

DEPARTMENT OF FAMILY SCIENCES

Edition VII,
FALL 2019

<http://fam-hes.ca.uky.edu/>

UNIVERSITY OF KENTUCKY DEPARTMENT OF FAMILY SCIENCES

FALL IS HERE! 🍁

Welcome to each and every one of you. I hope each of you finds yourself well underway with coursework. Fall is an exciting time with many goals in progress and opportunities to take hold of. Throughout this semester and school year I urge all of you to explore, connect, and flourish throughout the academic year.

Best,
Kirstie Otto, Family Sciences
Graduate Student, Couple and
Family Therapy



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Dates to Remember

August 26

First day of classes

August 30

Last day to add a class

September 13

Last day to drop w/o a W

October 21

Midterm

October 21-22

Fall Break

December 16 - 20

Finals Week

December 20

End of fall semester

2019 Football Schedule

AUG 31 TOLEDO	OCT 19 AT GEORGIA
SEP 07 EASTERN MICHIGAN	OCT 26 MISSOURI
SEP 14 FLORIDA	NOV 09 TENNESSEE
SEP 21 AT MISSISSIPPI STATE	NOV 16 AT VANDERBILT
SEP 28 AT SOUTH CAROLINA	NOV 23 UT MARTIN
OCT 12 ARKANSAS	NOV 30 LOUISVILLE

HOME

AWAY



Study Abroad Student Spotlight



Where did you study abroad and why that site?

I studied abroad in Stockholm, Sweden. I chose this site for interest in learning about the successful publicly funded health care and social service systems that help lead the world in health outcomes and longevity of life and life quality.

What was the most memorable experience of you studying abroad?

The most memorable experience of my studying abroad would be the PAM ambulance. I like the concept of having a unit for suicide prevention, instead of sending the police to take them to the hospital. It saves money but also creates connections when you're able to talk people "off the ledge." As well as the ambulance matching the others to not draw attention to the person reaching out for help.

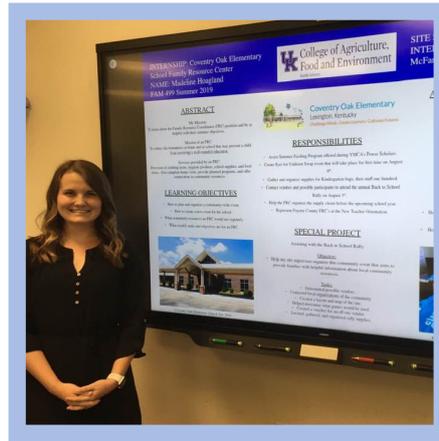
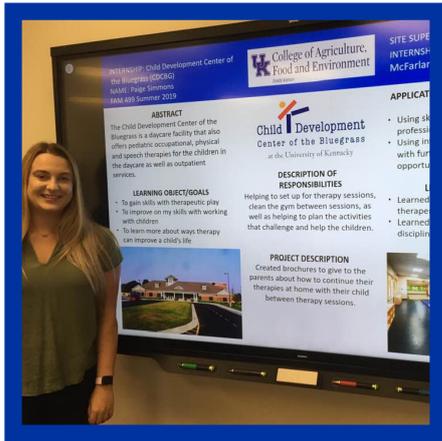
How did studying abroad impact you as a family sciences student?

Studying abroad greatly impacted me as a family sciences student. I can share my experiences with my peers and prospect career choice to implement what I had learned in Sweden to our social service systems here in the US.

-Natasha Fenwick, Summer 2019

FAM 499 Poster Presentations

Students enrolled in the Summer 2019 Family Sciences internship course proudly shared their hands on work experience through poster presentations. Each student was to create a symposium based off a project that was completed with their internship site. The project acted as a great experience for the students to share their experience and practice giving a presentation. Some student work is displayed below:



**Are you
planning to take
FAM 499**

Spring or Summer 2020?

If yes, please attend one of the meetings listed below!

September 12

3:00-3:45PM, 316FB

September 16

9:30-10:15AM, 316FB

September 18

12:00-12:45PM, 316FB

October 3

10:00-10:45AM, 316FB

October 8

4:00-4:45PM, 316FB

October 16

11:00-11:45AM, 316FB



FAMILY SCIENCES / COLLEGE OF NURSING
EDUCATION ABROAD • TRAVEL MAY 11-20, 2020



GREECE



Course Description:

FAM 475: Keys to Well-Being: Lessons from the World's Longest-Lived People

Students will visit the Greek Island of Ikaria to learn how well-being, health and longevity stem from lifestyle choices. Ikaria is one of five international "Blue Zones," or aging hot spots, where people live to be a healthy 100+ years old. Abroad, students will experience the Ikarian balance, which centers around purpose, family, diet, hard work, physical activity, sunshine and spirituality. Students will enhance their multicultural competency through site visits of historical, cultural, and contemporary significance. The travel component will also include 2 days in Athens.

Travel Highlights:

- Experience first-hand how lifestyle and location contribute to health and well-being (nature walks, cooking lessons, relaxation, spirituality)
- Learn from the island's oldest and most self-sufficient people
- Take part in a traditional family life and the island's dedication to community
- Participate in sight-seeing and historical tours
- Free time to relax, hike, enjoy wildlife and nature, learn and explore

Estimated cost:

\$3,000 (not including airfare)

Cost includes:

- Hotels
- Most meals
- Ground transportation
- Guided Tours
- In-country group travel

Tell your friends!

The cost is based on 10 students and will go down with increased student registration

To Apply:

Visit www.uky.edu/EA

Deadlines:

- Application due: December 1
- \$500 deposit due: December 15
- Pay in full: January 13

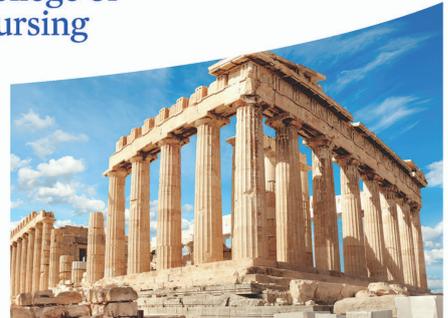
Questions:

- Dr. Amy Kostelic (859) 257-1763 or amy.kostelic@uky.edu
- Dr. Hartely Feld (859) 323-0603 or hartely.feld@uky.edu

Informational meetings:

For more information and free food, attend one of two informational meetings:

- September 25 4-5:30 p.m. NUR 501B
- October 8 noon-1 p.m. Erikson Hall 128



DEPARTMENT OF FAMILY SCIENCES WELCOMES NEW MAJOR, **CONSUMER ECONOMICS AND FAMILY FINANCIAL COUNSELING**

This program empowers you to address consumer and financial issues that impact family economic well-being. Through coursework, hands-on experience, and service learning, you will develop a comprehensive understanding of financial literacy, money management, consumer behavior, and counseling practices. If you have any questions please contact Dr. Claudia Heath, cjheath@uky.edu, (859) 257 -



Join us for the CAFE Career Fair!



WHO: College of Agriculture, Food and Environment

WHEN: September 17, 2019 from 10:00am -2:00pm

WHERE: UK Student Center Ballroom

CONTACT: Amanda Saha, amanda.saha@uky.edu with any questions



WHO: College of Agriculture, Food and Environment

WHEN: September 10th, 2019 from 4:00 - 6:00pm

Where: Library of the Agriculture Science Center



Are you a Junior or Senior who's interested in taking the GRE?

Transformative Learning is offering free ETS certified GRE Prep Seminars for UK students. This one-time 4 hour seminar is located at the Study Central in Donovan Hall, classroom 003. Dates and times are shown below. For more information or to register, please go to www.uky.edu/tl/gre-prep-seminar.

September
13th
@ 1:00 - 5:00

October
11th
@ 1:00 - 5:00

November
8th
@ 1:00 - 5:00

December
13th
@ 1:00 - 5:00



Save the Date

October 22, 2019

E.S. Good Barn

 College of Agriculture,
Food and Environment

2019 INTERCULTURAL AWARENESS DAY



Thriving in Your Multi-generational Community

8 a.m.-2:30 p.m. Lunch included

Generational differences are valuable to our communities. Join your colleagues, peers and community members to learn how communications styles impact culture and how to integrate a multi-generational community through experiential learning opportunities.

Stay Connected with
Family Sciences on
Social Media



Find us on
Facebook

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<https://fam-hes.ca.uky.edu/>

