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SOCIAL JUSTICE *Spotlight*



National UV Safety Month

July is National UV Safety Month, which aims to raise awareness about the dangers of ultraviolet (UV) radiation and encourage people to take steps to protect their skin and eyes from UV damage. This includes wearing sunscreen, sunglasses, and protective clothing, and avoiding prolonged exposure to the sun, especially during peak hours.

Certain groups of people are at a higher risk of being exposed to excessive UV radiation. These groups are including but not limited to those who are homeless or those who have to work in the sun all day. We must advocate for their protection from UV radiation to promote safety for all people. Some ways in which we stay safe or help other stay safe are as follows:

- Stay in the shade

The hours between 10 AM and 4 PM are the most hazardous for UV exposure, especially in late spring and early summer. You can seek shade under an umbrella, tree, or other shelter. Even in the shade, you should still wear sunscreen or protective clothing.

- Wear protective clothing

Cover your arms and legs with clothing and wear a hat with a brim to shade your face, ears, and neck.

- Wear sunglasses

Sunglasses protect your eyes and the skin around them from UV rays and reduce the risk of cataracts.

- Apply sunscreen

Use a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher. The FDA recommends that sunscreen cover both UV-A and UV-B rays.

- Avoid tanning beds

Tanning beds and sun lamps can emit UVA and UVB radiation and have been linked to an increased risk of melanoma.

These steps can help reduce the risk of skin cancer and other skin-related issues caused by UV radiation.

Love and Light,
Ashley Moody, USL Intern
The University of Texas at Arlington





STUDENTS WANTED JOIN OUR SPECIAL TOPICS COURSE & RESEARCH STUDY

SOCW 4350 MENTAL HEALTH FOCUSED CHW CERTIFICATION

We are seeking undergraduate students to participate in a groundbreaking special topics course that seeks to understand the relationship between depression/anxiety and the social determinants of health.

About the Study

Our research study is designed to equip non-specialist undergraduate students with the essential skills and competencies necessary to deliver a brief evidence-based behavioral activation treatment for depression/anxiety and understand the effects of the social determinants of health on mental health.

Why Participate?

By joining this course and study, you'll gain valuable insights into mental health treatment, and become eligible to receive a Certified Community Health Worker (CHW) certification. This certification opens doors to impactful career opportunities in healthcare and community services. After successful completion of the course, you will be eligible to receive a stipend and an opportunity for a paid internship in the subsequent semester.

Eligibility

-  Be 18 Years or Older
-  Be an Enrolled Undergraduate Student at UTA with Unmet Internship Hours
-  Be Able to Give Consent
-  Be Able to Stay for One Semester

How to Get Involved

Ready to make a difference in mental health and embark on a journey towards CHW certification?

HAVE QUESTIONS? CONTACT

martha.buendiacastro@mavs.uta.edu
allison.tomlinson@uta.edu

COMPLETE THIS
INTEREST FORM



Important Dates

- **July 31st**- Deadline for EDGE scholarship
- **August 2nd** - GSL recruitment deadline
- **August 7th** - Last day of classes for summer semester
- **August 9th** - Last day to earn Field hours
- **August 18th** - Deadline to register for fall classes



Student Spotlight



Michelle Gonzalez

Hello everyone! My name is Michelle Gonzalez and I am a Graduate Student Volunteer. This is my third semester working as a GSL volunteer, it has been an adventure. I got my bachelors in criminal justice with a minor in psychology at the University of North Texas at Dallas in December 2021. I am currently in my advance placement year here at UTA under the Mental Health and Substance misuse. I am on the road to graduate in December of 2024. I currently work as an immigration paralegal here in the Dallas area. My end goal is to become a LCSW and be able to provide services for young adolescents, young adults, and possibly immigration evaluations that are used for heavy casework in immigration cases. I am really excited to see what the future holds for me and for the community I am wanting to advocate and empower for. In my spare time I enjoy reading, going for walks, traveling, and going to concerts! I'm always happy to help and advocate for those who are

misrepresented. As always, don't struggle in silence and always ask for help when it's needed.

YOU MATTER!



Grace and Gratitude

When Social Work students in great numbers choose to practice, integrate and embody grace and gratitude, the cumulative force that is generated within us can help create the kind of world we all hope for and desire for ourselves and for our future generations. As social work students, we are in a moment in time in which grace and gratitude will awaken all of us in ways that will nurture the heart and help to create a life of meaning and purpose. The human spirit is always reaching for the reclamation of its own well-being. The practice of grace and gratitude provides healing and enhances our inherent nature. The Social Work journey that lies before us holds unlimited possibilities filled with blessings, learnings, mercies, and protections. So for my fellow students at the University of Texas at Arlington and for those who are graduating this summer and leaving us, let's approach life from a perspective of seeing what is working, without denying our current challenges or burdens, let's cultivate more positive thinking and thankfulness in our daily lives, let's embrace our diversities with dignity, grace and gratitude, let's appreciate the lessons that have been taught to us by our esteemed Professors and make an impact on the world, while remembering who you are and the University you represent and lastly, say THANK YOU.

Love and Light,
Tracie Prosser GSL Intern
University of Texas at Arlington

Opportunities



MSW STUDENTS

*The School of Social Work is recruiting
Graduate Student Leaders
(GSL) volunteers for Fall 2024*

AS A VOLUNTEER:

- Work with the MSW director & faculty
- Connect other students to services and resources they need
- Act as an advocate for other MSW students
- Take on roles for projects

**Deadline to apply:
August 2, 2024**

**[Click here](#) or
scan to find out
more!**

**For more information please
contact a GSL intern:**

Tracie: tracie.prosser@mavs.uta.edu

Angie: asr7984@mavs.uta.edu





ATTENTION BSW STUDENTS

THE SCHOOL OF SOCIAL WORK IS RECRUITING
UNDERGRADUATE STUDENT LEADER (USL)
VOLUNTEERS
FOR FALL 2024!

VOLUNTEERS

- Work directly with the BSW program directors
- Serve as advocates and communication facilitators for BSW students
- Connect students to services and resources

FOR MORE INFORMATION CONTACT

A USL INTERN:

Rae: hrm8665@mavs.uta.edu

Ashley: anm4900@mavs.uta.edu

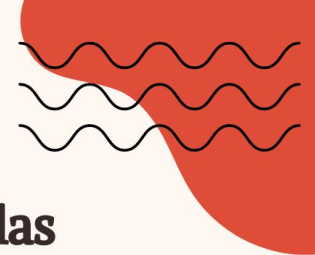
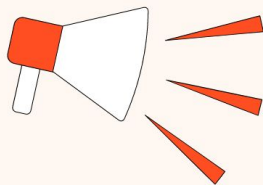
Kimberly: kxj6364@mavs.uta.edu

Meghan: mxg8550@mavs.uta.edu

APPLY HERE



DEADLINE TO APPLY JULY 29, 2024



Catholic Charities Dallas

Refugee Cash Assistance Case Manager (RCA)

Provide time-limited cash assistance to eligible clients. Be familiar with TXOR RSS and RCA Provider Manual, Office of Refugee Resettlement (ORR) required eligibility documentation, and all other funder requirements. Maintain good file record in paper and paper less form. Be main contact point for assigned cases (clients). Do appropriate referral to another program base on client needs or request.

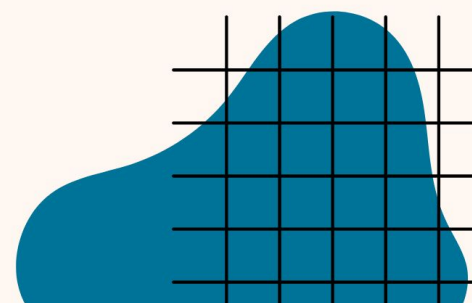
Pay: \$19-\$21/hr

Hours: 40 hrs/wk; Monday-Friday
7:30am-5:30pm

This focus of this job is on producing high quality, detailed work based on established standards, guidelines and procedures. Consistent, error free work based on defined regulations and standards are key measures of job performance success

**For more information
contact:**

**Dylan Benson
vramadanovic@ccdallas.org**



EDGE PROGRAM SCHOLARSHIP (PPOHA GRANT)

- **Eligibility Criteria:** Applicants must be: 1) US Citizens or Permanent Residents; 2) a new or continuing graduate student at UTA; 3) enrolled in a minimum of 3 credit hours.

The EDGE Scholarship is designed to provide some much-needed financial support to new & continuing graduate students. Recipients of the EDGE Scholarship are expected to participate in activities with the EDGE Center. These include professional development workshops, academic skill building sessions, and activities outside of the classroom. As a new graduate student, you could be eligible to apply for this opportunity!

- Scholarship opened to all current and new incoming graduate students
- Application Deadline: Wednesday, July 31, 2024

More Information:





**EDGE Center
Presents**

¡PA'LANTE!

**GRADUATE STUDENT
JUMPSTART**

**A one-day on-campus experience
Connect with peers, explore
campus resources, and learn
essential skills needed to succeed as
a #MavGrad**

Saturday, 10 August

9:00 to 5:00PM



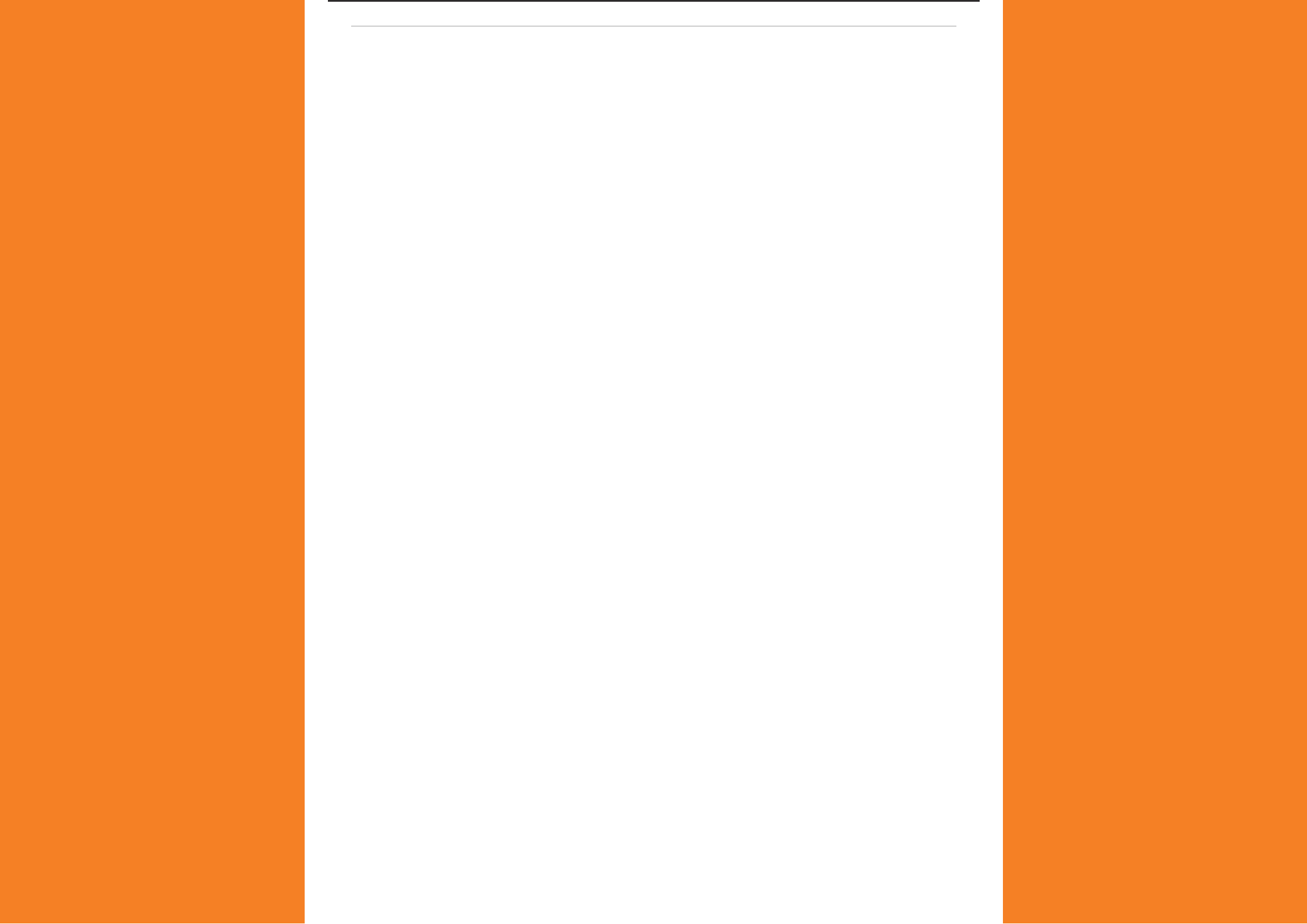
Check-in starts at 8:30am



**E.H. Hereford University
Center- 2nd floor
300 W. 1st St.
Arlington, TX 76013**



Register now!



Catholic Charities

Dallas

Refugee Medical Assistance Case Manager (RMA)

OPEN POSITION

Screen clients for eligibility into RMA Program and apply for eligible clients. Be familiar with TXOR RSS and RCMA Provide Manual, Office of Refugee Resettlement (ORR) required eligibility documentation, and RMA administrator USCRI (U. S. Committee for Refugees and Immigrants). Support Case Managers by providing services related to medical assistance. Maintain good file record in paper and paper less form. Be main contact point for assigned cases (clients). Do appropriate referrals to another program base on client needs of request

Pay: \$19-\$20/hr

Hours: 40 hrs/wk; Monday - Friday
(M/W/F 7:30am-5:30pm) (T/TH
7:30am-7:30pm)

For more information contact:

Dylan Benson
vramadanovic@ccdallas.org





MSW RESEARCH ASSISTANT

- Conduct literature reviews
- Transcribe qualitative interviews
- Create research materials (recruitment flyers, presentations)
- Edit papers, write reports
- Language translation (Spanish, Arabic, Hindi, etc.)

WHY CHOOSE US?

Office of Research and Faculty Affairs
Suite 108

- ✓ We support SSW research efforts and the SSW PhD program.
- ✓ We connect students with faculty
- ✓ We house Title IV E program
- ✓ We identify and help secure external funding for research projects (grants).

Made with PosterMyWall.com



Earn

Get paid to do scholarly work



Address some of society's biggest problems, impacting real people



Experience

Experience real-world applications to what is taught in the classroom



Communication

Enhance communication skills as a member of the research team



Flexible

Often work remotely

Contact us!
Melissa Parsinen, MA, GPC
melissa.parsinen@uta.edu

Monisa Caldwell, BA
monisa.caldwell@uta.edu

MENTORSHIP:

Connect with a faculty member

Receive one-on-one mentorship from leaders in the field of Social Work

Receive Letters of Recommendation from someone who knows and can attest to your work

RESEARCH SKILLS:

Gain new perspectives

Learn to utilize evidence-based practices

Enhance your individual skill set

Learn to work as part of a team

Set yourself up for success as a PhD student

HELP US BUILD THE...

LATINX SOCIAL WORK ORG

We Need Officers for:

- President
- Vice President
- Treasurer

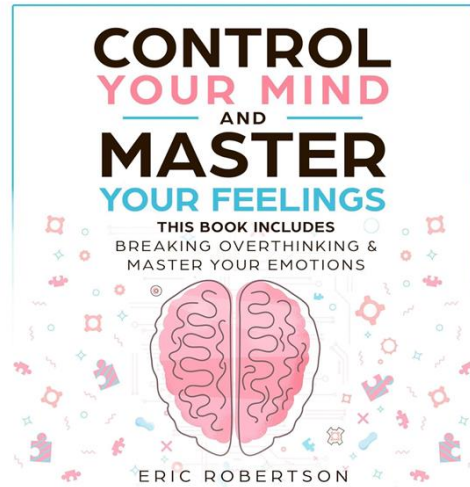
Interested in helping build an organization for Hispanic/Latina/o/x/e social work students at UTA? We are currently looking for members and officers for a Latinx Social Work Organization.



Questions?

Contact Karla Padilla at karla.padilla@mavs.uta.edu if you are interested!

Book of the Week



Control Your Mind and Master Your Feelings

by: Eric Robertson

We oftentimes look towards the outside world to find the roots of our problems. However, most of the times, we should be looking inwards. Our mind and our emotions determine our state of being in the present moment. If those aspects are left unchecked, we can get easily overwhelmed and are left feeling unfulfilled every single day.

This book contains two manuscripts designed to help you discover the best and most efficient way to **control your thoughts and master your feelings**. **In the first part of the bundle called *Breaking Overthinking*, you will discover:**

- How overthinking can be **detrimental to your social life**.
- The **hidden dangers of overthinking** and what can happen to you if it's left untreated.
- How to **declutter your mind** from all the noise of the modern world.
- How overthinking affects your body, your energy levels, and your everyday mood.
- How your surroundings affect your state of mind, and what you **NEED** to do in order to break out of that state.
- Bad habits we perform every day and don't even realize **are destroying our**

sanity (and how to overcome them properly).

- How to **cut out toxic people** from your life, which cloud your judgment and make you feel miserable.

The second part of the bundle called *Master Your Emotions* will teach you:

- What our emotions actually are, and what **core emotions are responsible for everything we feel.**

- The **importance of discovering your emotional map**, and how you can use it to improve your state of being.

- **When** and **if** you should control your emotions or just be in the moment with them.

- The **dangers** we face **if we leave our emotions unchecked.**

- An easy-to-follow book structure where we take one emotion at a time.

- **Clear step-by-step guidelines** and scenarios which you can relate to and allow you to understand each emotion that much better.

- A **bonus chapter** which will cover the emotion most people tend to overlook.

The journey to self-improvement must begin with self-acknowledgment.

Love and Light,

Farah Hannun

Graduate Student Leader Intern

University of Texas at Arlington

Student Success Resource



My name is Traecia Nichols, I am the Student Success Coordinator for the School of Social Work. In my role I work with students who are facing crises and need help accessing university and community resources. This section will consist of resources that are available to you as a student. If you are in need of resources or have any questions or concerns, please contact me at traecia.nichols@uta.edu.

Resource of the Week: Student Employment

Student Employment refers to on-campus student work opportunities, as well as specific off-campus work-study opportunities with approved employers. Through student employment you can earn an hourly wage through temporary, part-time jobs during your time as a student at UTA. Student Employment does not assign you to specific jobs but rather provides you with the resources necessary to locate the job that is best suited to your skills, needs, and interests. By participating you'll gain a variety of experiences and workforce skills that can be used in your career after graduation.

All positions are available on Handshake:
<https://uta.joinhandshake.com/login>

The Student Employment Office is located within the Career Development Center on the 1st floor of the E.H. Hereford University Center at 300 West 1st Street, Suite 180S, Arlington, TX 76019. Our office is open between 8:00 am – 5:00 pm, Monday through Friday. Call us at 817-272-

2932 or email us:
studentemployment@uta.edu

Learn more about

Academic Resources

Graduate Director Office Hours

Schedule to meet Dr. Regina Praetorius, LMSW-AP-S, the Director of Graduate Programs at UTA's School of Social Work.



Academic Advising

Need to meet with an advisor but there's no upcoming appointment available? Drop-in either in person or virtually on Wednesdays. To schedule your 30-minute drop-in time, click the button below. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

No drop in appointments available? [Visit this page](#) to find your advisor's power hour where you can always drop in and ask questions, no appointment needed.

Advising is available through email. Visit this link for more information:

<https://outlook.office365.com/book/OASS@bookings.uta.edu/>

MSW Social Work Mavericks! Brittany Latcher joins us as the new academic advisor for **Mental Health and Substance Misuse**.

BSW/BSSUT Social Work Mavericks! Desiree Warren joins us as the new academic advisor for **students with the letter set A- H**.

Schedule Your Appointment Here

Undergraduate Director's Note

Dr. Allison Tomlinson, LCSW-S, the Director of Undergraduate Programs at UTA's School of Social Work and the Office of Undergraduate Programs encourage you to exercise selfcare this summer. Use this time to complete tasks that keep you going strong in the program.

1. Complete your BSW or BSSUT Major Declaration
<https://bswmajordeclarationform.questionpro.com/>
2. Take the self-paced virtual asynchronous SSW Undergrad Orientation “Map for the Journey” <https://uta.instructure.com/enroll/3XEA4E>.
3. Schedule and advising appointment to ensure you’re on track with your degree plan.

Most of all stay calm and cool and keep growing as a social work student! Please reach out to our office to let us know how we can help!



Field Placements

- **August 9th** - Last Day to earn hours
- [Field forms are available here!](#)
- [Field FAQ](#)

- If you are having technical difficulties with Tevera please email sswfield@uta.edu and include a screenshot of the issue.

Field Advising

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

BSW and BSSUT Students

- Field Advisor: Vanessa Caraveo
- 1st & 3rd Thursday | 3pm - 4pm
- [Join your field advisors' power hour here](#)

Advanced Children & Families, Advanced CAP, Advanced Aging & Advanced Health

- Field Advisor: Monica Brown
- 1st & 3rd Wednesday | 4pm - 5pm
- [Join your field advisors' power hour here](#)

Advanced Mental Health/Substance Misuse

- Field Advisor: Sharon Martin
- 1st & 3rd Thursday | 3pm - 4pm
- [Join your field advisors' power hour here](#)

[View all field advisors and power hours here](#)

Undergraduate & Graduate Student Leader (USL/GSL)

USLs & GSLs serve as advocates and communication facilitators for BSW & MSW students, fielding questions about all aspects of the school experience, including advising,

field, registration, orientation, scholarships, deadlines, program policies, and more. You may reach out to your USL / GSL by email or Teams.

If you do not know who your assigned USL is, you may email Kimberly Jimenez (kxj6364@mavs.uta.edu) or Meghan Gratton (mxg8550@mavs.uta.edu).

If you do not know who your assigned GSL is, you may email Mia Cozzarelli (mic3786@mavs.uta.edu) or Angie Ruvalcaba (asr7984@mavs.uta.edu).

[Click here to meet our GSLs](#)

[Click here to meet our USLs](#)

Licensing

- If you're in your final semester and want to get started on applying to ASWB to take the LBSW or 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](#).
- **There's lots of great updated information about licensing in the Student Success and Advising Course on Canvas—Check it out!**
- 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.

UTA Resources

UTA Academic Calendar

Evidence-Based Research Guide

Webinar Library

UTA Counseling & Psychology Services

Suicide Prevention Lifeline

Emergency Assistance Fund

Rental Assistance Program

Survivor Support Group

SAR Center

Free Windows Apps with Student ID

SSW Writing Resources

Free & Confidential HIV Testing

UTA/Tri-C Food Pantry Distribution

CAPS

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy

Follow UTA School of Social Work on:

