July 18th is Nelson Mandela International Day!

In 2009, the United Nations General Assembly designated July 18th as Nelson Mandela International Day. They chose this day because it was Mandela’s birthday. Born in South Africa in 1918, Mandela eventually became one of the most famous anti-apartheid activists in South Africa. He was imprisoned in 1963 for leading the liberation movement against apartheid and for his stance on the human right to live in freedom. He continued his activist work once he was released from prison, and went on to become president of South Africa from 1994-1999. He is known for resolving conflicts, promoting human rights, international democracy and reconciliation, and addressing racial issues.

Source: https://www.un.org/en/events/mandeladay/
Virtual Support Groups
Need support? Attend MAsW Hour Wednesdays. Email Chantinia Chansler for the link to participate.
Know a non-social work student who needs support? Make a referral to the weekly support groups to the left.
Who may participate:
Must be 18 years of age or older
Individuals affiliated with UTA (students, faculty, staff, etc.)—each group has their own selection criteria (i.e. students only)
At this time, we are not serving students from the School of Social Work to maintain HIPPA and FERPA standards. These students will be connected with resources and university personnel to best serve their needs.
Individuals who have been referred to the SSW Virtual Clinic and reached out through the email: SSWCOVID19HELP@uta.edu

Welcome New BSW Admin Assistant!
Our previous BSW program administrative assistant Velvet Denny has moved out of state, and we are pleased to welcome our new admin assistant, David Waters!
David will be helping with things like minor declarations, transitioning to the major, BSW orientation and more. He can be reached at david.waters@uta.edu

You Matter
*Content Warning: abuse, childhood trauma
Many of us are called to this profession because of our own experiences. We’ve gone through pain, and we want to prevent others from going through it, too. I’m one of the many that started this career with the same sentiment. I look back at my childhood and sometimes ask myself, where were the adults who were supposed to look out for me? At home? At school? So, believe me when I say that I still get it when I hear students repeat this reason for choosing social work. I want you to carry on that idea because you need it to change the world. But, there’s always a flip side. I also want you to consider how this idea can also be dangerous to your well-being.

You’re probably already familiar with the flight, fight, and freeze responses to trauma. Over the last decade, clinicians have identified a fourth response called “fawning.” Fawning is a way to avoid further abuse by pro-actively trying to please the abuser. In childhood, this often looks like agreeing to appease the abuser, ignoring personal feelings, saying the “right” answer to avoid confrontation. Even in loving homes, we can see fawning behavior such as doing exceptionally well in school to protect chronically stressed parents. These behaviors in childhood become patterns we develop in a adolescence and eventually carry over into adulthood.

Psychology today listed a few key signs, including:
- Difficulty identifying your feelings when you’re alone
- You ignore your own beliefs, thoughts, and truths and accept those of the people around you
- You feel self-anger and guilt some or most of the time
- Saying no to those around you is a challenge
- You are overwhelmed at times but take on more if asked
- You lack boundaries and are often taken advantage of in relationships
- You are uncomfortable or threatened when asked to give an opinion

If any of this sounds familiar, you’re not alone. I’m a fawner at heart. It’s hard to keep this pattern in check, and I can still see it play out in my life. Every few years, I notice that I’ve unintentionally developed relationships with no boundaries. What does this look like? It looks like having a flat tire at 3 in the morning with nobody willing to pick me up, even if I’m willing to do the same. Or, it can be getting a big promotion at work when it’s a job I don’t even like with a boss that only values me when I’m working more than 40 hours a week. I create this world around me that is impossible to live in because it’s impossible to make everyone around you happy.

I want to say again; it’s not a bad thing to want to help people. But people-pleasing is exhausting, and it can easily lead to burning out. Think about working with Clients. Sometimes we need to confront. Sometimes we need to advocate. Sometimes we need to make our voices heard, and that can make people uncomfortable. I’ve heard a lot of colleagues tell me it’s easier to advocate when it’s not about themselves. If these skills are worth developing for our Clients, why aren’t we developing them for ourselves? What makes us feel like we aren’t worth it?

I hope you’ll consider thinking about this more. Even if your trauma response is something different, we all need to evaluate our boundaries every once in a while. This pattern once helped you survive, but it’s likely you no longer need to take this way of coping with you into the future. It’s ok to thank your old self for protecting you. You can give yourself permission to try something new. One way to start is to start making lists. Take note of the people you spend most of your time with. Do you actually like those people? How are they supporting you? Look at your responsibilities. Is there a balance between responsibilities that take away your energy and activities that help you replenish? What do you need more or less of in your life to help you stay well?

Sarah Herrera,
LCSW | Doctoral Student | MSW
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 your Graduate Student Leader! Don’t know who that is? Email Julie Henderson or Nicole Ferguson.

**ATTENTION COHORT STUDENTS:** You must register for fall classes by July 26. Thereafter, any remaining cohort seats will be opened to noncohort students

- 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 Adam  | 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](#)

**SPECIALTY SELECTION**

If you joined us in January of 2021 and are classified as a foundation student (i.e., you don’t have a BSW), it’s time to pick your area of focus (concentration/specialty) for the second half of the MSW. If you haven’t picked your specialty and/or want to view the event overviewing the different specialties, here is the info you need:

- Video Recording
- Information on Specialties
- Information on Certificates

If you already are certain of your specialty (and certificate choice if you’d like to add an optional certificate), [please click here to officially declare](#).

**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 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!
- Field forms are available here!
- Field FAQ
- If you are having technical difficulties with InPlace please email [sswfield@uta.edu](mailto: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!

- **The reduction in Field Hours has been extended to May 31, 2022 Spring 2022 semester.** Find more information regarding Summer 2021-Spring 2022 Field accommodations [here](#).
  - Block students must complete a minimum of 408 hours for Summer 2021
  - Split students must complete a minimum of 204 hours for Summer 2021
  - The Block Field 14-week Summer Session & Split Field 11-week Summer Session dates have been updated on the Field website calendar. [Click here to join the meeting](#)

- The Fall 2021 Field Application closed June 4th. No late applications will be accepted.
  - Fall Field placements are currently being assigned based on the order in which field applications were submitted. If you have a question, please contact your field advisor. [Click here to join the meeting](#)

- The Spring 2022 Field Application opens Oct. 01 – Nov. 26, 2021. These dates are subject to change. See the full Fall 2021 Field Education Calendar [here](#). Read the Summer 2021 – Spring 2022 Field Accommodations [here](#).

- **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](#)

- [Click here to join the meeting](#)
**IMPORTANT DATES**

**SUMMER 11 WEEKS 2021**

- 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)

**VIRTUAL EVENTS**

**Support Dreamers**

Mark your calendar for a training session on supporting DACA and undocumented Mavericks so they can be successful. Dreamer Ally Training is at 2 p.m. Wednesday, July 21. For more information, email dreamers@uta.edu.

**Featured Webinar: "When It is Darkest: Why People Die by Suicide"**

CAMScare will sponsor a webinar presentation featuring Dr. Rory O’Connor! Rory will be talking about his new book and innovative IMV model of suicide. Join us live on Wednesday July 14 at 12 PM Eastern time (U.S.). Register here.

**REGISTRAR**

- Fall registration is open.
- Courses marked "BSW Online Students ONLY" are restricted to students in the fully online BSW program. For current BSW students, the fully online program is only available to students who live 50+ miles from the UTA campus. For questions about the BSW Online, please contact david.waters@uta.edu

**COURSES**

- The deadline to apply to graduate passed on July 1. To apply late, contact your advisor ASAP.
- There is an additional $60 late application fee.
- SSW commencement ceremony tentative scheduled for August 18 at 7pm at College Park Center
- The Virtual Ceremony is to be held on Saturday, August 21, 2021. Guest ticket info: Click here

**GRADUATION**

- Are you an NASW student member graduating in August? Be sure to request your graduation cord 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.
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.

FACE MASK POLICY
UTA no longer mandates the wearing of masks on campus but continues to strongly encourage and recommend that Mavericks wear masks, particularly when inside campus buildings.

For the latest updates on UTA’s response and guidelines for COVID-19, please visit the Coronavirus Information Page.

Dean Ryan’s Statement on COVID-19 Health Disparities

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.

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.

Scholarships
Fall scholarships closed on July 9th. Visit the ScholarShop to search scholarships you might qualify for.

Scholarship deadlines:
- Fall: July 9
- Winter: October 1
- Spring: January 1
- Summer: April 1

MTX Job Fair
Congresswoman Beth Van Duyne invites you to the
NORTH TEXAS JOB FAIR
July 15 | 1pm - 6pm
Irving Convention Center
MyNTXJob.com

PARTICIPATING BUSINESSES

STAY SAFE

MANAGING STRESS AND ANXIETY DURING COVID-19
UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

THERAPIST ASSISTED ONLINE (TAO)
Visit TAOnet.org

THRIVE APP
Download "Thriva at UT" on App Store or Google Play

MAYS TALK 24HR CRISIS LINE
Call (817)272-8255

Visit uta.edu/caps for more information
RESOURCES

UTA Academic Calendar

Check Canvas for the MavsUnite Page!
To add please e-mail: Chantinia Chansler

Evidence-Based Practice Research Guide

SAR Center
(Formerly Office of Students with Disabilities)

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

"Do not judge me by my successes, judge me by how many times I fell down and got back up again.”
- Nelson Mandela