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 became 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 Reagan 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](https://nationaltoday.com/world-freedom-day/)

Source: [https://nationaltoday.com/world-freedom-day/](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 since then 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.

So what can we do? Well, I’m not entirely sure 😊, but I am starting to explore new approaches for myself. I came across a Japanese practice called shinrin-yoku, which is roughly translated 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**

- 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.

  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

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**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.

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**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 Licensing 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.

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**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

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**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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**MAVS UNITE**

*Created for you!*

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**SPEAK**

**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!**

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**LEARN A NEW ADVOCACY SKILL**

**WITH SPEAK & SKILLSHARE!**

**IT’S FREE!**

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**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!

**MEETS EVERY WEDNESDAY**

**1-2 PM | TEXAS VIRTUAL MEETINGS**

**Everybody’s Welcome!**

To participate, please register: https://forms.gle/0qhr8dRjRZ6uB4ij6

**Follow us @SGCUTA Students for Global Change**

**Email us at sgc.utexas@gmail.com**

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**UNIVERSITY OF TEXAS ARLINGTON**

**SCHOOL OF SOCIAL WORK**

**Improve your skills!**

Beginning Monday, October 25th, virtual and in-person sessions will be available Monday-Saturday. Sessions are scheduled for 20 minutes each and will focus on the specific skills or questions you have about writing for assignments or papers.

Scan to book your appointment!
**EVENTS**

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

**FREE Dental, Vision, and Health Services**  
December 1-15, 2021  
1350 Ackerly Way, Fort Worth, TX 76107

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

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**CELEBRATE WITH US. NOVEMBER’S THURSDAY TALKS & TREATS**  
Come to the SUV courtyard with your lunch and grab a DESSERT on us!  
Let’s discuss the state of affairs for a different cultural group each month and how social workers can support them.

November’s celebration is for American Indian and Alaskan Native Heritage Month  
Thursday, November 18th from 12:30pm-1:30pm  
Come and get educated!
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.

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.
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)272-0255

THrive APP
Download "Thrive at U" on App Store or Google Play

thriveapp

Visit uta.edu/caps for more information

SAR Center
(Formerly Office of Students with Disabilities)

In Crisis? Text HELLO to 741741

DREAMERS WELCOME

CRISIS TEXT LINE
Free 141 Confidential

MAVS Talk
24 HOUR CRISIS LINE

UTA/ARLINGTON
MAWS TALK 24HR CRISIS LINE
Call (817)272-0255

Our Services
 Counseling
Assessment
Evaluation
Consultation
Therapy
Diagnostic
Group Therapy

our services

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

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 pick-up 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

"We are not social workers. We are contemplatives in the heart of the world."
— Mother Teresa

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