



SCHOOL OF SOCIAL WORK

MASTER OF SOCIAL WORK



I acknowledge the grave harm brought by colonialism to this land, especially the systematic attempts to erase indigenous and African identities through violence, slavery and racist segregation laws.



SOCIAL JUSTICE SPOTLIGHT

UTA MSW PROGRAM

WANTED: YOUR INPUT! gou matter



How could we have made your transition smoother?

DR. P WANTS TO KNOW
YOUR THOUGHTS
ABOUT THE MSW
ORIENTATION
PROCESS!

SCHEDULE AN INTERVIEW ON TEAMS WITH HER INTERN MEGHAN HERE TO GIVE YOUR FEEDBACK.



SOCIAL WORK ADVOCACY DAY!

NASW/TX SWAD 2021

March 1st - 5th 2021



WHAT TO LOOK FORWARD TO:

- . A virtual SWAD Week with a new policy theme each day
- Daily morning rallies and afternoon policy debriefs
- A virtual platform that fits your schedule
- Download the NASW/TX SWAD app to network & learn more! about the days activities, action alerts, and more
- A chance to earn an NASW/TX Advocacy Certificate
- A chance to win an \$10 Starbucks gift card

JOIN US FOR A SWAD VIRTUAL PREP EVENT FEBRUARY 28TH, 2021 @7PM

Hosted with St. Edwards University for a virtual event to get everyone fired up and ready to advocate!

Learn more & register: http://bit.ly/2021 SWADwebsite



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STUDENT ORGANIZATION SPOTLIGHT

UTA SCHOOL OF SOCIAL WORK



STUDENT ASSOCIATION FOR MACRO SOCIAL WORK (SAMSW)

WANT TO LEARN MORE ABOUT MACRO SOCIAL WORK AND CONNECT WITH OTHER CAP STUDENTS?

JOIN US FOR OUR KICK OFF MEETING!

TUESDAY | MARCH 9 5:30PM - 6:45PM | TEAMS

Click here to join the meeting.



GET SUPPORT







Upcoming Mavs Talks Workshops:

- Fri 3/5: 2-2:30pm: Anxiety
- Thu 3/11: 2-2:30pm: Loneliness & Social Isolation

Check out UTA's on-demand and live classes like HIIT the Deck, Mixxed Fit Zumba, NASA Nap, Yoga, and Sit & Stretch:





For more Mavs Hour info please e-mail: **Chantinia Chansler**

WINTER STORM RECOVERY

- Students affected by the recent winter storm may be eligible for UTA's Emergency Assistance Fund. Those experiencing a temporary financial hardship resulting from this disaster can request a one-time award of up to \$500 to cover related expenses. Find more info here.
- Apply for assistance from **FEMA** here.
- Find **Arlington** storm recovery resources here.
- Find **Fort Worth** storm recovery resources here.

YOU MATTER

I'm Listening Recently, I was getting ready to go for a walk with my wife, but a friend was going to call

my wife while we were walking. My wife still wanted to walk with me, but she asked me not to talk. Even though this is a friend we both talk to and they both didn't mind that I could be a listening part of their conversation, she didn't want to be interrupted. That was completely understandable for her and our friend. "No problem," I thought. I was glad to just be outside and on a walk with my wife and glad that she had time for our

Over the course of the walk, I tried to focus on a variety of things - the birds, the blue sky, my breathing – but I kept finding myself only able to sustain attention to what my wife was talking about. What was so striking about this is that over the past few years I've noticed myself, from time to time, losing focus or completely unable to pay attention when in conversation with others. I don't like that at all. I want to listen deeply and intently to others. Yet, sometimes it is so hard for me.

Why was this time so different? Why could I listen now, so intently, like I never have before? After a while my focus waned from my wife and went to these questions. Shortly after pondering, I had my first insight. I realized that I could listen so carefully because I didn't have the option to respond. My internal mental focus wasn't on what I would say in response, just to understand.

A few days later I had another important insight. Personally and professionally, I over burden myself with the belief that my response - the idea, the insight, solution, or "smart" thing I have to say when someone shares with me - is the most important thing I do for others, whether I'm teaching, counseling, or just being a friend. A smart, well thought out and articulated, or problem solving response may not be what's most important, at least it's not what comes first. Being present, listening, understanding as best I can and affirming the personhood of the one sharing is.

So, why do I share this story? First, this may be an important professional practice to start working on. As you begin working with others, don't overburden yourself with having all the answers. Answers come after understanding. And you will help others find their own answers when you seek first to understand.

Furthermore, a great way to practice this could be personally. In the relationships where you feel most comfortable being yourself, let go of having all the answers and needing to respond with insight or solutions. Practice deep listening, and be open to the new experiences that may come to you and those close to you.

Finally, consider taking this personal practice to the most personal level. When you recognize that your inner voice is talking, practice listening and not responding, especially negatively. It's so easy to be our own worst critic, and respond to ourselves in ways that we would never respond to another. I invite you to practice listening to yourself as you would someone you love dearly. Answers and new actions will come they always do - when the priority and intention is being fully present with, supportive of, and understanding the one that is sharing.

Craig Keaton, MSW | Doctoral Student | Adjunct Professor



If you like You Matter posts and want to explore them more deeply, please consider joining us for a Wounded Healers meeting. You can find us on Teams!



- All academic <u>advising appointments</u> are currently being conducted via phone or Microsoft Teams.
- Summer class registration opens April 5th.



We've heard from you that many of you are interested in learning more. Stay tuned as we are developing a guide with the different paths to the LCDC that will be shared in this newsletter at a future time.

 Don't need a full advising appointment but have general questions? Join your advisor for their weekly Power Hour!

Toy Howard Monday 10-11 Click here to join the meeting

Valerie Adame Tuesday 11-12 Click here to join the meeting

Maresia Davis Wednesday 11-12 Click here to join the meeting

Cleondria Marable Thursday 11-12 Click here to join the meeting

GRADUATION

- The deadline to apply to graduate in May is **March 1**.
- All students planning to graduate this spring must apply to graduate using MyMav. You must apply to graduate regardless of whether you will walk at a commencement ceremony. Applying to graduate is necessary to have your degree conferred AND in order to receive your diploma. The fee is \$40.
- UTA is tentatively making plans for an in-person commencement ceremony May 13-15, but we don't yet have all of the details. As soon as we know specifics, we will share them. Please also check here.



FIELD PLACEMENTS

- InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new
 - URL. https://inplace.uta.edu/
- The InPlace fee is \$67 per year or \$130 for a lifetime. Each student will need to plan to pay the InPlace fee on the first day of class for that semester they are starting field.
- <u>InPlace Training</u> and <u>Logbook Training</u> can be found here!
- The <u>Spring Field Calendar</u> lists important dates for current field students, as well as summer field application dates.
- Summer Student Application is Open Feb. 15, 2021 Apr. 09, 2021. This is now updated on the Field website. Currently the Fall Field application is scheduled to open on April 12th Jun 4th. We will let you know if there are any changes to the Fall application.
- Field forms are available here!
- Field FAQ
- Spring 2021 Field Accommodations Q&A
- If you are having technical difficulties with InPlace please email <u>sswfield@uta.edu</u> and include a screenshot of the issue
- For the Spring 2021 semester, CSWE has extended the reduction in field hours. Therefore, UTA SSW will continue with the reduced required minimum of 204 hours for Split students and a minimum of 408 hours for Block students for the Spring semester. For further information regarding accommodations for the Spring 2021 semester, please visit the Field webpage by following this <u>link</u>.

FIELD POWER HOURS

This is an opportunity for you to check in and ask questions, similar to Office Hours for faculty!

- Foundation MSW
 - Field Advisor: Natalie Mangham
 - 1st & 3rd Monday of the month, 3-4
 - Click here to join the meeting
- CAP & Children & Families
 - Field Advisor: Monica Brown
 - 1st & 3rd Tuesday of the month, 3-4
 - Click here to join the meeting
- Mental Health
 - Field Advisor: Hector Ramos
 - 1st & 3rd Wednesday of the month, 3-4
 - Click here to join the meeting
- Aging & Health
 - Field Advisor: Sharon Martin
 - 1st & 3rd Thursday of the month, 3:30-4
 - Click here to join the meeting



Attend a Presentation on the 2022-2023 Fulbright U.S. Student Program!

This is an opportunity for recent graduates or graduate students to conduct independent study/research projects or teach English abroad. The virtual session will be held in Zoom on Tues, 3/16 at 5pm. Event is free, but pre-registration is required here. More info here.



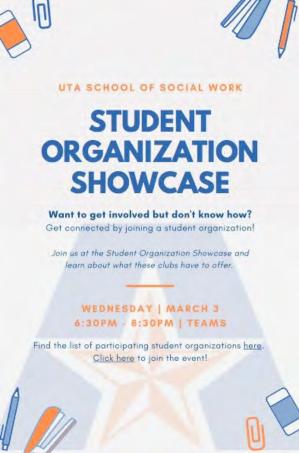
Mindfulness & Stress Management Event

Do you feel overwhelmed? Need a break from your assignments?

Join us for our "Mindfulness and Stress Management" virtual event on Teams! Thursday, March 4th, 2021 5 p.m. - 6 p.m.

CLICK HIERE
TO JOIN

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Social Work Educators Advancing Antiracism

CSWE proudly celebrates Black History Month each year and looks forward to doing that in several ways in 2021. Today we want to highlight recommendations from CSWE's Task Force to Advance Anti-Racism in Social Work Education. Convened in 2020, this group presented initial recommendations to improve social work education and prepare students to dismantle racism in their social work practice. Watch that video and learn more!

Virtual
Coffee & Tea
with Dr. P



Wednesday, 2-3pm

Please drop in on Teams to visit with me. This is **your time** every week to share concerns, questions, suggestions, and triumphs. I look forward to seeing you! <u>Join Microsoft</u>
Teams Meeting



School of Social Work Scholarships NOW OPEN! Click here to apply by March 26!

Part-time Bilingual Project Hope Coordinator Wanted!

Write for diversity

how the shifting of perspectives has

allowed for a more

viewpoint. The top prize is a \$500 gift card. Submissions are

due by Sunday, April

18. Winners will be announced Friday, May 21, on World

Diversity Day.

inclusive and equitable

story contest **UTA Libraries** encourages students, faculty, and staff to share their creativity and insight in Shifting Perspectives: A Short Story Diversity Contest. Write a fiction story on





ABOUT THE

Student Research Opportunity Center

RESEARCH

Social Work Course Guides

SURVEY

We want to know how social work students are involved with advocacy. CLICK HERE FOR SURVEY Thank you

The SPEAK Program





Did you know?

Any Texas resident can register for a Covid vaccine in any Texas County! Sign up in Tarrant County HERE or Dallas county HERE.

Dean Ryan's Statement on COVID-19 Health Disparities **UTA's COVID Vaccine Resource Page**

If you believe you have contracted COVID19, please type in 'COVID-19 Testing' and your zip code into the Texas Health and Human Services to

find a testing location closest to you

Have you tested positive? Had close contact with someone with Covid?

- Complete mandatory reporting form 1.
- 2. If needed, you can:
- Ask professors for deadline leniency
- Contact your USL, Program Director and/or Academic Advisor for additional support and guidance.



Face Covering Protocol:

To create the safest possible environment on campus, UTA implemented a mandatory facecovering protocol, effective until further notice. For more information, click here.

MANAGING STRESS AND ANXIETY DURING COVID-19

UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

THERAPIST ASSISTED ONLINE (TAO)

Visit TAOconnect.org



THRIVE APP

Download "Thrive at UT" on App Store or Google Play

Visit uta.edu/caps for more information

COMMUNITY THAT CARES





UT SYSTEM INTERNSHIP (UTSI)

in-person positions available (subject to change based on COVID situation)

Minimum \$15/hour for undergraduates, \$20/hour for graduate students

Professional Development Program and Mentoring

Note: Interns are responsible for their own housing. Housing at UT Austin available; rates to be provided.

For more information and to apply for an internship, visit us at www.utsystem.edu/utsi

Key Dates

Application Deadline

Interviews

Start Date

End Date Friday, August 6



MAVS TALK 24HR CRISIS LINE Call (817)272-8255



UTA Academic Calendar

Evidence-Based Practice Research Guide



Check Canvas for the MavsUnite Page! To add please e-mail:

Chantinia Chansler

SAR Center

(Formerly Office of Students with Disabilities)















Webinar Library

Isabella Hong, an MSW Alum, graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance. Special thanks to Jose B. Yerena, LCPAA, who has taken over updating the list on a weekly basis! Please note that it is necessary to ask your supervisor permission for these to count towards any required field hours. **MSW Specialties Social Work Webinars List Basic Function of Teams**



Rental Assistance Program

The Tarrant County Rental Assistance Program assists residents who have been impacted by the COVID-19 pandemic. For more details, email renthelp@tarrantcounty.com or call 817-850-7940.



Emergency Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency may apply for financial help.

Get Microsoft 365, The Wall Street Journal and Other Apps FREE with your student email!

How to gain access to SSW writing resources: Advising & Student Success Canvas

UTA/Tri-C Food Pantry Distributions

Currently distributing groceries on Thursdays only, from 9-11:45 a.m. and 2-4:45 p.m. To receive these grocery bags you must send an email to utafoodpantry@gmail.com to request a pickup time. Include student name, last four digits of UTA ID, requested grocery pickup time, choice of vegetarian, chicken, or any meat groceries.

If you have any questions or content suggestion for the newsletter, please contact Meghan Sheridan: mls9929@mavs.uta.edu



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