History
While sitting at a Thanksgiving Day dinner in the United Nations in 1965, spiritual leader Sri Chinmoy proposed a day the world could celebrate thanks. All present at the meeting agreed to make September 21st a celebration of gratitude in their country. In 1977, September 21st was officially recognized as World Gratitude Day in honor of Sri.

Meaning
World Gratitude Day is the day to celebrate the good that is gratitude. The true meaning is about giving as well as receiving. Gratitude can heal, change lives and drive change. “Giving recognition is a moment of gratitude – it affects how we think for the rest of that day. Gratitude changes the giver and has a more profound impact.” - Workhuman co-founder and CEO Eric Mosley

There are many ways to celebrate this day. Some examples are volunteering, showing recognition to colleagues and classmates, and a gratitude journal or blog. Think of what you are grateful for and how you can give back to that experience.

Learn more about World Gratitude Day and the power and expression of gratitude [here](https://www.workhuman.com/resources/globoforce-blog/what-is-world-gratitude-day).

Sources: https://www.workhuman.com/resources/globoforce-blog/what-is-world-gratitude-day
You’re Doing Too Much

I’m just gonna say it… the more you need a reminder about self-care, the more likely it is that you are too busy, overworked, and overcommitted. And the consequences of all that “too much” are hurting you and anyone and anything that you’re aiming to help.

Thomas Merton, in Conjectures of a Guilty Bystander, writes:

“There is a pervasive form of modern violence to which the idealist…most easily succumbs: activism and over-work.

The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything is to succumb to violence.

The frenzy of the activist neutralizes [their] work… It destroys the fruitfulness of [their] work, because it kills the root of inner wisdom which makes work fruitful.”

The “rush” and “pressure” of our academic, professional, and social cultures are real, but that doesn’t make them always right. Slowing down, simplifying, and saying no are essential and healthy aspects of life, and, at the same time, not easy feats.

Personally, I have found that whenever I feel the need to speed up, to get more done, when the “rush” and “pressure” are all that I am aware of, that is precisely when I need most to stop and get back to life, myself, and what is most fruitful for me.

Staying in touch with, caring for, and being true to yourself is a revolutionary act in a culture that lacks inner and outer peace and progress. What’s the right path, the right amount, or right action for you? Only you, and you alone, can know that…. But whatever it is, it will be simpler than whatever you’re currently doing.

The real challenge is that you’re going to have to slow down, stop, and disconnect from the culture of rush, pressure, and temporary rewards, and reconnect with yourself to continue on your way, to do your work, and to be not busy but fruitful.

Craig Keaton
MSW | Doctoral Student | Adjunct Professor

The Archer Fellowship Program at The University of Texas at Arlington

The Archer Fellowship Program provides University of Texas System students the opportunity to live, learn, and intern in Washington, D.C., for a semester (summer for graduate students, fall or spring for undergraduate students). Are you interested in how policy impacts your area of study or future profession? Do you have a passion for policy and/or public service? Learn more about this unparalleled educational and professional opportunity by attending an information session.

Application deadlines: November 3, 2021 (Graduate students only) and February 15, 2022 (Undergraduate students only).

Fall 2021 Virtual Information Sessions for Undergraduate Students

Thursday, September 16 • 2:00 PM - 3:00 PM
Wednesday, October 6 • 2:00 PM - 3:00 PM
Tuesday, November 9 • 1:00 PM - 2:00 PM

RSVP to receive a Zoom link: archercesnter.org
Questions? Contact Campus Coordinator Perri Turner at pturner@uta.edu

THE ARCHER CENTER
THE UNIVERSITY OF TEXAS SYSTEM IN WASHINGTON, D.C.
ADVISING

• Need to meet with your 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 here. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

• If your advisor’s appointment schedule is full, please consider emailing them for email-mentoring, or attend their weekly Power Hour. Please check advising appointments every Monday when new availability opens up for the coming weeks.

Mark Wednesday 12:00-1:00 Click here to join the meeting
Valerie Thursday 11:00-12:00 Click here to join the meeting

BSW Academic Advisors:
• Last names A-C: Valerie Adame – adamev@uta.edu
• Last names D-Me: Mark Frazier – mark.frazier@uta.edu
• Last names Mi-Z: Patrice Green – patrice.green@uta.edu

Keiana Crain is no longer with UTA. Until her position is filled, please contact Patrice Green

FIELD PLACEMENTS

General

• All students, agencies, and Field Instructors should use this URL for InPlace: 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!
• If you are having technical difficulties with InPlace please email sswfield@uta.edu and include a screenshot of the issue.
• Field forms are available here!
• Field FAQ

Contact Sharon Martin, LMSW, Field Advisor, with any questions! You can also connect with her during her Field Power Hours every 1st & 3rd Thursday of the month from 3:00-3:30. Click here to join the meeting

M S W  A D M I S S I O N S

Did you know that if you pursue your MSW at UTA within 6 years of graduating with your BSW, you can finish your Masters in as fast as 1 year? We accept MSW admissions on a rolling basis. The admissions calendar can be found here. If you have any questions about the process of applying to the MSW, please contact leslie.reyna@uta.edu

LICENSING

• If you’re in your final semester and want to get started on applying to ASWB to take the LBSW 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. Click here for a recording of our Social Work Licensing Information Session, held in April 2021.
• 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.

FALL 2021

• The Fall 2021 Field Application closed June 4th. No late applications will be accepted.
• All students have been placed. Students should contact their field advisor if they are still awaiting placement.
• See the Fall 2021 Field Education Calendar here. InPlace fee is due on the first day of class

SPRING 2022

• The Spring 2022 Field Application will be open Oct. 01 – Nov. 26, 2021. These dates are subject to change. See the full Spring 2022 Field Education Calendar here.
• Read the Summer 2021 – Spring 2022 Field Accommodations here.
I M P O R T A N T  D A T E S  
FALL 2021

• Nov. 5 Last Day to Drop Classes
• Nov. 8 Registration begins for Spring
• Nov 25-26 Thanksgiving Holiday

Student Poster Submission

Researchers from the School of Social Work & College of Engineering at The University of Texas at Arlington are hosting a NSF funded conference, “Build and Broaden: Conference on Social Connections to Promote Individual and Community Resilience in Post-COVID-19 Society”, on October 7th and 8th (Thursday and Friday) at Hilton Arlington, Arlington, Texas. 

Student Poster Session will be held in the afternoon of October. 8th (Friday).

Acceptance of abstract will be notified by September. 27, 2021. The accepted posters will be presented by student authors in the poster session.

The leading student presenter will receive a $50 amazon e-gift card. 1st, 2nd, and 3rd prize for poster presentations will be awarded a certificate. Click here for more information

S T U D E N T O R G A N I Z A T I O N  S P O T L I G H T

Students for Global Change (SGC)

Interested in making an impact regarding social injustices? Advocate for social issues? Join Students for Global Change (SGC) to start making an impact!!

SGC meeting occurs every 3rd Wednesday of each month at 5pm CT

Please register here: https://forms.gle/K6tef4qG3hB16Xoa9

For more info and FAQ’s Click Here

BSSUT SPOTLIGHT

The Bachelor of Science in Substance Use & Treatment (BSSUT) “The degree will use a multidisciplinary approach to understand the biological, psychosocial and social aspects of substance misuse,” said Scott Ryan, dean of the School of Social Work. “It’s curriculum for assessment and treatment methods for substance misuse are based on evidence-informed and research-supported practices that will enable students and future professionals to understand and treat individuals, families, groups and communities while preparing graduates for careers in this field.” Continue reading here

For more info and FAQ’s Click Here

Degree Progress Worksheet Click Here

E V E N T S

You are invited to the “Healing the Healer After A Personal Loss” Lunch & Learn on Wednesday, September 29th at 12:00 P.M. CST (1:00 PM EST), sponsored by the National LOSS Team Conference Planning Committee. This session will offer invaluable insight as to how to help LOSS team members continue to heal after personal loss. A personal loss can be a suicide, unexpected death, etc.

As LOSS team members, our psychological vulnerability may be greater as we move forward in our everyday lives as we do our “work”. A critical message you may hear in the session is that self-compassion precedes self-care. Experienced LOSS team members will be sharing their thoughts as to provide care for our fellow LOSS team members. The session will be recorded and may be accessed. The ZOOM address is https://us02web.zoom.us/j/85708457629.

J O B  O P P O R T U N I T I E S

CAAS Student Development Mentor

The Center for African American Studies invites applications for FIVE current students (Sophomore-Senior) to serve as mentors in the SDI program. Students will be expected to serve as mentors for first year students (mentees) throughout the AY 2021-2022. Peer Mentors help connect students to UTA resources and services, find information on policies and important dates and provide guidance. Click here for more information and requirements.

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For more info and FAQ’s Click Here

Degree Progress Worksheet Click Here

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For more info and FAQ’s Click Here

Degree Progress Worksheet Click Here
Financial Assistance for new School of Social Work Distance Education Fee

The University announced recently that students charged Distance Education (DE) fees for Fall 2021 online courses may be eligible for financial aid if they are facing extraordinary educational and economic challenges due to the COVID-19 pandemic. Additional information, including a University online application form, will be available after September 13 for regular session courses.

The University announcement mentioned only the $25 per credit hour DE Fee. For students taking online School of Social Work classes, you are charged an additional $65 per credit hour DE fee. If you are determined eligible by the University to receive financial aid for the $25 per credit hour of the DE fee and you are a School of Social Work student, then the remaining balance of $65 per credit hour will also be covered. This is in effect for as long as the University continues this waiver program or thru the Spring 2022 semester, whichever comes first. To coordinate with the University, further details regarding this process will be forwarded on or about September 13th.

If you are having challenges paying tuition and fees before fall classes start, it is suggested that you submit a request to the University to be on a payment plan.

If you have questions about your bill please contact Student Accounts.

COVID-19 Testing

REQUIRED COVID-19 TESTING
Beginning Monday, Sept. 13, students, faculty and staff coming to any UTA campus in any capacity will be selected at random for mandatory COVID-19 testing.

Until further notice, 20% of our campus population, regardless of vaccination status, will be selected each week for testing. Notifications will come from covidtesting@uta.edu, and you will have seven days to get tested after being selected. If you have any questions, contact covidtesting@uta.edu.

UTA has a number of on-campus testing options that meet the required criteria and are free. Results received from an on-campus testing option will automatically be reported to the University with no further action required on your part.

Results from off-campus testing sites will be accepted, though you will not be reimbursed for costs. Test results from an off-campus testing site will be uploaded to the COVID-19 Self Report portal in MyMav.

Remember, if you test positive, please follow the CDC’s isolation protocols and submit the Personal Diagnosis Form.

UTA’s COVID-19 testing resources are always available to you should you need or want a test; you do not need to wait until you are selected for random testing.

Covid-19 Vaccine

To find a vaccine opportunity, click here.

Upload proof of vaccination to the COVID-19 Self Report portal in MyMav by Monday, Oct. 4, to be eligible for prizes in the Maverick Motivator Program.

Listen to UTA public health experts explain why getting a COVID-19 vaccine is beneficial for you and your community.
Check Canvas for the MavsUnite Page!
To add please e-mail: Emily Clark

Rent 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 Tuesday Darling: tbd2290@mavs.uta.edu

FOLLOW US ON SOCIAL MEDIA

UTA Academic Calendar
Evidence-Based Practice Research Guide
SAR Center
(Formerly Office of Students with Disabilities)

UTA Food Pantry

211 S. Cooper Street, Arlington TX 76019
Social Work Program
(817) 272-3613

“It is literally true that you can succeed best and quickest by helping others to succeed.” – Napoleon Hill