In 1978, President Jimmy Carter designated the first ten days in May as ‘Asian/Pacific American Heritage Week.’ It was not until 1990 that Congress passed a law expanding the observance into a month-long celebration of Asians and Pacific Islanders in the United States. Asian/Pacific is a very broad term that includes the entire Asian continent and the Pacific islands of Melanesia, Micronesia, and Polynesia. The month of May was chosen because the first Japanese came to the US on May 7, 1843, and also because the transcontinental railroad was completed on May 10, 1869, which was built mostly by Chinese immigrants.

Source: https://asianpacificheritage.gov/about/
This is the time of the semester where it so often feels like there is so much to do and so little time to do it. And while there’s a really important conversation about taking personal responsibility for saying no and changing that “crazy busy” part of our work and academic culture, it’s the position many of us are currently in—"I know I am! So, here are some things I am going to remind myself of and continue to prioritize and use the next weeks to finish the semester as well as I can.

- Take breaks from tech, computers, and screens. Doesn’t a digital detox sound nice?
- Just rest! No computers, phones, books, tv, just rest!
- Start with a “To Be List” before a “To Do List”. Focus on how I want to be before what I have to do.
- Prepare and eat a homecooked meal from scratch. This one’s a must for me, daily.
- Prioritize and remind myself of what is most important to me. If I am not working on what’s most important to me, others will put me to work on what’s most important to them.
- Remember: “Anything not worth doing is not worth doing well.” Some things just aren’t a priority.
- Sleep, especially the night before a day with something important, that’s particularly challenging, or if a lot of people are depending on me.
- Have “quiet time” breaks. A few minutes, intentionally, at the right times in the day, goes a long way!!
- Go for a walk, stand and stretch, and move my body in ways that feel good to me. Life requires movement. I require movement.
- Commit a random act of kindness. Doing something for another, especially when they least expect it, has so many long-lasting positive effects.
- Rest, again! It’s ok, normal, and natural to be tired.
- Be grateful, and share what I am grateful for.
- Be grateful for moments of discomfort. “Life begins just outside our comfort zone.”
- Spend a little time in nature! Just 20 minutes a day restores attention, greatly reduces stress, and makes me—and you—physically healthier and more resilient.
- Rest some more! If I am doing a lot, I—like everybody—need more rest.
- Take a music break, maybe even dance a little or play air guitar. Music nourishes my mind, body, and soul.
- When in doubt, err on the side love, kindness, and generosity.
- Did I say rest?
- Simply and intentionally do one thing at a time. Multitasking and attention shifting is actually very psychologically and physiologically stressful. One. Thing. At. A. Time.
- Have fun, smile, laugh. There’s joy in every moment, I just have to be open to it.
- Connect! Relationships come first. Connecting with and supporting each other will always produce better outcomes than trying to, thinking I can, or ever believing that anything at all ever works all on my own.
- Never forget: I am doing the best I can... And I believe you are too! Keep growing! 😊

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**Rental Assistance**

Rental assistance is available for up to 6 months through Arlington Housing Authority for Arlington residents who are behind on their rent due to the pandemic if they meet certain criteria such as income, need is directly related to the pandemic, currently behind on rent, and a few others. The application is at [www.arlingtonhousing.us](http://www.arlingtonhousing.us) and funding is still available for the program.

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**My (End of the Semester) Checklist**

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**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!
**FIELD PLACEMENTS**

**general**

- 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.
- Field forms are available here!
- Field FAQ
  - If you are having technical difficulties with InPlace please email sswfield@uta.edu and include a screenshot of the issue.
  - Are you a CAP student ready for your advanced field placement? Check out the funding section for paid opportunities!

**summer**

- The COVID-19 field hours accommodation will continue for Summer 2021.
  - Block students must complete a minimum of 408 hours for Summer 2021.
  - Split students must complete a minimum of 204 hours for Summer 2021.
- Block field will only be offered in the 14-week Summer Session. Block Field will begin May 17, 2021.
- Split field will only be offered in the 11-week Summer Session. Split Field will begin June 7, 2021.
- The Block Field 14-week Summer Session & Split Field 11-week Summer Session dates have been updated on the [Field website calendar](https://inplace.uta.edu/).

**fall**

- The Fall 2021 Field Application opened Monday, April 19, 2021, at 10 am and closes June 4th (not May 18).
- Please review the email sent by Dr. Smith on 4/15 for important information and updates on the fall field application.
- Students doing a split field placement do not have to reapply for field between Split 1 and Split 2 semesters.

**spring**

- Field instructors (supervisors) must submit final field evaluations on MyMav by May 4th.
- Students must complete student evaluations in InPlace by May 4th.
- The last day to log hours is May 12th.

**FIELD POWER HOURS**

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

- **Foundation MSW**
  - Field Advisor: Natalie Maningham
  - 1st & 3rd Monday of the month, 3-4
  
  [Click here to join the meeting](https://mymav.uta.edu/courses/7804).
- **CAP & Children & Families**
  - Field Advisor: Monica Brown
  - 1st & 3rd Tuesday of the month, 3-4
  
  [Click here to join the meeting](https://mymav.uta.edu/courses/7804).
- **Mental Health**
  - Field Advisor: Hector Ramos
  - 1st & 3rd Wednesday of the month, 3-4
  
  [Click here to join the meeting](https://mymav.uta.edu/courses/7804).
- **Aging & Health**
  - Field Advisor: Sharon Martin
  - 1st & 3rd Thursday of the month, 3:30-4
  
  [Click here to join the meeting](https://mymav.uta.edu/courses/7804).

**licensing**

If you’re in your final semester and want to get started on applying to ASWB to take the LMSW licensing exam, [click here](https://inplace.uta.edu/) to request the Dean’s Letter for Licensure, which UTA will send to ASWB. More info can be found on the ASWB site and our [SSW licensure page](https://inplace.uta.edu/).

Missed the Social Work Licensing Info Session? [Here](https://inplace.uta.edu/) is a link to the recording!

Interested in the LCDC? Scroll to the end of this [licensure](https://inplace.uta.edu/) webpage and click on the Texas LCDC Licensing 2021 PDF for a chart that shows how different education levels can prepare you for the LCDC.

**GRADUATION**

- Our School of Social Work Ceremony will be combined with College of Architecture, Planning and Public Affairs, Division of Student Success and the Honors College. The ceremony will be held on Friday, May 14 at 9:00 a.m. at Globe Life Field.
- The Virtual Commencement will take place on Sunday, May 16th at 5:00pm CST through an on-demand website that will have auto-generated name calling, graduate slides, and videos from university officials. We do not yet know which day the Social Work commencement will be. We will share additional details as soon as we receive them.
- The deadline to apply to graduate in May passed on March 1. To apply late, contact your advisor. (There is a $60 late fee.) 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. Fee is $40.
- In-person, virtual commencement programs planned for May
  - UT Arlington will host in-person commencement ceremonies at Globe Life Field from May 13-16 to celebrate its spring 2021 and all 2020 graduates, while preserving virtual commencement ceremonies for those who prefer an online celebration. The spring commencement exercises will mark the first time UTA has hosted in-person ceremonies since December 2019, as all 2020 ceremonies were canceled due to the COVID-19 pandemic.
  - All 2020 and spring 2021 graduates should RSVP with their intention to participate in an in-person or virtual commencement ceremony. To do so, they should [register with MarchingOrder](https://inplace.uta.edu/) using their UTA student email address. (Although the deadline of 3/17 has already passed, students are still able to register via this form).
  - UTA has posted the schedule for in-person and virtual commencement ceremonies.
  - Visit [uta.edu/commencement](http://uta.edu/commencement) for details. Questions? Email [studentaffairs@uta.edu](mailto:studentaffairs@uta.edu).

**ADVISING**

- Summer class registration opened 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.

- If your advisor’s appointment schedule is full, please consider emailing them for email-advising, or attend their weekly Power Hour. Please check advising appointments every Monday when new availability opens up for the coming weeks.

- 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](https://mymav.uta.edu/courses/7804).
  Valerie Adam  Tuesday 11-12  [Click here to join the meeting](https://mymav.uta.edu/courses/7804).
  Maresia Davis  Wednesday 11-12  [Click here to join the meeting](https://mymav.uta.edu/courses/7804).
  Cleondria Marable  Thursday 11-12  [Click here to join the meeting](https://mymav.uta.edu/courses/7804).

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**Virtual Events of the Week**

- Registration is open for summer and fall.
- When searching for classes, be sure to select the correct term. MyMav may default to 2218 (Fall). 2215 is Summer.
- Course Modalities will be listed under Course Attribute in MyMav. More information about each modality can be found here.

**Course Registration**

- **Online 1: Asynchronous**
  - Course Attribute: ONLINE1
  - Days & Times: TBA

- **Online2-Synchronous (live virtual class during times listed)**
  - Course Attribute: ONLINE2
  - Days & Times: MoWe 4:00PM - 5:20PM

- **Hybrid (Combination of face-to-face and live virtual class)**
  - Course Attribute: HYBRID2
  - Days & Times: TuTh 2:00PM - 3:20PM

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**COURSE SPOTLIGHT**

**Learning Abroad India**

**Information Session: A comparative study of mental healthcare in India and the U.S.**

**Wednesday, May 11th, Noon-1pm via Zoom**

**Trip Dates: December 27th, 2021 – January 11th, 2022**

Join us to learn more about this faculty led independent learning experience focusing on mental health and substance abuse treatment systems and interventions in India. You will travel to three cities in India to visit schools of social work and community based treatment providers and participate in a number of cultural events.

For more information contact Dr. Micki Washburn at micki.washburn@uta.edu

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**Course Spotlight**

**Wednesday, 2-3pm Virtual Coffee & Tea with Dr. P**

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.
Attention Current Graduate and Undergraduate Students: Every Texan Seeks Five Interns

Apply today for our paid internships and help advance social justice through public policy!

Are you a student who is passionate about social justice? Every Texan is looking for five new interns to support the organization's mission to build a state where all Texans are healthy, well-educated, and financially secure.

Our student interns will collaborate with staff of all management levels and across issue areas. Read the full descriptions here and apply by May 7, 2021!

Full-Time Case Manager position open with Catholic Charities of Fort Worth!

Dean Ryan’s Statement on COVID-19 Health Disparities

UTA’s COVID Vaccine Resource Page

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.

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.

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.

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utafoodpantry@gmail.com
Chanthina Chansler

Basic Function of Teams

SAR Center
(Formerly Office of Students with Disabilities)

In Crisis? Text HELLO to 741741

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.

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 anyone 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

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.

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

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

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

"Tell me, what is it you plan to do with your one wild and precious life?"
- Mary Oliver