

HDFS Student Spotlight: Diana Escobar

HDFS Undergraduate Committe

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Diana states that the best advice she received during her HDFS journey was from her Family Life Educator mentor. The advice given was "Ask questions to many professionals, and as you funnel your way through, go after what ignites a fire in you. Use your best skills and what you have to offer that can make the biggest impact. Most people wish they would have taken more risks. There is no growth in the comfort zone and no comfort in the growth".

Diana has found her passion as a Family Life Educator at USU Extension in the Healthy Relationships Utah department. Her role consists of teaching research-based healthy relationships curricula in Spanish and English. Diana helps individuals and families build strong, healthy relationships. Her HDFS degree was instrumental in understanding how people grow, change, and interact across different stages of life. Furthermore, her HDFS studies emphasized the importance of research and evaluation, which are key skills in the field of family life education. Through HDFS, she deepened her understanding of how individuals grow and interact within the family system.

Diana switched majors multiple times throughout her academic journey, exploring various fields for the best fit. However, she repeatedly found herself drawn back to her passion for fostering healthy relationships and supporting her community. This connection grew stronger each time she realized that her work could make a real impact, especially within her Hispanic community. Her experiences revealed a deep commitment to building strong, resilient families and creating inclusive and supportive resources that address the unique needs and strengths of her cultural background.