

# familyscienceroundup

McNeese State University

2019 v02 Summer

Family Science Program

## In this issue:

- A Word from Dr. Elijah
- What I Learned This Summer
- Tips for Building Strong Families
- Volunteer Opportunity

## Focus on...

*Money Management*

*"A budget is telling your money where to go instead of wondering where it went."  
-Dave Ramsey*

## A WORD FROM DR. ELIJAH...

Welcome to the 2019 Academic Year! This fall, we officially change our program name to Family Science (FMSC). This is an exciting change that shows our focus on the professional, evidence-based nature of our work.

Now is the time to get ready for the top Family Science event of the year! Take time to budget, plan, and attend the national conference for the **National Council on Family Relations** (NCFR) in Ft. Worth, TX, 11/20-23/19. I'll be driving from Lake Charles (11/19-22) and you are welcome to join me.

When in Lake Charles on Tuesdays or Thursdays, stop by my office between 11AM-4PM. I'd like to chat with you, get to know you better, and guide you through the FS program by helping make decisions in your best interest.



Elijah Okhotnikov,  
PhD, DMin, CFLE-P

I look forward to hearing from you!

**Dr. Elijah**

elijah@mcneese.edu  
337-475-5689, Kaufman Hall 107F

## IMPORTANT DATES

- Aug 19.....Fall Session Begins
- Oct 1.....Deadline for Spring Internship Consult.
- Oct 10-11.....Fall Break
- Oct 14.....7B Session Begins
- Nov 20-23....NCFR Conference Fort Worth, Texas
- Nov 27-29....Thanksgiving Break
- Dec 9.....Fall Sessions Ends
- Dec 14.....Commencement



Hobo Hotel for Cats

The Hobo Hotel provides kitten and cat rescue, fostering, and adoption. They also provide community education for prevention of animal cruelty.  
**To volunteer:** 337-439-2428  
www.hobohotelforcats.com

## VOLUNTEER OPPORTUNITY Hobo Hotel for Cats

Share your good work!  
Send your "Service Selfies" to jwhite54@mcneese.edu

## What I Learned This Summer

Not only is it important for college students to know about money management, but it is important for everyone to have basic knowledge about this topic. I learned so much throughout the summer semester while taking FMSC 365. I



Amanda James '21

learned things like how to start investing, how to set financial goals and make a budget, what each type of bank account does, and so much more. There are numerous reasons as to why these things are important to my future, but the most important is simply that knowing about how to manage my money will make my life a lot less stressful. Part of knowing how to manage money is being aware of the dangers of debt, how to stay out of it, and how to stay on the ball through budgeting. Investing is just one example as to how people can stay ahead and have financial stability for their future. In summary, money management puts students on a path to be successful and achieve financial security while also being able to have fun throughout life.



## Planning to Graduate in May 2020?

Don't forget to register for FMSC 423 FLE Methods for the **FALL 2019 SEMESTER!** Its a prerequisite for the internship so make sure you take it on time!



Ms. White and Dr. Campbell at the Digital Ticket Conference at Lamar University. Learning about educational innovations. 2019.

## 5 Tips for Building Strong Families Through Money Management...

Be honest with

gender?

Discuss how your