Hello SSW Mavericks,

A Letter to Students from Field:

As we enter the new semester and season it is not unusual to feel overwhelmed and pulled in every direction. I want to take this time to remind everyone to carve out a few minutes every day to focus on a self-care task to ground yourself. Grounding uses mental (grounding yourself in the present moment), physical (your five senses), and emotional (what makes you feel better) strategies to calm your mind and body.

In this Ted Talk, Melissa Fleming talks just about this subject. She lays out how in small ways everyone in a community can help make this population feel more secure, gain peace of mind, and feel supported. This idea is especially true for a group in a vulnerable position such as displaced people. We should remind ourselves to view this group as one that needs our support and that the peace of mind experienced by those who have been displaced is so important to all of us. World Migrant and Refugee Day is coming up in September and we would like to highlight this particular group and ways in which we as individuals and collectively as a community can support them.

Hello Mavericks!

Love and Light,

New USL Intern: Jackie Flores

I am excited to announce Jackie Flores is our new USL Intern this year! Jackie is a student in the social work program and will be initiating and helping with our USL Mentor Program. If you need help accessing university and community resources, please reach out to Jackie. She can be reached at jackieflores@utexas.edu.

In addition, Jackie is attending the InPlace Conference this year to gain knowledge in the field. She will be sharing her experience and research at the next SSW Writing Resources meeting. If you have any questions, please email your advisor for more information.

UTA School of Social Work during her new open office hours.

If you have any questions, please email your advisor for more information. You can find all the LBSW or LMSW licensing exam, opportunities for social workers in DFW at a top rated employer, Codependent No More instructive stories.

Love and Light,

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Youth Matters

Advising Updates

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