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.
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 friend.

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 over burden 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!
**ADVISING**

- All academic **advising appointments** 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](#)  

**FIELD PLACEMENTS**

- InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL: [https://inplace.uta.edu/](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.
- InPlace Training and Logbook Training can be found here!
- The Spring Field Calendar 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 Accomodations Q&A
- If you are having technical difficulties with InPlace please email sswfield@uta.edu 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 [link](#).

**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](#)

**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](#).
- **InPlace** has a new URL! All students, agencies, and Field Instructors will need to use the new URL: [https://inplace.uta.edu/](https://inplace.uta.edu/)
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VIRTUAL EVENTS
OF THE WEEK

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.

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!

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 here to join.

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! Join Microsoft Teams Meeting

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

Part-time Bilingual Project Hope Coordinator Wanted!

Write for diversity 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 how the shifting of perspectives has allowed for a more inclusive and equitable 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.

Dean Ryan’s Statement on COVID-19 Health Disparities
If you believe you have contracted COVID-19, 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?
1. Complete mandatory reporting form
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 face-covering 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 U" on App Store or Google Play

MANS Talk 24/7 Crisis Line
Call 817-272-8215

For more information, visit uta.edu/caps.
Check Canvas for the MavsUnite Page! To add please e-mail: Chantinia Chansler

**UTA Academic Calendar**

**Evidence-Based Practice Research Guide**

**SAR Center**
(Formerly Office of Students with Disabilities)

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**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, LCPIAA, 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.

<table>
<thead>
<tr>
<th>MSW Specialties</th>
<th>Social Work Webinars List</th>
<th>Basic Function of Teams</th>
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**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.

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**Emergency Assistance Fund**

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

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**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.

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

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"Don’t be discouraged by your incapacity to dispel darkness from the world. Light your little candle and step forward."

- Mata Amritanandamayi