-traditional students in that area to advance their careers."

Slated to begin in the fall 2008 semester are FSHS 105: Introduction to Personal and Family Finance; FSHS 110: Introduction to Human Development; and FSHS 302: Introduction to Human Sexuality. These courses will be taught in addition to the pre-existing course, FSHS 350: Family Relationships and Gender Roles. David Delker, associate dean for

them in their own back yard.

Salina residents will benefit in different ways. Working professionals in the community will be able to attend school



New faculty member Melinda Markham will join the FSHS faculty in August 2008



nearby, as opposed to commuting or moving to Manhattan. Also, college administrators expect to see an influx of trained professionals in social services as a result of the new degree program.

"We've been making contact with some of the social services facilities in the community and they have a lot of need for people with this background," Delker said.

the College of Technology and Aviation, has high hopes for one of these courses in particular.

"We're hoping to attract quite a few people in the community with FSHS 105. It's a good course for developing sound financial practices, with applications at home and in business," Delker said.

Both FSHS and the College of Technology and Aviation expect several benefits from the cooperative plan. FSHS hopes for a wider reach across the state of Kansas. Students who may not have otherwise known about the financial planning or family therapy programs at K-State will have a chance to learn about

As interest and enrollment in the new FSHS degree program at K-State Salina grow, so will course offerings and the number of faculty members. Instructor Melinda Markham will join the FSHS faculty in August 2008. Two additional faculty members will be hired in the following years.

"We are excited about this collaboration. There's a lot of opportunity for growth at both locations, and I'm proud of the fact that our department was K-State Salina's first choice when they decided to expand," Meredith said.

Families often agonize: How do you properly honor the memory of a loved one? Ernestine Sanders found some measure of comfort after her daughter Diane died of complications from diabetes in 2007. She established a scholarship to help other graduate students who, like Diane, were passionate about serving the needs of families and individuals.

“I’ve always believed in higher education, but I think there are many people who can’t afford it, so I thought I’d establish a scholarship in Diane’s memory to help people to go on (with their education). I think she definitely would have appreciated that,” Ernestine Sanders said.

Ernestine Sanders appreciated the support CHE faculty gave her daughter, and is pleased to offer other graduate students an opportunity through the scholarship.

“The first lady (to receive it) really does appreciate the scholarship, and I’ve met with her several times,” she said.

That would be Teresa Tonn of Haven, Kan., who is pursuing a Ph.D. in family life education and consultation, as Diane was. Tonn is, again in common with Diane, a non-traditional student. And like Ernestine Sanders, Tonn has suffered painful losses.

FSHS Scholarship Opens Doors for Graduate Students



Scholarship in Diane Sanders' memory enhances legacy

Diane Sanders, B.S. '73, M.S. '74 foods and nutrition, worked for many years in the nutrition field in the Manhattan area. When she entered K-State to pursue her doctorate, she specialized in family life education and consultation with a possible eye toward combining the two disciplines professionally in the future, according to Dr. Walter Schumm, Diane’s major professor during her graduate studies.

“She saw both fields as mutually supporting, and she realized how important family issues were (in nutrition counseling), so that motivated her,” he said.

Diane co-authored seven academic articles on the health and personal relationships of military personnel with Schumm, who championed her receipt of a posthumous doctorate in December 2007.

“We had some things in common. I lost my father young, and I lost my (first) husband young, and I had some extremely good counseling at those times. That kind of helped direct me into this field,” said Tonn, who was formerly self-employed in the insurance and real estate fields.

Tonn is remarried and lives in Haven (about two and a half hours drive from Manhattan) permanently. She also had an apartment in Manhattan during the school year, so she had expenses that the average undergraduate doesn’t have to worry about.

“I’m not sure people realize, especially for non-traditional and graduate students, how taxing it really is to go to graduate school full time and try to work, and these scholarships really, really help. I am so glad there is support available for graduate students!” she said.

Mrs. Sanders said that Teresa isn’t the only person who appreciates her gift to K-State.

“I’ve heard from so many people at K-State, even President Wefald. I have letters thanking me for that scholarship from every CEO up there, I think!”

“I can afford to do it, and I wanted other people to have the opportunity to get an education,” she concluded.

“I thought I’d establish a scholarship in Diane’s memory. I think she definitely would have appreciated that.”

— Ernestine Sanders

(above) Diane Sanders in 1973, from the Royal Purple yearbook

(right) Teresa Tonn receives the first Diane Sanders Memorial Scholarship at the College of Human Ecology’s 2007 Legacy of Excellence Event

(far right) Director of Development Jennifer Rettele-Thomas recognizes Ernestine Sanders (left) for her gift



Innovative Programs Expand Personal Financial Planning

A proposed Ph.D. program in PFP allows candidates worldwide to earn their doctorate from K-State through online coursework. And what will happen when they travel to Manhattan each summer for on-campus work? They'll be getting real-life counseling and research experience at the FSHS financial planning clinic.

Ph.D. Program Designed for Busy Professionals

Say you're a financial planner with a couple of employees, clients who count on next-day appointments, and a coffeemaker that hasn't had a day off in months. You have a lawn to mow and kids who are on a first-name basis with their bus driver. How do you put that deep-rooted life on hold for a multi-year doctoral program?

"Right now, if you want to get your Ph.D., most typically you quit your job, you move somewhere else for three or four years, and there's a huge opportunity cost," said John Grable, Ph.D., professor of personal financial planning.

Now professionals have a better option with K-State's proposed personal financial planning Ph.D. program — the first in the nation to be conducted largely online. While the program is still in the final approval process, the first class is slated to begin summer 2009.

Faculty at K-State's Institute of Personal Financial Planning knew it made sense to create a doctoral program that would meet the needs of working professionals.

"We were looking for an opportunity to blend distance education with really intensive on-campus experiences."

"It's really a hybrid program. We were looking for an opportunity to blend distance education with really intensive on-campus experiences," Grable said.

"Every summer, students will come to Manhattan for 10 to 14 days — taking courses, doing group work, working in our clinic (see companion story), and working really closely with financial planning faculty," he said. "When the fall comes, they'll go back to wherever they're from and take online courses."

Students will meet for three summers in Manhattan, followed by an international experience the fourth summer.

"Instead of being in Manhattan, we would go to Korea, or China, or Singapore, and actually see how financial planning is conducted internationally."

Though flexibility will no doubt be the major draw for many potential students, that doesn't mean the more traditional route won't be available.

"If a student wanted to actually move to Manhattan and get a Ph.D. in financial planning, they could certainly do that, too," Grable said.



Financial Planning Clinic Explores Money and Marriage

You want to save your tax refund, but your spouse wants to sink it into a new TV. You want to invest in real estate, but your better half is keen on the stock market.

Whether due to varying levels of risk tolerance, or different ideas about where earnings should go, money has always been a source of marital discord.

"Money's a major conflict in marriage, but marriage and family

Reach and Relevance of

“In this area, K-State is really on the cutting edge of setting the agenda for the country. What we’re doing here could be a model for others to follow.”



be the first and only clinic of its kind in the country,” he said.

New faculty member Kristy Archuleta, summer 2008 doctoral graduate

in marriage and family therapy, will play an instrumental role in the new clinic, given her graduate work in financial planning and counseling, and her long-term professional focus on helping families deal with financial stress.

“The clinic is designed primarily as a research and teaching space where undergraduates can get experience in providing counseling, and master’s and Ph.D. students can get that same experience — and collect data they can use for research,” Grable said.

The facility will feature two clinic rooms, as well as a theater room with comfortable seating and a beverage station.

“Imagine if you sit in movie theater seats, and have a cup of coffee or a soda. On the big screen in front of you will be images coming at you. And because you’re so relaxed and visually stimulated, you answer questions naturally and honestly.”

The theater set-up also offers research possibilities, allowing students and faculty to explore how media affect people’s attitudes about finances.

“In this area, K-State is really on the cutting edge of setting the agenda for the country,” Grable said. “What we’re doing here could be a model for others to follow.”

therapists are not necessarily trained in how to handle that,” Grable said. “On the other side, financial planners know how to help people with their finances, but are untrained on the relationship aspect.”

The School of Family Studies and Human Services’ new financial planning clinic, set to launch in fall 2008, may just change all that.

“What we’re trying to do is create a new field of study called financial therapy, which blends marriage and family therapy with financial planning. This will really

To learn more about the proposed Ph.D. program, or to schedule an appointment at the FSHS financial planning clinic, please contact John Grable at jgrable@k-state.edu or 785.532.1486.

perspective as a consumer of research in her graduate studies,” Hoag said. “She was an excellent member of the research team. She was very quick to take on challenges and responsibilities in her position.”

“I think a lot of times, experiences like this wouldn’t be possible without help from scholarships or funding from departments.”

Breeden’s ability to face challenges head-on and learn on the fly was tested in summer 2007, when she traveled to Jacundá, Brazil for a study abroad experience. The opportunity was provided by the community services program offered by K-State’s Department of Educational Leadership.

“I’ve always been the type of person to get involved. And things like traveling to Brazil, assisting with research or teaching in labs as an undergrad are unique opportunities that might not be available at other universities,” Breeden said. “The experiences offered at K-State push you out of your comfort zone, and I really feel like that’s where you learn the most.”

Unlike a paid internship, Breeden had to come up with her own funding. Monetary support like the Anita K. Laurent scholarship and the Gilbert A. and Martha Jane Lewis Ferguson Human Ecology scholarship rewarded her

excellent academic record and allowed her to broaden her learning experiences.

“College is the only time in your life where you can do these kinds of things. Ironically, it’s probably the time in your

life when you have the least money,” Breeden said. “I think a lot of times, experiences like this wouldn’t be possible without help from scholarships or funding from departments.”

Breeden arrived in Brazil equipped with her background in communication, a few Portuguese phrases, and some rudimentary Spanish she remembered from her high school days. But she soon realized this wasn’t going to be enough to break through the language barrier at the orphanage where she was volunteering.

“Going down there and not being able to be understood was very frustrating,” Breeden said. “We would catch a few words here and there, but we were pretty much on our own.”

Breeden and her fellow K-State students helped build a new schoolroom and spent a lot of time playing with or caring for the children. Although some children were orphans, many had parents who simply couldn’t afford to take care

of them and needed a place for their children to stay. The trip taught Breeden a lot of things, first among them being the importance of communication.

“As a communication sciences and disorders major, you really understand how important language is. But you don’t need words to let people know that you care about them,” Breeden said.

Breeden began work on her master’s degree in June 2008. She’s not sure where her path will lead — whether it’s working with kids, running clinical experiments, or researching the latest in artificial voice technology — but she is certain that the ability to communicate is something that she will continue to study.

“Our anatomy enables us to communicate all sorts of abstract thoughts and complex ideas. It’s an amazing thing to be able to make all these different sounds and put them together in a way that gives them meaning,” Breeden said.

Please contact
Jennifer Rettele-Thomas,
director of development,
at 800-432-1578, or
jenniferr@found.k-state.edu, to
discuss ways you can contribute
to valuable study abroad or other
scholarship opportunities
for FSHS students.

Check out our website! www.humec.k-state.edu/fshs



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