World Freedom Day

World Freedom Day is a federal holiday observed on November 9. The Berlin Wall was abolished 22 years ago on this day. Families and communities spent three decades separated. This day represents more than the fall of the wall that the whole world watched. It represents the fall of communism in Eastern Europe and the rise of freedom and democracy.

The wall was created in 1961, initially beginning as barbed wire fences and concrete posts, as a barrier for East and West Germany. East Germany had become an independent country and the city of Berlin become part of a Soviet-controlled Germany. Many people had been immigrating to West Germany due to government changes, and the wall was put up essentially overnight to stop this. It instantly separated families and friends. In 1982, President Ronald Reagen visited the Berlin Wall and made the now recognized speech "Tear down this wall!" On November 9, 1989, the world watched as thousands of citizens used tools to tear down the wall. Watching this was an emotional event, and people around the world celebrated for the relief and freedom for all of those affected.

Why World Freedom Day is Still Important
1. Freedom is still threatened
2. Learning from history
3. Freedom is fundamental

Learning more here

Source: https://nationaltoday.com/world-freedom-day/
Hi Everyone,

How is 2021 almost over?! We have just a couple of months to go, and I’m not even finished processing everything that happened in 2020! Time is flying by for me, but when I look back on what I’ve done, I realize most of my time was spent inside my house in front of a screen. I don’t feel bad about this; Staying home means that I care about my community. However, the choices made for the physical health of everyone impact my emotional health. And as the fall semester creeps up on us, I’m realizing I’m about to spend most of my days in the social work building looking at a screen. I spent this summer reconnecting with friends and family after I was vaccinated, but I’ve noticed my technology use is still just as high as it was when the pandemic first started. I know that some screen time is necessary, but I’m starting to understand that technology use was just as dangerous to my wellbeing as the isolation.

I came across a study from 2016 that found people in the US spend a little over 10 hours a day consuming media. That’s more than the average person spends asleep! I can only imagine how the average has changed school and many office jobs moved online. You are probably familiar with terms like “Zoom fatigue,” but “technostress” was a concept coined in 1984. Technostress comes from things like checking your phone or email constantly to constantly feel connected. The result of technostress is increased anxiety and irritability as well as physical pain like headaches and insomnia.

I wanted to share some techniques and activities that might be helpful to you as you navigate this new normal of technology use. I recently read an article about a practice called “forest bathing.” It is a Japanese practice called shinrin-yoku, which roughly translates to “forest bathing.” This practice is born out of the idea that our bodies are programmed to enjoy nature, but technology and city-living reduces that exposure. Because of this, our bodies are living in a foreign space, which contributes to issues with both physical and emotional wellbeing.

What I love about forest bathing is that you can do this both with and without the guidance of a mental health professional. Forest bathing is about connecting with nature through your five senses. Traditionally, you spend about two hours casually walking or sitting in a forest taking everything in. Now, North Texas doesn’t have Japanese forests, but shinrin-yoku experts suggest park trails or even just sitting outside has the same impact. The benefits of forest bathing can include lowered anxiety, lowered blood pressure, increased energy, and improved pain thresholds. Even if you are in an area with a lot of concrete, putting a few plants around your house can bring you closer to nature. You matter enough to spend some time reconnecting with yourself and the world around you.

Next time you are out in nature, try one of these exercises whether it’s sitting by your plant, being out in a park, or diving deep into the woods. Be sure to examine how you feel before and after. Even 10 minutes a day can leave you feeling a little more replenished.

- Take several minutes to look at the leaves on a tree. Allow yourself to focus on the patterns. See what other patterns you can find in nature.
- Find a spot to lay or sit. Focus on your breath and slow down your thoughts. Start to listen in all directions. Close your eyes and continue to listen as you pay more attention to the sounds of nature you didn’t notice before.
- Find a scented candle or essential oil to put in your house. Spend some time relaxing with this scent around you as you focus on your breathing.

Sarah Herrera, MSW | Doctoral Student | LCSW
ADVISING

Feeling a bit lost? Start with your Graduate Student Leader! Don’t know who that is? Email Julie Henderson or Nicole Ferguson.

• If you are a cohort student, the list of courses and sections you need to take in the Spring 2022 semester will be sent to you by Academic Advisor Chris Clark.

• 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.

• Academic Advisor Maresia Davis has left the SSW for a new position. If your last name begins with Ce-F, your temporary advisor will be Cleondria Marable. If your last name begins with G-I, your temporary advisor will be Toy Howard.

• Don’t need a full advising appointment but have general questions? Join your advisor for their weekly Power Hour!

Toy Howard Mon 10-11  Click here to join the meeting
Valerie Adame Tue 11-12  Click here to join the meeting
Cleondria Marable Thu 11-12  Click here to join the meeting

FIELD PLACEMENTS

• InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL: 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.

• Field Advisors have begun placing students for Spring 2022. Most students should receive their placement information by mid-December if not before.

• 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

LICENSED PROFESSIONAL CHEMICAL Dependency Counselor (LCDC)

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.
**IMPORTANT DATES**

**FALL 2021**

- Nov. 8 Registration begins for Spring
- Nov 25-26 Thanksgiving Holiday
- Nov 26 Spring Field Application Deadline
- Dec 7 Last Day of Classes
- Dec 8 Student Study Day
- Dec 9 – 15 Final Exams
- Dec 16 – 18 Commencement Ceremonies
- Dec 16 – Jan 17 Winter Break
- Jan 18 - First Day of Classes

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**The SSW Connections Tutoring Lab**

**NOW OPEN!**

Please see the flyer for information and a link to book your 30 minute session—we have virtual and face to face slots available to meet your needs.

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**MAV's UNITE**

*Created for you!*

Contact Emily.Clarke@mavs.uta.edu for more information.

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**LEARN A NEW ADVOCACY SKILL WITH SPEAK & SKILLSHARE!**

**IT'S FREE!**

**Win $50!**

**Enter SPEAK's Policy Brief Contest!**

We will be awarding a $50 Target Gift Card to five submissions in each MSW track — that’s 25 prizes!

**CLICK HERE TO LEARN MORE!**
**EVENTS**

**On Campus Blood Drive**
Monday, November 15 – Thursday, November 18
10:30am – 3:30 pm
**2 Locations** UC Mall (Woolf Hall) & Library Mall

As a thank-you donors will receive a long sleeved shirt with theEvacuation logo!

**COVID-19 Antibody Testing** available for all donors.

**FREE Dental, Vision, and Health Services**
December 11-12, 2021
1500 Avenue Way, Fort Worth, TX 76129

**JOIN US IN**
**MAKING TEXAS HEALTHIER**

**Save the Date**
Nov. 16—Cultural Competence & Behavioral Health Webinar
SAMHSA and the HHS Office of Minority Health will convene a webinar:

**Advancing Behavioral Health Equity: CLAS Standards in Action**

**Save the Date**
November 16, 2:30-3:30 PM ET

**Facilitators**

**CELEBRATE WITH US**
NOVEMBER'S THURSDAY TALKS & TREATS

**Nov. 16—Cultural Competence & Behavioral Health Webinar**
SAMHSA and the HHS Office of Minority Health will convene a webinar:

**Advancing Behavioral Health Equity: CLAS Standards in Action**

**November 16, 2:30-3:30 PM ET**

**JOIN US ON TEAMS!**
Wed. Nov. 17th noon

**AASWSA**
JOIN THE AFRICAN AMERICAN SOCIAL WORKERS STUDENT ALLIANCE

**November Meeting will be**
Thursday, November 11th, 2021
4:00 PM ROOM 106

**We're focused on enhancing understanding and appreciation of diversity and to provide service to the broader community.**

**There will be light refreshments**
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 opportunities.

Listen to UTA public health experts explain why getting a COVID-19 vaccine is beneficial for you and your community.

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.

FUNDING

Applications for Spring ’22 scholarships are now open through Nov. 12th.

Here is the link to apply. Scholarship Link

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.

STAY SAFE

COVID-19 Testing

RESEARCH

Student Research Opportunity Center

Social Work Course Guides

FUNDING

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RESOURCES

UTA Academic Calendar

Evidence-Based Practice Research Guide

MAVS UNITE

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

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 TAOdconnect.org

Mavs Talk 24HR Crisis Line
Call (817) 272-8295
Visit uta.edu/caps for more information

UTA Is A Community That Cares

Managing Stress and Anxiety During COVID-19

UTA Counseling and Psychological Services (CAPS)

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

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

“We are not social workers. We are contemplatives in the heart of the world.”
– Mother Teresa

In Crisis? Text HELLO to 741741

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