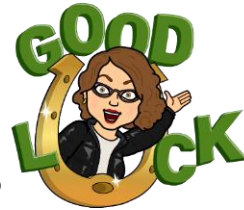




UNIVERSITY OF
TEXAS
ARLINGTON

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.

WEEKLY UPDATE

May 3, 2021

SOCIAL JUSTICE SPOTLIGHT

May is Asian/Pacific American Heritage Month!

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/>

#StopAsianHate

We have no tolerance for discrimination of any kind. We stand with the Asian community.

TABLE OF CONTENTS

Page 1.....Social Justice Spotlight

Page 2.....Get Support, You Matter, End of Spring Semester

Page 3.....Advising, Field Placements, Graduation, Licensing

Page 4.....Course Spotlight, Virtual Events of the Week, Course Registration

Page 5.....Research, Funding, Stay Safe

Page 6.....Resources

END OF SPRING SEMESTER

- The last day of classes is Tuesday May 4th
- Final grades posted on MyMav by Tuesday May 18th at noon
- Grades designated as official by the registrar on Wednesday May 19th by 5pm



GET SUPPORT

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 and funding IS still available for the program.

UTA Care Team

The Care Team is composed of Success Coaches that are here to help students succeed while attending UTA.

This includes academic and personal dilemmas a student may be facing.

Success Coaches are here to:

Connect
Advise
Refer
Encourage

Reach out to our Success Coaches today!

email: careteam@uta.edu

Division of Student Success



Interested in joining a Veteran and Military Connected group of students? The MAV VETS are here to get you support and connections to help navigate college life!



CONNECT WITH US ON SOCIAL MEDIA!

Instagram: TEAMS: Facebook:



SCAN ME

SCAN ME

SCAN ME

Did you know as a student veteran you may qualify for free meals?

Meals for Vets is a program that provides student veterans who have low income with free daily meals.

Getting through school is hard enough without the stress of not knowing if you'll be able to afford to eat. Meals for Vets and The University of Texas at Arlington have partnered up to make sure you can get a daily meal to help fuel your success.

To qualify:

- Must have served at least 180 days federal active duty
- Provide proof of service (such as DD-214)
- Provide proof of all household income and benefits
- Meet low income qualifications

To learn more and apply, email: james.kumm@uta.edu



YOU MATTER

My (End of the Semester) Checklist

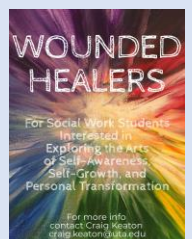
This is the time of the semester where it so often feels like there is so much to do and so little time to do it. And while there's a really important conversation about taking personal responsibility for saying no and changing that "crazy busy" part of our work and academic culture, it's the position 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 of 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! 😊

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

- 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
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



- 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 a 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 Marching Order](#) 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 for details. Questions? Email studentaffairs@uta.edu.



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/>
- 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](#)

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 InPlace 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 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](#)



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](#) 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](#).
- Missed the Social Work Licensing Info Session? [Here is a link to the recording!](#)**
- Interested in the LCDC? Scroll to the end of this [licensure](#) 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.

COURSE SPOTLIGHT

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

Learning Abroad India

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



VIRTUAL EVENTS OF THE WEEK

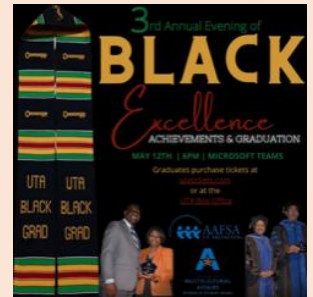
Supervision in Social Work: What is It? Social Work Discussion Panel

Topics to Be Discussed

- What is supervision?
- When to begin supervision?
- Why is it important?
- What qualifies as supervision?
- How to begin supervision?
- How to locate a supervisor?
- Cultural competency in a supervisor
- Identifying your niche
- Developing your professional identity
- Role of supervision in your career and profession
- When supervision isn't a good fit
- Identifying unethical supervision

When: May 5, 2021 6:30PM - 8:00PM
Where: To join the Microsoft Team: [Link](#)
To join the event: [Link](#)

For Questions or Comments:
Rebecca Cole, LCSW
PhD Student and Graduate Resource Assistant
University of Texas at Arlington Graduate School of Social Work
Rebecca.Cole@uta.edu



Mindfulness & Stress Management

Is the end of the semester stressing you out?

Want to take an hour break from studying for finals?

Join us for our
Mindfulness & Stress
Management
virtual event on Teams!
Thursday May 6, 2021
5 p.m. - 6 p.m.

[Click here to join!](#)

Division of Student Success

Drinks & Dialogue

May 7, 2021
4:00-5:00 P.M.
Microsoft Teams

Social Work Students: Grab a tasty beverage! join us for a chat about thought-provoking social work experiences & ideas.

Theme:
Interventions with groups, families, & communities

JOIN PROFESSOR KARLA ARENAS-ITOTIA, DR. ASHLEY PALMER, AND PROFESSOR LEAH WILSON FOR THIS EXCITING CHAT.

Interested?
Click [here](#) to join the meeting, or search 'Drinks and Dialogue'.



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](#)

COURSE REGISTRATION

- **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](#). Here are some examples:

- Online 1: Asynchronous

Course Attribute	Days & Times
ONLINE1	TBA

- Online2-Synchronous (live virtual class during times listed)

Course Attribute	Days & Times
ONLINE2	MoWe 4:00PM - 5:20PM

- Hybrid (Combination of face-to-face and live virtual class)

Course Attribute	Days & Times
HYBRID2	TuTh 2:00PM - 3:20PM



FUNDING

The School of Social Work is hiring a part time work study student to assist with the undergraduate and graduate program offices. [Click here](#) to apply! Questions? Contact velvet.denny@uta.edu

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!



NOW HIRING SUMMER REC STAFF

Christ's Haven for Children is a nonprofit organization centered around the core values of family, model, trauma-informed, normalcy, dignity, hope.

Christ's Haven for Children is a nonprofit organization centered around the core values of family, model, trauma-informed, normalcy, dignity, hope. As a voluntary, residential placement organization, we are an integral part of the foster care system, often when a caregiver has exhausted all efforts to care for a child, whether a child is with us for six months or eleven years, we strive that time being them as our own and healing, normalcy, dignity, and hope into their lives. As a Christ's organization, our hope is that their time with us will help lead them toward healing from their past abuse and/or neglect.

Summer Rec staff will be responsible for the following:

- Provide fun, purposeful, educational activities for children living at Christ's Haven ages 5-14 from May 31-August 6, Mon-Fri 8:30am-4:00pm
- Attend mandatory training May 17 from 10:00am-3:00pm
- Must be 21 years or older and have a valid TX driver's license
- Must pass a criminal background check
- Possess some college credit in child & adolescent development or youth & family ministry OR on the job experience working with children/adolescents
- Experience supervising & organizing group activities for children ages 5-14
- Able to manage and positively redirect children's behavior
- Flexible, proactive, positive attitude wanting to provide a fun & memorable summer experience for Christ's Haven children
- Pay is \$10/hour

Interested candidates should submit their resume to logan@christshaven.org.



RESEARCH

[Social Work Course Guides](#)

[Student Research Opportunity Center](#)

Study on Intergenerational Reminiscence Approach in Improving Social and Emotional Well-being of Older Adults

Participants Needed

The UTA School of Social Work would like to invite UTA students (1) age 20-24 years old, (2) currently enrolled as a Student at UTA, and (3) can commit to be available for the full 12 weeks of the intervention.

Once you agree to participate, we will pair you with an older adult for participating in this study. You and the paired older adult will participate together.

You will receive a \$100 or \$150 (if you participate in the intervention) gift certificate as your appreciation for your time in participation. If you are interested and want to be paired with an older adult, please contact Dr. Long at long@uta.edu or through Tel: (817) 257-1572.

RESEARCH TUTORING CENTER

DROP-IN SOCIAL WORK RESEARCH ASSISTANCE

Calling all students enrolled in SOCW 3308 or 3308A: Are you struggling with your research class? Tutors are here to help! Log in through Microsoft Teams to receive assistance.

JOIN IN THURSDAYS FROM 2-7PM. STOP IN 2021.

Unable to drop by during the designated time? No problem! Submit your questions [here](#).



STAY SAFE

UTA continues protocols to protect campus community

In the interest of the health and safety of our community, UTA's current COVID-19 protocols and guidance will remain in effect through May 31, at which point they will be reassessed. This decision has been made after review of the latest Governor's Executive Order, which goes in effect Wednesday, March 10, and its direction that higher education institutions are to follow the most recent guidance issued by the Texas Education Agency. Read the [announcement](#).

[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](#)

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. 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](https://taoconnect.org)



THRIVE APP



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

MAVS TALK 24HR CRISIS LINE

Call (817) 272-8255



Visit uta.edu/caps for more information

UTA is a... COMMUNITY THAT CARES



[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)

BOYS & GIRLS CLUBS OF GREATER TARRANT COUNTY
MEAL DISTRIBUTION

Boys & Girls Clubs of Greater Tarrant County will be distributing meals, food and snacks
Curbside meal distribution will occur Monday - Friday 4:00-5:30pm

Distribution Locations

Eastside Branch 4851 Ramsey Ave Fort Worth, TX 76105	Main Branch 608 North Elm St. Arlington, TX 76011
Martin Branch 3123 Avenue G Fort Worth, TX 76105	NW Branch 2000 Ellis Ave Fort Worth, TX 76164
Panther Branch 1500 Hemphill Fort Worth, TX 76104	

All Are Welcome!

- Meals available to any child ages 18 years or younger (membership not required)
- Meals will be distributed as long as food supplies last
- Each can is eligible to receive individually packaged meals and snacks as available to the organization
- Weekly at-home learning resources provided with each meal

Contact Us!
For more information or questions contact:
[LaToya Greyer](mailto:LaToya.Greyer@ggcgc.org)
LGreyer@ggcgc.org

First Come, First Served!

THE UNIVERSITY OF TEXAS AT ARLINGTON
COUNSELING & PSYCHOLOGICAL SERVICES

MAVS talk
24 HOUR CRISIS LINE

817-272-TALK (8255)
WWW.UTA.EDU/CAPS
303 RANSOM HALL

[UTA Library Accessibility](#)

[On-Demand & Live Fitness Classes](#)

Texas Health and Human Services
COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, **help is available.**

Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

Call the toll-free COVID-19 Mental Health Support Line at **833-986-1919.**

TEXAS Health and Human Services

DREAMERS WELCOME

In Crisis?
Text HELLO to 741741

CRISIS TEXT LINE | Free, 24/7, Confidential

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](tel:817-850-7940).

The Lifeline is **FREE**, confidential, and always available.

HELP a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Learn the Warning Signs.

Printed 2020 - Reprinted 2021
08/20-09/21/22

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



SCHOOL OF SOCIAL WORK

211 S. Cooper Street, Arlington TX 76019
Social Work Program
(817) 272-2135

FOLLOW US ON SOCIAL MEDIA



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

- Mary Oliver