

## MESSAGE FROM THE DIRECTOR

DEAN M. BUSBY
DIRECTOR,
SCHOOL OF FAMILY LIFE



Dear School of Family Life Alumni,

This will be my shortest message compared to previous issues of our alumni magazine. As you will soon discover, the fabulous experiences of the women who have graduated from the School, and the women who currently teach in the School are the subjects of this edition.

As I learned many years ago growing up in a family with six sisters, when you are surrounded by a group of highly competent women, the best thing to do is to be quiet and get out of the way because great things are going to happen.

I hope you are as inspired by their stories as I have been. It is a joy to work in a setting with such great students with tremendous potential and gifted colleagues that you can look up to, like I do to each of them.

Sincerely, DEAN M. BUSBY

Please send us your feedback to familyconnections@byu.edu

Is this your first issue of Family Connections? You can get past issues at https://familylife.byu.edu/Pages/Archived-Magazines.aspx



# FRONT COVER: SFL WOMEN FACULTY DIRECTOR Dean M. Busby / EDITOR Alan J. Hawkins / ASSITANT EDITOR Amy Nilsson Maughan / COPY EDITOR Jamie Moesser / PHOTOGRAPHER Maggie Miller / DESIGNER Maggie Miller

## THE SUMMER 2016 ISSUE

BYU SCHOOL OF FAMILY LIFE ALUMNI MAGAZINE

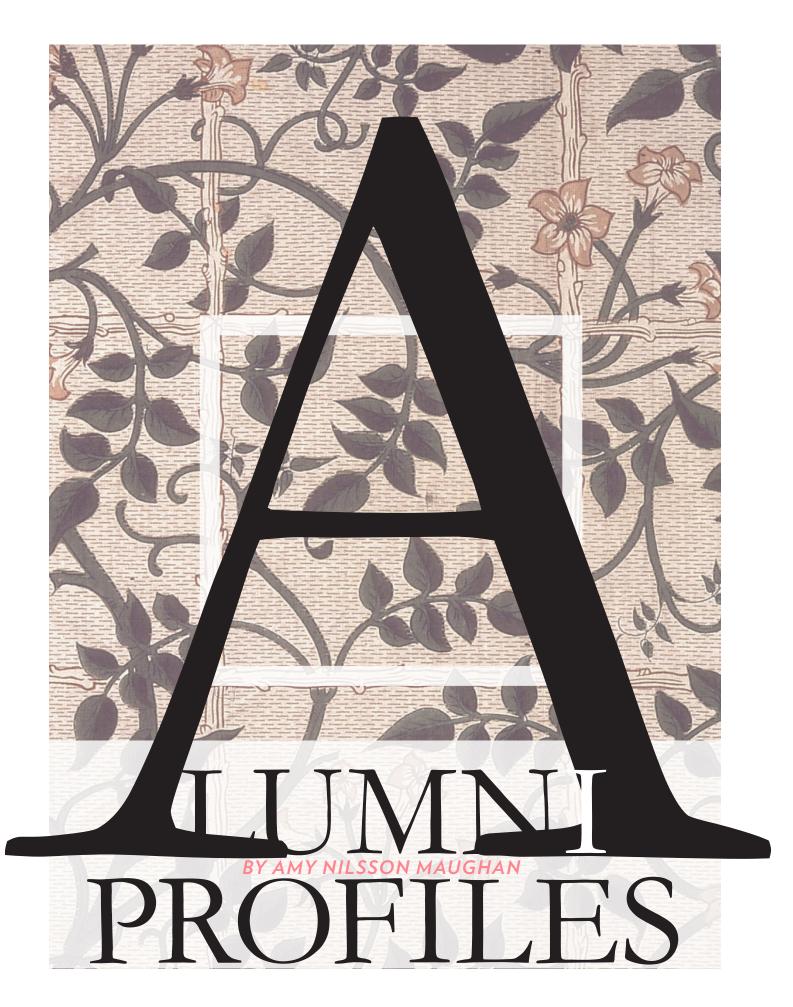
- 1 Message from the Director
- BYU SFL Alumni Profiles: Tammy Bowers & Jerica Berge
- 7 Unique Roads to Academia
- 13 Facebook Group Reminder
- 4 Life-long Learning

If you would like to make a donation to the School of Family Life, please contact

Jim Crawley

jim\_crawley@byu.edu

or call 801-422-8028.





## TAMMY BOWERS

## LIONHEART INNOVATIONS

66

We will have regrets in this life, but one regret I couldn't live with is not spending time with my family and not putting them first.

"

ost BYU students who graduate with a degree from the School of Family Life likely envision a future in which they get married, have a family, and work hard at raising good humans. What's harder to imagine is the specific, unexpected ways in which the future will actually play out.

SFL graduate Tammy Bowers planned to use her degree to teach elementary education. However, being married and nine months pregnant with her first child when she attained her degree in 2003, the timing was never right to finish her credential program. As children continued to join the Bowers family, Tammy stayed home full time, drawing upon skills learned through her major to educate and teach in the home. This included a year of homeschooling three children, one of which has a severe processing disorder.

But the biggest plot twist was yet in store for Tammy and her husband, Joseph, and would present a seemingly insurmountable challenge. Their fourth child, Landen, was born in heart failure due to hypertrophic cardiomyopathy and was not expected to live to his first birthday. Doctors diagnosed him with the rare LEOPARD syndrome, which meant Landen's only hope for survival was in receiving a new heart.

#### You can learn more about Tammy Bowers & LionHeart Innovations at: www.lionheartinnovations.com

As a symbol of courage, Tammy and Joseph gave their son the middle name "Lion," and placed a stuffed lion by his bedside to keep him company as he waited for a new heart. As the wait turned into weeks and then months, their son grew so sick, doctors encouraged the family to take him home where he could pass away in comfort. Through pleading and heartfelt prayers, the Bowers made the difficult choice instead to keep Landen in the hospital waiting for the long-shot chance of a heart transplant.



It was Mother's Day when the call finally came. Five-month-old Claire DeJoode of Ankeny, Iowa, had suffered fatal injuries in a car accident that also took the life of her five-year-old brother. While their mother, Heather, lay in a coma from her own injuries, Troy DeJoode made the difficult but generous decision to donate his childrens' organs. Baby Claire's heart was an incompatible match for Landen's blood type, and high-risk because it had been resuscitated. Two different donor regions had rejected the heart before it was offered to Landen, but through more pleading prayer, the Bowers knew 650 times in eight countries. The Bowers' this was the right heart for their son.

It would be the first incompatible heart transplant performed at Primary Children's Medical Center or any other hospital in the Intermountain region, but young Landen's body had not yet developed antibodies to reject the heart, and the transplant was a success. Along with Claire's life-giving heart, the donor family

sent a stuffed animal that had been with Claire when she lost the fight for her own life. The animal was a small lamb, perfectly complementing the symbol of the lion, and the animals flanked Baby Landen in his hospital crib as he recovered from the transplant.

From the day Landen received his transplant. the Bowers made a commitment to "take the best care they could of that delicate Lamb's heart." This became a full time endeavor, requiring nine different specialists, fourteen medications four times per day, and forty hours a week in clinical appointments and therapy sessions. It was an ongoing struggle for Tammy, Landen's main caregiver, to manage his increasingly complicated medical regimen. Frustrated with the stacks of notes, endless alarms, and cumbersome binder she lugged to every appointment, Tammy sought a better solution, and LionHeart Innovations was born.

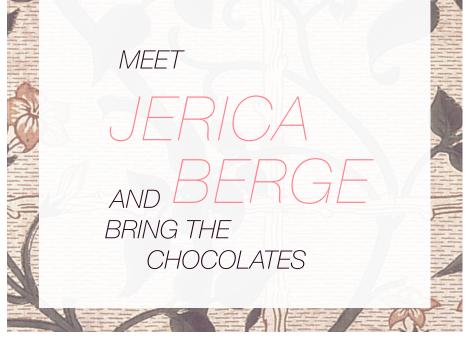
With the support of a skilled business and development team, Tammy created a web and mobile application that gives users a streamlined method for managing chronic health conditions and works as a collaborative tool for caregivers. She went through the Microsoft Accelerator Program in Seattle while pregnant with her fifth child, and pitched to investors only days after giving birth. The LionHeart app launched officially on Landen's sixth birthday in February of this year, and within four months the company had raised \$150,000 and the app had been downloaded story has been featured in many articles, interviews, and news clips, offering inspiration and encouragement to countless others.

While running a business is challenging in the best of circumstances, it is especially tricky for a mother of five children. Add to the equation Landen's consuming schedule, and it's really a wonder that Tammy can do it all.

Statistics may not be in her favor, either. Some studies suggest that the likelihood of divorce doubles in relationships dealing with chronically sick children. Perhaps this is where Tammy's degree blesses her life the most. She credits her major for teaching effective communication skills, which in turn has helped her and Joseph navigate grief and stress in a way that strengthens their marriage rather than harms it. Tammy now shares her experience and wisdom with others, speaking on strategies to keep marriage and family strong while your child is in the NICU. She includes ideas like fitting "date night" into the hospital scene, and having consistent family dinners together, even in the hospital cafeteria.

Tammy's business success and community outreach is a shining example of BYU's motto: "Enter to Learn. Go Forth to Serve." Though Tammy admits it can be difficult to maintain balance with so many balls in the air, she is clear on what is most important to her, and committed first and foremost to her role as a wife and mother. In her own words, "We will have regrets in this life, but one regret I couldn't live with is not spending time with my family and not putting them first." While it will be an ongoing struggle to fit it all in, "knowing that I was here for my kids is something I wouldn't trade an extra hour of sleep for."





y first introduction to Jerica (Mohlman)
Berge came by way of the Internet,
where I found myself lost in the alphabet
trailing her name. PhD, MPH, LMFT, CFLE...
Did I even know what all those letters
meant? Then I learned she had young
children at home and came up with three
letters of my own to add to her impressive
lineup: HOW? How has this fellow SFL
alumna pulled off so much academic
achievement in exactly the same number of
years I've done little more than pull out my
hair?

Determined to answer this question, I reached out to Jerica myself: first by email, and later in a 90-minute phone conversation that was both enlightening and dizzying all at once. This woman is not human, I kept thinking. Except that she was, in fact, so human, I couldn't help bearing my soul to her within the first five minutes of our discussion, as if she were a long-lost roommate.

Although we didn't know each other at BYU, Jerica and I served as presidents of our respective associations during the same year, and realized we had collaborated on the first ever Family Science Fair held in the old Smith Family Living Center. (Wait, you don't remember our epic event?) While that could very well have been my pinnacle moment in the field of Family Science, Jerica's trajectory was just getting started. Graduating with her B.S. degree in 1997

was not a finish line, but a launch pad for Jerica, who would go on to earn an arsenal of credentials and a strong reputation for her prolific career in academia and research. have been my pinnacle moment in the field of Family Science, Jerica's trajectory was just getting started. Graduating with her B.S. degree in 1997 was not a finish line, but a launch pad for Jerica, who would go on to earn an arsenal of credentials and a strong reputation for her prolific career in academia and research.

Jerica is an associate professor at the University of Minnesota and a behavioral medicine provider in the North Memorial Hospital Family Medicine Residency. She's also the co-director of the HEAL (Healthy Eating and Activity across the Lifespan) Center, a licensed marriage and family therapist, and a collaborative care supervisor to doctoral-level medical family therapists and medical residents. Engaged in the professional trifecta of teaching, research, and clinical work, she is widely known for her focus on the role of family relationships in childhood and adolescent obesity. Jerica has published 110 articles in professional journals, contributed multiple chapters to edited compilations, and has traveled the media circuit, appearing on programs such as Good Morning, America. She presents regularly at health care conferences, chairs the Families and Health Section of the National Council on Family Relations, facilitates pre-natal and other specialty group care visits within primary care settings, and has inspired change in clinical settings as a result of her compelling research in integrated health care.

(In all fairness, I did try to warn you. If anyone feels like crawling into a hole wailing, "What have I done with my life?" you can join me in the one I've been digging ever since I hung up from that phone call with Ms. Berge. Just be sure to finish this article first, so

you'll know how much chocolate to bring along with you.)

Let's return to that moment of divergence again, when I took my shiny new diploma home, hung it proudly on a wall, then hit the next dance at condo row, ready to enjoy life on the other side of graduation. At about the same time, Jerica was applying for graduate school in BYU's MFT program, drawn to its established reputation and strong clinical training. While in the program, she fell in love with medical family therapy, and having minored in psychology, took special interest in co-morbid problems that have both mental and physical components.

Her next goal took her to the University of Minnesota, where a five-year program combining Family Social Science and Marriage and Family Therapy earned her a dual Ph.D. While pursuing this double doctorate, Jerica met her match and sealed the deal with Nels Berge, an LDS student who was at the same university pursuing his own master's degree. They married on May 25th, 2000, when Jerica had just turned 26 years-old, and they welcomed their first child, Lauren, just six days after Jerica's dissertation defense in May 2004. Upon graduation, they worked as adjunct professors until both were fortunate to be hired as faculty members of the University-Nels in the French/Italian Department and Jerica in the Department of Family Medicine and Community Health.

Jerica credits the university's flexible program models for helping her find balance as a working mother. She was able to work from home in the morning and on campus in the afternoon, while her husband kept the opposite schedule. This tag-team effort allowed one of them to be at home raising Lauren—and later Ethan, who joined the family in 2009. "It's also helpful that my endeavors mutually inform each other," said Jerica. "Everything fits together and

feeds each other." Jerica and Nels nurture their own relationship during the time they have together in the evenings and on weekends, while also making time for their church callings. Jerica served as Young Women's President for six years, at the same time Nels served in the Bishopric. Most recently, Jerica has been called as Stake Young Women's President, and she takes this in stride, prepared to tackle another demanding calling with the same determination she brings to everything.

In 2007, Jerica was granted a Career Development (K) Award from the National Institutes of Health (NIH) to earn her Master's in Public Health. This degree serves to bridge the gap between family studies and public health—the arena that funds the majority of her NIH research. (And yes, if you are keeping track, that's now two master's degrees, dual Ph.Ds, and four reasons to bring lots of chocolate along when you join me in the hole!)

Jerica devotes 70% of her time to research, splitting the other 30% evenly between teaching and clinical work. The umbrella name of her research is "Family Fortress," and includes such current studies as Family Matters, Family Meals, LIVE!, All in the Family, Project EAT and F-EAT, and UMatter. A majority of this research examines the childhood and adolescent obesity epidemic from a macro-lens, using a biopsychosocial (and spiritual) model to offer a holistic approach to healing. Articles such as, "A Family Meal a Day May Keep Obesity Away" promote healthy family relationships as an important component in combatting childhood obesity, and have gained mainstream attention through several high-impact journals. With obesity being the common thread of many illnesses (diabetes, asthma, etc.,), Jerica's research has the potential to influence many types of chronic illness.

When asked what advice or encouragement Jerica would like to share with fellow SFL alumni, she didn't hesitate in her response. "Believe that God knows you and has a plan for you," she said. "He is constantly guiding you toward the right path for your life." God's hand is certainly evident in Jerica's extraordinary journey, but what if your own path doesn't have such a public and bold arc of accomplishment? What if your journeylike mine-is more zigzagged, meandering, and all over the place? Jerica answered this, too, with an observation that has really stuck with me. "Patchwork quilts are beautiful, too," she said simply, confirming once again her superhuman status, not to mention her mad therapy skills. This positive perspective reminds us not to get caught up comparing ourselves to others, but to make the most of who we are as individuals and focus on living up to our own potential. Jerica's accomplished resume doesn't take anything away from anyone else...it just makes her the incredible person she is.

So it turns out we won't be needing that hole and I can put away my dirt-covered shovel. But chocolate is still a good idea—because chocolate is always a good idea—so grab a bag of M&Ms, and follow this link<sup>2 3</sup> to enjoy some of Jerica's research.

See a summary of the study here: https://www.sciencedaily.com/releases/2014/10/141003135258.htm https://www.researchgate.net/profel/Jerica\_Berge https://www.researchgate.net/profile/Jerica\_Berge









DR. SARAH CONYE

### UNIQUE ROADS

## to Academia



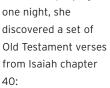
#### BY FRANÇOISE DJOUKENG

Memorable Journeys of the Nine Faculty Women from the School of Family Life

While Erin Holmes was studying at the University of Delaware for her master's degree, her husband concurrently made a two-hour daily commute to Temple University in Philadelphia to pursue his graduate degree. Amidst the sharing of time, responsibilities, and career development, they were hoping to start a family. But, infertility issues launched them on a different course. They eventually relocated to Austin, Texas, where she could pursue a doctoral degree and he could perform for the Austin Lyric Opera. It was there that Erin finally gave birth to her first child. After her daughter's birth, she found herself in the Lone Star state wondering how she was to manage family life and her academic pursuits. The big question she had to resolve was this: should I finish my PhD studies? At that time, she was living like a single mother as her husband was regularly traveling.

While Erin Holmes was studying at the University of Delaware for her master's degree, her husband concurrently made a two-hour daily commute to Temple University in Philadelphia to pursue his graduate degree. Amidst the sharing of time, responsibilities, and career development, they were hoping to start a family. But, infertility issues launched them on a different course. They eventually relocated to Austin, Texas, where she could pursue a doctoral degree and he could perform for the Austin Lyric Opera. It was there that Erin finally gave birth to her first child. After her daughter's birth, she found herself in the Lone Star state wondering how she was to manage family life and her academic pursuits. The big question she had to resolve was this: should I finish my PhD studies? At that time, she was living like a single mother as her husband was regularly traveling.

Faced with the prospect of not bearing any more children, she slowed everything down and sought for inspiration. While praying



Hast thou not known? Hast thou not heard, that the everlasting God, the LORD, the Creator of the ends

of the earth, fainteth not, neither is weary? There is no searching of his understanding. He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

She later recalled the strong impression those words had. "I knew I needed to finish what I started. The passage in Isaiah gave me strength and courage," Holmes said. "I felt like God was giving me the space that I needed to do what I needed to do."

Holmes felt fortunate to receive help: friends who swapped childcare with her, an ability to rise early in the morning, and a gift of time from her sister (who lived with them temporarily to free up time for Holmes). Brigham Young University offered Holmes a full-time position upon completion of her dissertation. After accepting the contract, Holmes discovered she was pregnant with her second child. Twelve months after giving birth to a second child, Holmes was expecting her third.

It's been nearly one decade since Holmes became a professor at Brigham Young University. Her personal experience sounds familiar to eight other female faculty members from the School of Family Life. Each of these women embarked on distinct journeys that led them to academia. All nine women overcame obstacles and experienced (little and big) miracles before their present-day careers as professional researchers and teachers.

While Lauren Barnes never anticipated being a professor, she would not have it any other way. Early on, she made the decision to get an education at all costs. Her dad became disabled in a severe car accident when she was 13 years old, but her mom held a bachelor's degree. "We went from being an upper middle class family to my mom having a secretarial position," Barnes said. "You never know what is going to happen but luckily my mom could secure a job to provide for us." Five years later, Barnes married at age 18.

She completed her undergraduate degree

in three years, went straight through to a master's degree and immediately

followed that with a doctoral education. "My husband has always been there, telling me to go for it," Barnes said. "We had also been trying to grow our family for a while. I submitted



LAUREN BARN

my application for a PhD program and a few days later found out I was pregnant."

Even though her due date coincided with the start of the program, her husband assured her they could do it all. And during the final year of her program, when the Center for Change offered her a full-time job as a therapist, she took it. Her husband also worked and attended school, but he decided to stay home. Barnes' husband said: "I think it's important to have a parent at home while the kids are young. This is a good job with benefits so I will put my career on hold." Even though she had reservations about being recruited by BYU, her husband's encouragement to apply for her current position overcame her hesitation. Not only does Barnes teach, but she serves as Director of Clinical Training for BYU's Marriage and Family Therapy program.

#### **MOTHERHOOD & CAREER**

Sarah Coyne can remember the day she knew she wanted to become a professor. As a graduating senior (with little career direction) at Utah State University, she was asked to teach Psychology 101 while the instructor was out of town. The topic of the day was stereotypes. She curled her hair that day, put on a yellow sweater, and presented the material to more than 200 students. It was such an electrifying

experience that when the professor returned, Sarah asked her how to do the same thing she was doing. The answer: get a PhD. And Coyne did just that, but in Europe. After spending three years as a professor of psychology in England she began her career at BYU. It was a far cry from sorting rotten cherries off a conveyor belt for eight hours a day at a Payson, Utah, farm during her adolescence.

To those who say you can't be a good mother and a professor, Coyne is the first to admit her job is not without challenges. She remembers being fairly insecure about working at BYU. "I questioned what I was doing about once a month in the early stages of my career," Coyne said.

Even still, the rewards of her research and teaching on adolescence, body image, and gender issues have boosted her

personal life. "The experiences I have had at BYU working with students have profoundly impacted my spirituality."

Coming to teach at BYU for the first time was a huge milestone for Laura Walker who had only been

a member of the LDS church for 5 years. Walker says her work impacts the lives of her children. One day, when Walker asked her daughter what she wanted to be when she grows up, she said, "mom when I grow up I want to have a job like yours and work part-time and spend most of my time with my kids." Although Walker does not work part-time, for her daughter, perception is reality. "That is success to me because she is not aware of how much I work; she just knows that I am present when I am home with her," Walker said.

Walker says that knowing when you are doing something wrong is a critical first step with parenting. "I'm very aware of what I am not doing correctly and am able to tell other people how hard it is to put these principles into action."

Holmes' response to those who ask about

being a working mother is to recognize that individuals have different strengths, skills, and capacities. "All women have to make challenging decisions about what employment opportunities they will or won't take," Holmes said. "You have to figure out what your family needs and how that fits with the opportunities that come your way."

Barnes had her first son right before her

PhD program and a second child at the end of that program. She sometimes feels that people put her "in a box, and express: you are a professor so you are not as aware as other moms; you don't know what it's like when a kid has a tantrum or is struggling in school." However, Barnes believes that the roles of mother and professor are not mutually exclusive. Her path felt right for her. "I can't imagine doing anything else because of the flexibility which

allows me to put my family first."



LAURA WALKER

## SUPPORT THROUGH

Susanne Roper once left Utah for Georgia to attend graduate school. "In those days, there were no cell phones so you would call at night or on Saturday because it was cheaper," Roper said. "I remember talking to my parents and two sisters who I am close to and they were buoying me up."

Her experience as a widow, later being



CHRISTINE MOORE

remarried, and teaching for more than two decades at BYU qualifies her as a sage learner. She knows where to go to consult and evaluate the best evidence. "I know different members of my family will ask me questions because they know I'm a professor in the School of Family Life," Roper says. "You just can't know everything about everything.

But you can know how to find information that will be helpful to people."

In fact, one particular conversation she had at a family dinner involved one of her colleagues' work. They were discussing a contemporary family issue when one of her younger relatives made reference to something she had learned about in a teenage living class during junior high that had impacted her behavior.

The person who wrote the curriculum for that class is now the director of the Family and Consumer Sciences Education program in the School of Family Life, Christine

Moore. At age 50, Moore decided to get her PhD. Her past influenced her bold approach to education. Moore says she was fortunate to know her great-



T I I

10

grandmothers. One particular grandmother who hailed from the South told her something she will never forget: "Christine, you cannot rely on a man to take care of you, so I am going to give you some money and you are going to college!"

Moore, with the help of her husband, says she has tolerated many difficult times and made it. "When I crossed the stage for two master's degrees and later my PhD, I paused a moment and said, 'Grandma, this is for you!"

#### **REALISTIC OUTLOOKS**

Chien-ti Lee believes that if it weren't for the strict traditional Chinese parenting and schooling she received, she wouldn't have a second-story office in the Joseph F. Smith building. Growing up in Tapei, Taiwan, Lee vividly remembers the end of some school days where she lined up with other kids who received punishment for not scoring complete marks on tests. The Chinese way is: there is correct or incorrect. There is right or wrong. There is no correct-ish, according to Lee.

"One time I got 93 out of 95, but it was not 'good enough.' I hated the final hour of school, waiting in line for punishment," Lee said. Along the way, students and colleagues would ask Lee why mastering mathematics and statistics proved less difficult for her. "I would tell them I don't think it's easier for me. I just have more practice than most," Lee said. Her parents sacrificed and sent her to private schools in math, English and compositional writing.



ANGELA BRADFORD

postdoctoral degrees from Wesleyan University and Duke Medical School. "If I didn't have all that training, I could not now."

Add to that two

Angela Bradford also knows that striving She took her first undergraduate classes



SUSANNE ROPER various things that lengthened my process including work to get licensed as a therapist, serving a mission, health problems...and having children while in school. That can slow you way down!"

at a community

college before

transferring to

BYU. From then

on it would be 15

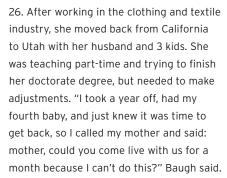
PhD. "There were

vears until she would walk for her

Having five kids with her husband of 14 years, Bradford says she is not any different of a wife or mother because of her job as professor. "I do think others

view me differently, but I can't say it bleeds into my life in a descernible way."

For Dawna Baugh, the process leading up to a teaching position required plenty of evaluation. She earned her master's degree in Home Economics and Consumer Sciences before getting married at the age of



be the person I am Once her mom moved in to take over the house and kids, Baugh could then focus on her doctoral program. She decided to abandon the previous research topic, switch for a great education can be long, very long. her faculty mentor and pull together a new committee of members to evaluate her

work. Baugh says it was a miracle to do what she did, especially writing three chapters of her dissertation in less than six weeks. It was one of the most hectic spring terms of her life.

#### PERKS OF BEING A PROFESSOR

"Being a professor in the School of Family Life fits really nicely with being a wife and a mother," Coyne said. "I truly believe that doing this job has developed me to become a better mother on so many levels."

When Susanne Roper was advancing in her career, she did not have young children but for a time had the responsibility to care for her mother who was dealing with the later stages of Alzheimer's. "With my schedule as a professor, I was able to arrange my

> teaching at BYU so that I could work at home and be with my mom more than I would if I was in almost any other profession," Roper said.

To be sure, her extensive study on marriage, family relationships, and children means Holmes can be a resource for others. Her



DAWNA BAUGH

work often makes her hyper-aware of her shortcomings as a mother and more understanding of the failings of others. "I know the things I should be doing and how hard it is to actually do them," Holmes said. "But I know where to get the best information to help myself and others."

While her Chinese upbringing taught her one correct way to do things, Lee, like the other women in the School of Family Life, believes there are multiple correct ways to live and take advantage of possibilities. During her PhD years at Utah State University, Lee's mentor taught her that she is the bridge between two cultures. Lee says she appreciates the high expectations from

her parents and teachers. "But, there is only one person who can decide if being a professor is for you," Lee says. "No one can stop you from what you want to do unless you stop yourself."

#### FROM ONE FEMALE TO ANOTHER

These exceptional female scholars interact daily with students who look just like them. Approximately 90 percent of declared majors for the School of Family Life are women. It's no surprise that there are some things that female faculty can and do share only with female students. Walker says students express to her the benefits of having both male and female teachers, who can provide them with diverse perspectives on matters such as family life and human development. "I have heard female students in particular comment on how important it is for them to see females teaching and being in leadership," Walker says. "This is an example to them and provides a model they can follow if they feel so inspired."

Over the next decade, the School anticipates about a dozen retirements, leaving open seats for new researchers and teachers. In the interest of the students, the School has great incentive to maintain

female faculty members. Dean Busby, Director of the School of Family life, says the students are fortunate to have a group of gifted women

"You have to figure out what your family needs and how that fits with the opportunities that come your way."

preparing them for excellence in the field. "My interactions with these women have convinced me that they carry a higher capacity than their male colleagues to connect with and care about their students," Busby said. "And in their research, they build more and stronger connections to their research assistants. These students just feel more cared for."

> That care is often felt through a listening ear. Some of Walker's students occasionally express to her in private their concerns. "I talk to males about balancing work and family," Walker says.

"And I feel that my female students come to me with personal issues they have as a female who feels called to employment but also wants to be a great mother." Of course, the best benefit these women provide is evident by them just being themselves. "I hope I can be a good role model as someone who is a good mother AND a good professor!" Coyne said.

The need for female faculty in the School of Family Life is acute and ongoing. Currently, the School has seven open faculty position and actively seeks more female faculty. Busby says the multiple roles women carry, beyond campus, make them particularly suited for the job. "I've noticed that these women are just more effective in managing their lives and time, maybe because of the multiple demanding roles they carry," Busby said. "It's easy for me to trust them when I ask for something. They are some of the most productive faculty we have."



# SFL FACEBOOK GROUP REMINDER

#### BY COURTNEY D. PARKER

Have you heard?

We've got a group on Facebook -- BYU SFL Alumni Connect! I invite you to look it up and ask to be added to the group. Already a member? If you have friends who have graduated from BYU's School of Family Life, add them to the group.

It's no secret that the family is under attack. It seems that hardly a week passes without hearing about a current event that contradicts the doctrine on the family as outlined by "The Family: A Proclamation to the World." As President Julie B. Beck once said: "This generation will be called upon to defend the doctrine of the family as never before. If they don't know the doctrine, they can't defend it." Well, BYU SFL Alumni Connect is a special group -- you have studied and lived the doctrine as well as been students of the research. You have insight into the temporal and spiritual ramifications of family fragmentation and have a testimony of the eternal nature of the family. In our corner of the world, we can stand together as a force for good -- strengthening our own families as well as families in our communities.

So, how can we accomplish this? We are told in the Book of Mormon that, "by small and simple things are great things brought to pass" (Alma 37:6). And to name a few, those small and simple things in the SFL Alumni Connect Facebook Group have included a chance to support a marriage-strengthening bill, opportunities for job and volunteer positions, and members' inquiries for advice.

Once you've joined the group, take a look at previous posts. Make sure to participate in the poll; let us know where you've settled and find out where other alumni live. Also, learn about



opportunities to further your education, ask for advice from other alumni, take part in relevant discussions, find out and suggest resources for helping families in your community, etc. The possibilities are endless! This is your group. Think about what purposes you would like it to serve, then help make it happen!

In the future, you will see more alumni spotlights. Also, we hope to offer opportunities for SFL alumni to get together (via the web or in person), "community cafes," play groups, Facebook chats, and maybe even a webinar or two!

We're excited to see the potential of this group unfold. We hope you'll join the SFL family, whether you've graduated months ago or decades ago, and start contributing to a fantastic group of women and men who are strengthening the world by strengthening families!

# FE-LONG EARNING

A BYU education should be "spiritually strengthening, intellectually enlarging, and character building, 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 their fields.

## WHAT ARE THEY THINKING? A NATIONAL SURVEY OF MARRIED INDIVIDUALS WHO ARE THINKING ABOUT DIVORCE

A 2015 report from the National Divorce Decision-Making Project, Alan J. Hawkins, Director

When people are thinking about divorce, how serious are their thoughts? How often and how long have they been having these thoughts? What marital problems are they facing, and what do they do to address them? This readable report provides some answers to these questions from a new representative national survey of 3,000 individuals ages 25 to 50 who have been married at least one year. The survey, part of the National Divorce Decision-Making Project, asked a set of questions about what they labeled "divorce ideation": what people are thinking and doing when they are thinking about divorce. Available at: familystudiescenter.byu.edu

#### YOURDIVORECEQUESTIONS.ORG

When people have been thinking about divorce, whether a little bit or a lot, they probably have a lot of questions. This website is designed to be a resource for individuals who may be thinking about getting a divorce (or whose spouse is thinking about a divorce) or who may be trying to avoid getting a divorce. The website contains

solid, research-based information about important questions that people have when they are thinking about divorce. The website was developed by faculty and students in the BYU School of Family Life.

### PROSOCIAL DEVELOPMENT: A MULTIDIMENSIONAL APPROACH

By Laura M. Padilla-Walker & Gustavo Carlo (Editors)

Prosocial behavior - voluntary action intended to help or benefit another - is associated with positive outcomes across the lifespan. Children with a more prosocial orientation are better liked and trusted by their peers, are better at maintaining friendships, demonstrate better self-regulation, empathy, and excel in academics. Researchers have shown that prosocial behaviors correlate to lower rates of school suspension and drop-out, teen pregnancy, substance use, and delinguency. These positive effects underline the value of prosocial behavior during the formative years. This edited scholarly volume examines a variety of influences on prosocial development from infancy through early adulthood. Skillfully edited by Drs. Padilla-Walker (BYU School of Family Life) and Carlo, this volume is an important tool for scholars, researchers, and practitioners who are interested in prosocial, moral, and positive youth development.

PHOTO BY TRACY HILL







