UTA School of Social Work

School of Social Work Weekly Newsletter
August 5th, 2024 Summer Semester

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National Civility Month

August is National Civility Month. Politeness and Chivalry are vital aspects of Civility. These aspects of civility allow us to make intimate connections and build relationships with one another. With Civility, we can create more friendships or allow workplaces and homes to become welcoming environments that everyone wants to be a part of. Commemorating Civility month is a reminder to respect one another. At our institutions, we interact with students from all walks of life, and become more diverse. People being civil to others is what makes the world a whole lot better and is the key focus of National Civility Month, which is held in this month of August. The purpose of this holiday was founded to help us remember to treat others the way we wish to be treated ourselves —

with kindness, empathy, and respect. As we are gaining a new understanding of ourselves and the environment around us, we are reaching out to people, sharing our love and care, and being civil to one another. We may still have a long way to go to become a world mostly free of incivility, and at least let this start with us

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

Event Spotlight

Important Dates

- **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
- **August 19th -** First day of classes
- **Aug. 19-Aug.23** - Late Registration
- **September 2nd -** Labor Day Holiday
- **September 4th -** Census date

Student Spotlight

MSW/BSW Interns & Volunteers Serving the School of Social Work

We extend our heartfelt appreciation to the incredible BSW/MSW interns and volunteers within the School of Social Work. Your unwavering dedication, boundless enthusiasm, and compassionate commitment have significantly enriched our programs and impacted countless lives. Your willingness to invest your time, energy, and talents into fostering positive change exemplifies the spirit of service and community that defines our institution. We are deeply grateful for your contributions and proud of the difference you are making every day. Thank you for your hard work, your passion, and your relentless pursuit of social justice and support for those in need. Your efforts are truly inspiring and vital to our mission.

YOU MATTER!

Self-Compassion, Because You Matter

The practice of self-compassion towards oneself is the act of practicing kindness and understanding towards oneself when experiencing failure, suffering or an inadequacy. For many of us, practicing self-compassion regularly is a necessity to maintain a higher sense of self-worth. However, learning how to practice self-compassion requires, for some, full-on reprogramming since the lack of self-compassion may have been established during childhood by not feeling safe emotionally and hearing harsh criticism from caregivers.

By practicing self-compassion, we give ourselves what we need emotionally and allow room for mistakes. As human beings, we tend to be so willing to extend self-compassion for our friends and loved ones, yet we hold ourselves hostage for what we perceive as our personal mistakes and failures.

You have probably heard someone say the phrase, "no one can be any harder on myself than I am" during a time when the proverbial "mark" was missed.
I invite you to begin showing yourself more self-compassion, as this is a powerful source of resilience and coping and can improve mental and physical well-being. The act of showing self-compassion has also allowed people to make changes and reach more goals.

Love and Light,
Heather Rhodes, GSL Intern
University of Texas at Arlington

Opportunities

Dallas Children's Advocacy Center

Volunteer Opportunity!

Pinwheels of Hope

In honor of Child Abuse Prevention Month

Every August, Dallas Children's Advocacy Center hosts the biggest international child crimes conference right here in Dallas. It provides practical and interactive instruction to those fighting crimes against children and helping children heal. The conference is presented annually for those working in government and nonprofit agencies in the fields of law enforcement, child protective services, social work, children's advocacy, therapy, medicine, and prosecution who work directly with child victims of crime.

We could not provide this conference without volunteers. At any given time, attendees can choose from 30 different workshop sessions. For each workshop, volunteer room monitors are needed to check attendee badges, serve as a contact for the speaker, troubleshoot A/V problems, provide a count of attendees, assist with concerns, etc. 90 volunteers are needed to cover workshops during each time slot—and this is for workshops alone!

Conference Date:
Sunday, August 11th –
Thursday, August 15th

Scan to Learn More

GRADUATING THIS SEMESTER?

TAKE THE

EXIT SURVEY

TEXAS A&M AGRILIFE AT THE DALLAS CENTER IS HIRING!

We would like to share with you a paid opportunity for undergraduate and graduate students from your university to work with us on an exciting and novel school-based health promotion program and research study. We are recruiting students to serve as local facilitators of the Strong Teens for Healthy Schools Program, which is being delivered at middle schools in several Texas counties.

Duties and Responsibilities:

1. Prepares materials for and teaches all assigned lessons in the Strong Teens for Healthy Schools program to middle school students.
2. Attends weekly meetings throughout the school year to discuss program implementation.
3. Enrolls in and completes the Master Wellness Volunteer program (https://agrilifeextension.tamu.edu/asset-local/master-wellness-volunteer-program/)
4. Serves as a role model for youth in the program by exhibiting appropriate and professional behavior.
5. Works in partnership with school staff, AgriLife Research and Extension staff, and fellow student implementers to plan and lead the program.
6. Assists in program evaluation, including reports, sign-in sheets, evaluation surveys, and other record-keeping activities and other data collection activities.

Skills/Traits:

1. Ability to work independently and manage priorities and tasks as assigned.
2. Excellent oral and written communication skills.
3. Highly organized and detail oriented.
4. Professional demeanor.
5. Comfortable working with middle school youth.

Qualifications:

1. Bilingual (English and Spanish)
2. Currently enrolled in an undergraduate/graduate program
3. Motivated to learn.
4. Comfortable with public speaking.
5. Able to work as part of a team.
6. Ability to travel to local schools in the county to deliver programs.

For More Information Contact:

Andrew McNeely
andrew.mcneely@ag.tamu.edu

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!

Discover the Heart of Mexico!
SPAN 3317
Mexican Culture and Civilization
Instructor: Dr. Ignacio Ruiz-Pérez

Immerse yourself in the vibrant culture of Mexican society!

Join us for an exploration of Mexico's rich history, dynamic culture, and influential intellectual and artistic movements. From ancient civilizations to modern-day marvels, this course offers a comprehensive journey through Mexico's past and present.

Enroll now and uncover the stories, traditions, and innovations that shape one of the world's most fascinating countries!

Prerequisite: Completion of **SPAN 2314** or **SPAN 2315** with a **grade of C** or better.

Students interested in the class but who have not met the prerequisites, please email **iruiz@uta.edu** or **modladvisor@uta.edu**

UNIVERSITY OF TEXAS ARLINGTON
DEPARTMENT OF MODERN LANGUAGES

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.*

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

Monisa Caldwell, BA
monisa.caldwell@uta.edu

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).

Flexible
Often work remotely

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

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 persepctives

Learn to utilize evidence-based praactices

Enhance your individual skill set

Learn to work as part of a team

Set yourself up for success as a PhD student

Made with PosterMyWall.com

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!

UTA School of Social Work
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

Eligibility

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.

- 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

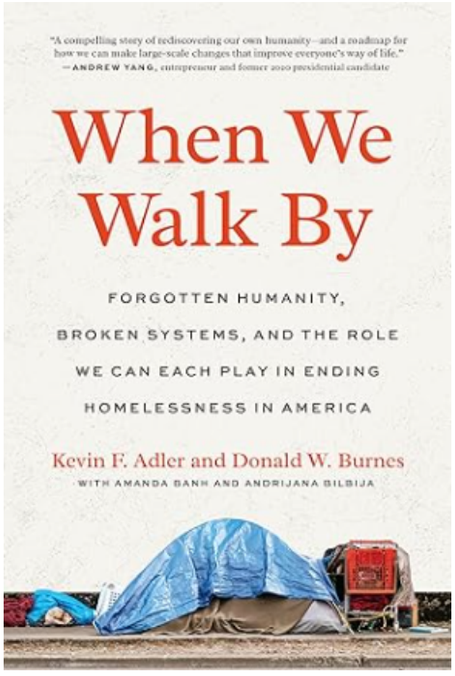
Ready to make a difference in mental health and embark on a journey towards CHW certification?

HAVE QUESTIONS? CONTACT

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

COMPLETE THIS INTEREST FORM

Book of the Week



When We Walk By: Forgotten Humanity, Broken Systems, and the Role We Can Each Play in Ending Homelessness in America

By: Kavin F. Adler, Donald W. Burnes, Amanda Banh Andrijana Bilbija

How to end homelessness in America: a must-read guide to understanding housing instability, supporting our unhoused neighbors, and reclaiming our humanity.

A deeply humanizing analysis that will change the way you think about poverty and homelessness—for the socially engaged reader of Isabel Wilkerson's *Caste* and Matthew Desmond's *Evicted*.

Think about the last time that you saw or interacted with an unhoused person. What did you do? What did you say? Did you offer money or a smile, or did you avert your gaze?

When We Walk By takes an urgent look at homelessness in America, showing us what we lose—in ourselves and as a society—when we choose to walk past and ignore our neighbors in shelters, insecure housing, or on the streets. And it brilliantly shows what we stand to gain when we embrace our humanity and move toward evidence-based people-first, community-driven solutions, offering social analysis,

economic and political histories, and the real stories of unhoused people.

Authors Kevin F. Adler and Donald W. Burnes, with Amanda Banh and Andrijana Bilbija, recast chronic homelessness in the U.S. as a byproduct of twin crises: our social services systems are failing, and so is our humanity. Readers Learn:

1). Why our brains have been trained to overlook our unhoused neighbors.
2). The social, economic, and political forces that shape myths like “all homeless people are addicts” and “they’d have a house if they got a job.”

3). What conservative economics gets wrong about housing insecurity.

4). What relational poverty is, and how to shift away from “us versus them” thinking.
5). ***That for many Americans, housing insecurity is just one missed paycheck away

6). Who “the homeless” really are—and why that might surprise you.

7). What you can do to help, starting today?

A necessary, deeply humanizing read that goes beyond theory and policy analysis to offer engaged solutions with compassion and heart, ***When We Walk By*** is a must-read for anyone who cares about homelessness, housing solutions, and their own humanity.

Peace, Love & Light
Monique Lawson, GSL Intern
University of Texas at Arlington

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

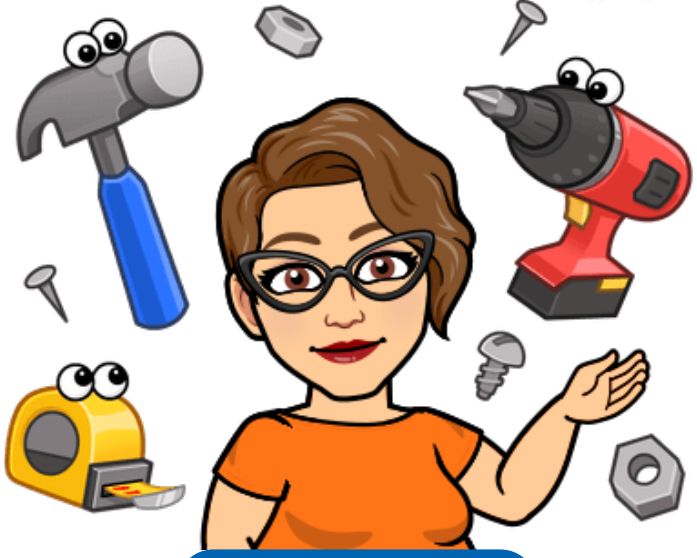
The Student Employment Office is located within the Career Development Center on the 1st floor of the E.H. Hereford University Center at 300 West 1st Street, Suite 180S, Arlington, TX 76019. Our office is open between 8:00 am – 5:00 pm, Monday through Friday. Call us at 817-272-2932 or email us: studentemployment@uta.edu

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.



Virtual Meeting Request

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 email and ask questions, no appointment needed.

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/BSSUT Students

- Field Advisor: Dimekia Hicks
- Email: Dimekia.Hicks@uta.edu

Foundation MSW Students

- Field Advisor: Vanessa Caraveo
- Email: Vanessa.Caraveo@uta.edu

Advanced CAP, Advanced Aging & Advanced Health

- Field Advisor: Cindy Bassey
- Email: Cindy.Bassey@uta.edu

Advanced Children & Families,

- Field Advisor Monica Brown
- Email: Monica.Brown@uta.edu

Advanced Mental Health/Substance Misuse

- Field Advisor: Sharon Martin

- Email: Sharon.Martin@uta.edu

View all field advisors 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
SAR Center
Free Windows Apps with Student ID
SSW Writing Resources
Suicide Prevention Lifeline
Emergency Assistance Fund
Rental Assistance Program
Survivor Support Group
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

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