

# Alumni Spotlight: Leslie Buxton

## HDFS Undergraduate Committee

01/16/2024



Meet Leslie Buxton, a 2013 graduate of Utah State University's HDFS department, whose journey over the past eleven years reflects the versatile and impactful nature studying human development and family relationships. Leslie has played key roles at Utah State University, transitioning from a Program Coordinator in the Student Orientation office to an Academic Advisor for Civil and Environmental Engineering students. Currently serving as a Training and Development Specialist in HR, Leslie develops and facilitates professional development and leadership curriculum for faculty and staff at USU.

### Foundation in HDFS Education:

Leslie credits her successful career trajectory to her HDFS education. Leslie noted the impact of completing Human Development Across the Lifespan to fulfill general education requirements:

That course opened my eyes to the fact that it was a "science" to understand human conditions and relationships. The ideas I learned provoked more thought and interest than any other courses I had taken in my first year of college. I didn't realize I could major or find a career in something that was both so interesting and applicable to family life. After completing this course, I promptly made an appointment with the advisor and made the necessary steps to get into the major.

Leslie also highlighted the skills gained in her coursework including Research Methods, Families and Social Policy, and Family Life Education Methods. These skills have been pivotal in her roles, from engaging with students

and parents during orientation to supporting engineering students through program requirements. Leslie's diverse roles showcase how her HDFS education provided a strong foundation, allowing her to seamlessly navigate different aspects of student engagement and professional development.

### Personal Enrichment and Career Connections:

Beyond professional growth, Leslie emphasizes the personal enrichment derived from her HDFS knowledge. Concepts like Erikson's stages of psychosocial development, Gottman's relationship principles, and insights into child development have significantly impacted her role as a spouse and parent. Leslie's practicum experience with Community Abuse Prevention Service Agency (CAPSA) not only equipped her with valuable skills but also forged personal connections that influenced her career positively. Her advice to prospective HDFS students is to explore introductory courses, emphasizing the profound and lasting impact HDFS knowledge can have on both personal and professional aspects of life.