Breast Cancer Awareness Month

In 1985, the American Cancer Society and a pharmaceutical company partnered together to bring attention to the dangers of breast cancer and to educate the public. Betty Ford, wife of former President Gerald Ford, help promote and raise awareness for this weeklong event as she was a survivor of breast cancer herself.

The most recognized symbol of breast cancer awareness, the pink ribbon, began in the 1990’s by SELF Magazine and Estee Lauder. In 2009, the NFL chose to advocate and raise awareness for breast cancer by dressing in pink and fundraising to support local charities and organizations.

There are many ways we can continue the support and get involved in breast cancer education and awareness. Some ways to get involved are:

– Wear pink for awareness
– Volunteer
– Make a donation
– Host a virtual fundraiser
– Share how you or a loved one have been affected by breast cancer
– Spread the word about Breast Cancer Awareness Month on social media
– Write a message of hope on the Wall of Support

Learn more about Breast Cancer Awareness Month here.

Source: https://www.nationalbreastcancer.org/breast-cancer-awareness-month
“To Be” Before “To Do”

On the “good” days, I have this idea that I seem to come back to. My idea – or question - is this: What is the main focus of my day? What I have to do? Or how I want to be?

In one form or another, we all have “to do” lists. And no matter how many items we check off those lists, the “to dos” never fulfill us. This is especially true if we’re stressed, upset, and completely exhausted trying to complete them, only to start all over again tomorrow. So, maybe we’re prioritizing the wrong thing.

What if instead of organizing and operating our days based on a “to do” list, we operated, first, from a “to be” list? (Please note, I am not the first person to propose such an idea). So, what, who, or how do you want “to be”?

Do you want to be:
• patient
• happy
• assertive
• understanding
• thoughtful
• helpful
• joyful
• loving
• kind
• mindful
• present

Going forward, what do you think your day would look and feel like to focus first on your “to be” list? It’s my guess that whatever, whoever, or however you want to be, if you put “to be” first, the “to dos” will take care of themselves, whether they are accomplished or not.

Craig Keaton
MSW | Doctoral Student | Adjunct Professor

UTA Professor Creates Free Online Course on Health and Immigration

Marcela Nava, who is an assistant professor in the School of Social Work, created a free online course for anyone who has online course access through work or school. Let’s Talk About: A Health And Immigration Teach Out is a 2-week, 7-hour self paced class that processes through health and immigration and conversation aids.

Click here to find out more.
**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-advising, or attend their weekly Power Hour. Please check advising appointments every Monday when new availability opens up for the coming weeks.

**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/](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

**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](#).

**MSW ADMISSIONS**

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
**IMPORTANT DATES**

**FALL 2021**

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

---

**GET INVOLVED**

**BRING A GROUP**

**UPCOMING EVENTS:**
- Fall Carnival
  - October 14, 2021
  - Thanksgiving Country Night
  - November 24, 2021
  - Spring Carnival
  - March 12, 2022
  - Easter Basket Giveaway
  - April 14, 2022

---

**EVENTS**

**AASWSA**

JOIN THE AFRICAN AMERICAN SOCIAL WORKERS STUDENT ALLIANCE

**FALL 2021**

- October 21st, 2021
  - 700 E. Main St. 2nd Floor

**LATINX IN THE ARTS, EDUCATION AND POLITICS**

**FALL 2022**

- September 1st, 2022
  - 700 E. Main St. 2nd Floor

---

**BSSUT SPOTLIGHT**

**Dr. Allison Tomlinson, PhD, LCSW-S**

**allison.tomlinson@uta.edu**

For more info and FAQ’s **Click Here**

**Degree Progress Worksheet** **Click Here**

---

The Bachelor of Science in Substance Use & Treatment (BSSUT) “The degree will use a multidisciplinary approach to understand the biological, psychological and social aspects of substance misuse,” said Scott Ryan, dean of the School of Social Work. “Its 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](#).
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

The next free, walk-in-only, on-campus COVID-19 vaccination clinic is 9 a.m.- 4 p.m. Wednesday, Oct. 6, in the exercise rooms of the Maverick Activities Center. If you can’t make it, find another vaccine opportunity.

Upload proof of vaccination to the COVID-19 Self Report portal in MyMav by Wednesday, Oct. 6, 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.

Online Public Service Weekend 2021

The Bush School of Government & Public Service
Texas A&M University

The Bush School is preparing for our tenth annual Public Service Weekend (PSW), once again hosted ONLINE this fall. This free informational and interactive event is scheduled for Fri-Sat, Oct 29-30 via Zoom.

We are looking for service-minded individuals who want to learn more about careers that give back to society. Click here for more information.

Flu Shot Clinic at Mac

Visit mavcare.uta.edu to schedule your appointment for Monday, Sept. 27; or Wednesday, Sept. 29.
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 TAOnnect.org

Mavs Talk 24HR Crisis Line
Call (817)272-0255

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

Visit uta.edu/caps for more information

UTA is a Community that Cares

In Crisis?
Text HELLO to 741741

DREAMERS WELCOME

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

UTA Library
Accessibility

On-Demand & Live Fitness Classes

“The price of inaction is far greater than the cost of making a mistake”
— Meister Eckhart