Global Diversity Awareness Month

Global Diversity Awareness celebrates and embraces the beliefs and cultures around the world and celebrating our similarities. We learn and reflect on different cultures and how those experiences create better environments in our work life, classroom and daily routines.

We have a truly multicultural society. Advancement in technology and globalization has made connection much easier and borders non-existent. Language barriers no longer pose an issue. As we continue to embrace incorporating multicultural practices in our work, school and everyday lives, we progress as a society.

There are ways to celebrate and be active this month.

- Connect with people throughout the world. Thanks to technology, you can reach out to someone on the other side of the world, learn about their lives and culture.
- Host a multicultural movie night.
- Listen and play music from around the world.
- Support minority-owned businesses.
- Attend a cultural art exhibit.

Learn more about Global Diversity Awareness Month [here](https://nationaltoday.com/global-diversity-awareness-month/).
Being in school is exhausting at times. The readings. The papers. The tests. Our minds are focused on absorbing facts and creating knowledge, which is great! But spending all that energy on schoolwork can leave you feeling a little unbalanced.

When was the last time you used your energy to create something outside of social work knowledge? Something that doesn’t need to have a grade or deadline attached to it? If it’s hard to remember, maybe it’s time to put down the books for a second and focus your attention on creating just for the sake of creating. I think you’ll be surprised at how replenishing this can be.

Creativity is your imagination put into action. Creativity looks like a new idea, artwork, or trying out a new way of doing things. Building your creativity is beneficial to your career as it allows you to think outside of the box and problem-solve in new ways. It also gives us a little relief throughout the day. For example, I wake up every morning and start with a guided meditation to help clear my mind. Then, I play Animal Crossing for an hour😊 I enjoy decorating my island even if it has no real value to anyone but me.

If you aren’t into video games, don’t worry! There are still other ways to express your creativity. I’ve made a list of a couple of things I’ve done when I’m feeling a little stuck on a problem or I’m just hitting a wall when working on an assignment. Maybe some will work for you. If they don’t, perhaps, they’ll at least inspire you to keep finding things that give your mind a little freedom to explore.

1. Put on a song and draw what you hear. It sounds a little different, but it’s a fun challenge to find the best colors and shapes that represent a song.
2. Draw a few scribbles on a blank page. Try to find a way to draw a picture based on your scribbles.
3. Write or tell a story based on an event in your life. Put as much detail as you can. What were you thinking? Feeling? Remember any scents or views? Once you’re done identifying as many facts as you can, try finding metaphors to describe your original facts.
4. Pick a random word (I usually use an online word generator). Find a piece of art (drawing, song, music video, etc.) that connects to that word. Or, try creating a collage based on this word.
5. Go outside and make a list of at least ten things you found interesting. If it’s difficult for you, maybe it’s a sign to stay out longer.

These are just some of the things I do. I’d love to hear what you do to give your mind some creative breaks.

Sarah Herrera,
MSW | Doctoral Student | LCSW
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!

FINDING FIELD PLACEMENTS

- InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL. [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!
- Field forms are available here!
- Field FAQ
- If you are having technical difficulties with InPlace please email sswfield@uta.edu and include a screenshot of the issue.
- Are you a CAP student ready for your advanced field placement? Check out the Funding section for paid opportunities!

Fall 2021

- See the Fall 2021 Field Education Calendar here.

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.

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](#)

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.
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.
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

Campus Sustainability Month Events

World Food Day: Food Sustainability Trivia
October 14, 2021 11 am - 1 pm
Join us, Maverick Dining, and the Maverick Pantry to answer some food sustainability about food waste, food insecurity, and your local food system. Visit the table at Commeresence Cafe on this day to participate. We’re giving away free basil plant kits as prizes!

Sustainable Transportation Instagram Challenge
October 18, 2021
Follow @GoGreenUTA, @walkablearlington, @mavsu_green, and @ecovam to participate in a sustainable transportation challenge and have a chance to win a free sustainability gift bag. The prompt will be posted on all of the Instagram accounts linked above.

Climate Art Competition
Submissions Due October 21, 2021
Create an art piece that shows what climate means to you to win a free reusable lunch bag and a chance at winning a gift card. You can use any medium of your choosing as long as you can take a picture and send it to us at sustainability@uta.edu.

Volunteer Event
October 23, 2021 10:00 am - 11:30 am
Join us for a volunteer event to start your weekend giving back to or local environment. We are still working the details of this event but be prepared to get your hands dirty. The location TBA so please sign up here and follow us on Twitter or Instagram (@GoGreenUTA) to stay in the loop.

Hike and Trash Pick up at Crystal Canyon Natural Area
October 30, 2021 9:00 am - 10:00 am
Finish off Campus Sustainability Month with a hike and trash pick up at Crystal Canyon Natural Area with the Environmental Science Club and American Conservation Coalition.

Non UTA Opportunity
Project Green Challenge - October 1 - October 30
Project Green Challenge is mobilizing global challenge for students to get more informed, inspired, and mobilized on sustainability efforts. Only prizes are given to 26 students; finalists will be flown to San Francisco for the 4-day eco summit, and one grand prize winner gets a $25,000 Green Award! Learn more 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

Click to find vaccine opportunity.

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

Flu Shots

Health Services recommends getting vaccinated by the end of October to be protected against flu before the start of flu season. Email the Immunization Clinic with your name, date of birth, student ID number, and phone number to schedule your free flu shot.

Dean Ryan’s Statement on COVID-19

Health Disparities

CEU OPPORTUNITIES

Free CEU’s from Valdosta State University

For All Licensed Clinical Social Workers

Do you need Continuing Education units? Earn those units from the comfort of your office. Click for more information.
Mavs Unite
Created for you!

Managing Stress and Anxiety During COVID-19
UTA Counseling and Psychological Services (CAPS)
Therapist Assisted Online (TAO)
Visit TAOconnect.org
Mavs Talk 24 Hour Crisis Line
Call (817) 272-0255
Visit uta.edu/caps for more information

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

“i am only one, but i am one. i cannot do everything, but i can do something. and i will not let what i cannot do interfere with what i can do.”
– Edward Everett Hale