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.

UTA Again Ranked First in US For Military Vets & Their Families

For the second year in a row, The University of Texas at Arlington is the nation’s top four-year institution for veterans and their families, according to Military Times.

The Military Times Best for Vets: Colleges 2021 list recognized UTA for both its efforts to serve its military-connected students and the resources it offers them. UT Arlington also topped the annual list in 2020.

“UTA is committed to serving all of our students, and our active-duty, veteran, National Guard and Reserve students recognize this dedication to their success,” said Teik C. Lim, interim president. “We respect and honor their selfless service to our nation. They experience first-hand that UTA has a culture of ensuring our military-connected students are successful in their degrees, ready for the next stages of their careers, and have access to an array of services and support.”

Of UTA’s more than 4,800 military-connected students, just over 2,000 are veterans, on active duty or members of the National Guard or Reserve. Nearly 2,800 students are spouses or children of current or former military members.

Read the full article here.
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.

Weight of the World

I was sitting, doing a breathing exercise this morning, and I had a realization. It’s nothing new, but it was a new insight to have a felt, personal sense of. But before I go on, I need to go back a few years...

Several years ago, I got very interested in mindfulness. I studied everything I could, and based on overwhelming evidence, I began to practice. I followed guided meditations. I ate mindfully. I did body scans. I used walking meditations. And I practiced, moment to moment, simply being more present “with curiosity and acceptance”. I got so much from the many things I was practicing, but over time I noticed that I seemed to be drawn most to what I began calling “informal mindfulness”.

From my perspective, informal mindfulness was anything I could do in a few minutes and without an elaborate setup: a quick check in, an intentional breath or two, or a moment of silence and no distractions transitioning from one daily activity to the next. While I did and still do find these practices useful, what I didn’t realize is that I was using them to rationalize not slowing down or even stopping the fast, go-go-go pace of my inner and outer worlds.

This morning I woke up and immediately got to my to-do list. I felt a hurried pace to check things off, so I could slow down and relax later. After a few tasks, I made breakfast, sat down to eat, and felt so much stress and strain in my body and mind. So, I decided to take a few moments to breathe (informal mindfulness, right?). Within just a few breaths, I had a visceral sense of how my informal practice, at least at this moment, was just another way to rush through life! Therefore, I consciously made the decision to stop everything and devote myself fully, for as long as needed, to my breathing practice.

Sitting with my breath, feeling my body, I realized that I’ve taken on the weight of the world, but it never asked me to and doesn’t need me to. There’s not more I need to do in this moment. With or without my stress and strain, the world will keep on moving. I can just be.

Taoist philosopher Lao Tzu said that “nature does not hurry, yet everything is accomplished.” If you are or have been interested in mindfulness or meditation but you feel like you just don’t have the time, I invite you to consider that time might be the most important thing you can give yourself, especially if you feel like you don’t have it. Slow down, stop, let go of the weight of the world and see, feel, and experience that, with or without your stress and strain, the world will keep on moving and everything will be accomplished.

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!
Feeling a bit lost? Already worrying about Fall as you begin Summer? Start with Advising!

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 Mon 10-11  Click here to join the meeting
Valerie Adame Tue 11-12  Click here to join the meeting
Maresia Davis Wed 11-12  Click here to join the meeting
Cleondria Marable Thu 11-12  Click here to join the meeting

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 within 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!

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.

Field Power Hours

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

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**Virtual Events of the Week**

**NASW’s Congressional Advocacy Day**

Please join us on July 22 to advance critically important congressional legislation that will strengthen the social work profession and the clients they serve. This is a key opportunity to meet with your congressional delegation, educate them about the value of social work and social workers, and to gain their support for priority legislation. To register for the event, please click [here](https://www.socialworkers.org/membership). Registration is $25. Space is limited, so please register early. Participants will be able to register on a first-come, first-served basis.

**21-Day Challenge**

The Arlington-Mansfield Area 21-Day Challenge encourages daily actions to learn more about racial equity, promote unity, and combat divisiveness in our communities.

**Graduation**

- July 1 deadline to apply
- August 18 at 7pm tentatively scheduled for SSW commencement ceremony at College Park Center
- Link here [https://www.uta.edu/commencement/] and note that more information will be posted
- Are you an NASW student member graduating in August? Be sure to request your graduation cord (Link: [https://forms.gle/niRRm1wxTWoqSPoVA](https://forms.gle/niRRm1wxTWoqSPoVA)) before Friday, July 16. Not a member yet? You can join NASW before you graduate for only $60 and receive a discount on your membership dues for the next two years if you retain active membership. Click here for more information. (Link: [https://www.socialworkers.org/membership](https://www.socialworkers.org/membership))

**Course Registration**

- Fall registration is open.

**Important Dates for Summer Semester**

**Summer 11 Weeks 2021**

- **Jul. 1** - Deadline to Apply to Graduate in MyMav
- **Jul. 5** - Independence Day Holiday Observed
- **Jul. 22** - Last day to drop classes; submit requests to advisor prior to 4:00pm
- **Aug. 12** - Last day of classes
- **Aug. 16** - Final exams
- **Aug. 17** - Final exams
- **Aug. 18 at 7pm** – SSW Commencement Ceremonies at College Park Center (on UTA campus)

**SSW Summer Fun Day**

Wednesday, June 30 at 11 a.m.

SSW Courtyard - More Details to Come

**Regina’s Inspiration Station**

Wednesday, 2-3pm

Come visit with me about your challenges, hopes, inspirations, ideas for the programs, and your career plans. This is an open mentoring hour for us to chat about whatever you like!

Join Microsoft Teams Meeting

I am also available weekly on Tuesdays from 9-9:50!

Click here to join the meeting
**FUNDING**

**Wells Fargo Veterans Scholarship Program**

Provides scholarships to fill unmet financial need of veterans after military benefits and other grants and scholarships have been packaged by their school. Apply [here](#). Deadline is July 8.

**Scholarships**

Fall scholarships are open and close on July 9th. Visit the ScholarShop to search scholarships you might qualify for.

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**Master’s Level Graduate Research Assistant Position (Paid)**

**Project Title:** Racial Differences in Patient Experience and Diabetes Management Outcomes among Reproductive-Age Women: Implications for Maternal Mortality and Mortality.

**Minimum Qualifications:** Applicants must be an actively enrolled in a master’s degree program in the UTA College of Nursing and Health Innovation and have completed one of the following courses (or equivalent) with a grade of B+/C+ or higher: KINE 4352 (Public Health Sciences and Methods) or KINE 3325 or NURS 3321. Applicants must have basic or intermediate experience with data cleaning, manipulation and/or analysis using statistical software (SPSS, SAS, STATA, R).

Interested applicants should submit the following materials in PDF format to Dr. Brown (kyrah.brown@uta.edu) by Tuesday July 6, 2021:

- A one-page (single or 1.5 spacing) personal statement describing interest in the project/position, relevant experience and qualifications.
- A resume or curriculum vitae (CV). Include student contact information (UTA email, physical address, and student ID number). Also, include contact information for three professional references (no recommendation letter needed).
- A copy of UTA Human Subjects Protection (HSP) Training Certificate (complete here).

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**Expanded COVID-19 vaccine opportunities to include on-campus availability**

UTA has established a partnership with OptumServe to provide all interested employees and students access to COVID-19 vaccines at a convenient on-campus location and free of charge. UTA students and employees are strongly encouraged to participate in COVID-19 vaccinations if they are able. Please visit the UTA COVID-19 Vaccination Information and Resources page to access registration links and instructions for both vaccine opportunities.

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**Dean Ryan’s Statement on COVID-19 Health Disparities**

We would like to update the UTA campus community on the new executive order from Gov. Abbott that prohibits government entities from mandating face coverings. Beginning Friday, May 21, UTA will no longer mandate the wearing of masks on campus. This action comes on the heels of the CDC's updated guidance that masks are optional for those who are fully vaccinated. Read the announcement.

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**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.**

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**UTA Continues Protocols to Protect Campus Community**

We would like to update the UTA campus community on the new executive order from Gov. Abbott that prohibits government entities from mandating face coverings. Beginning Friday, May 21, UTA will no longer mandate the wearing of masks on campus. This action comes on the heels of the CDC’s updated guidance that masks are optional for those who are fully vaccinated. Read the announcement.

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**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.

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**Managing Stress and Anxiety During COVID-19**

**UTA Counseling and Psychological Services (CAPS)**

**Therapist Assisted Online (TAO)**

Visit [TAOconnect.org](http://TAOconnect.org)

**Thrive App**

Download “Thrive at U” on App Store or Google Play

**Mays Talk 24HR Crisis Line**

Call 817-272-8219

Visit uta.edu/caps for more information
Resources

UTA Academic Calendar

Evidence-Based Practice Research Guide

SAR Center
(Formerly Office of Students with Disabilities)

UTA Library
Accessibility

On-Demand
& Live
Fitness
Classes

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