World Gratitude Day
September 21

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.

Sources: https://www.workhuman.com/resources/globoforce-blog/what-is-world-gratitude-day
If you need assistance regarding the MSW program, there are many on the Academic Affairs Team poised to assist you with your particular needs. For assistance, please consider the following resources:

- **MSW Map for the Journey (New course in Canvas)**
- **Advising and Registration Questions:** [Advising and Student Success](#)
- **Student Support and Mentoring:** Contact your Graduate Student Leader (GSL); if you don’t know who your GSL is, please email Julie Henderson or Nicole Ferguson.
- **Field Internship Questions:** [Office of Field Education](#)
- **General Questions:** MSW Program Assistant Ginger Jackson

Until a new Director is identified, the Interim Director for Graduate Programs is Associate Dean Dr. Diane Mitschke, MSW.

### 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

### Director’s Note

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
ADVISING

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.

• 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.
• Another option if your advisor’s appointment schedule is full is to email them for email advising. 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!

FIELD PLACEMENTS

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.
• Click here for a recording of our Social Work Licensing Information Session.
• 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 POWER HOURS

Fall 2021

Toy Howard  Mon 10-11  Click here to join the meeting
Valerie Adame 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

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 Fall 2021 – Spring 2022 Field Accommodations here.

Fall 2021

• See the Fall 2021 Field Education Calendar 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
**IMPORTANT DATES**

**FALL 2021**

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

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**STUDENT ORGANIZATION SPOTLIGHT**

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

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**JOB OPPORTUNITIES**

Graduate Administrative Assistant for the Office of Diversity, Equity and Inclusion

This position is a 20 hour per week Graduate Administrative Assistant designed to aid the Office of DEI with administrative functions in keeping with the needs of the office. Through this administrative assistantships students (Master’s or Doctoral) will be given an opportunity to apply his/hers/their academic skills to assigned tasks and develop their administrative skills. The minimum requirement is fulltime enrollment in a related program of study and in good academic standing. For more information, contact Dr. Bryan D. Samuel, VP for Diversity, Equity and Inclusion

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**EVENTS**

**National LOSS Team LUNCH & LEARN**

**Wednesday, September 29**

**Noon CST (1:00 P.M EST)**

**Topic:** Healing the Healer After a Personal Loss

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](https://us02web.zoom.us/j/85708457629).

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**HELP PRESERVE DEMOCRACY!**

JOIN THE WHY VOTE CAMPAIGN!

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**Students for Global Change (SGC)**

Interested in making an impact regarding social issues? 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/OTcctdyf5S9E61E2v](https://forms.gle/OTcctdyf5S9E61E2v)
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 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.

Required COVID-19 testing and new protective measures for Fall 2021 (English and Español) (uta.edu)
Classroom density, updated info from university on testing and return to campus

Dean Ryan's Statement on COVID-19 Health Disparities
UTA Academic Calendar

Check Canvas for the MavsUnite Page!
To add please e-mail: Emily Clark

Evidence-Based Practice Research Guide

SAR Center
(Formerly Office of Students with Disabilities)

Managing Stress and Anxiety During COVID-19
UTA Counseling and Psychological Services (CAPS)

Therapist Assisted Online (TAO)
Visit TAOconnect.org

Mavs Talk 24hr Crisis Line
Call (817) 272-0295
Visit uta.edu/caps for more information

Thrive App
Download “Thrive at U” on App Store or Google Play

UTA is A Community That Cares

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 Tuesday Darling: tbd2290@mavs.uta.edu

Follow us on social media

211 S. Cooper Street, Arlington TX 76019
Social Work Program
(817) 272-2135

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