Observing Thanksgiving While Acknowledging Its History

This week, the United States will be celebrating Thanksgiving. As children, we learn this celebrates the early settlers and Native Americans coming together to have a historic harvest feast.

As we have gotten older and been education and exposed to more in-depth history, we realize this history has been altered. The first harvest was trailed by deadly battle, stealing Native land, enslaving and executing Native people.

Many Native Americans celebrate National Day of Mourning on the same to remember Native American culture and the position Thanksgiving became in the lives of their ancestors.

A day of embracing gratitude, being thankful and spending time with our families is worth honoring. But we also should honor Indigenous people.

Some suggestions of how:
- Learn who’s lands you are on
- Learn the real history
- Eat foods indigenous to North America
- Support Native Americans
- Participate in #NationalDayofMourning
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 do I have to do? Or what, who, 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, first, we operated, 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

Today, this week 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 that first, the “to dos” will take care of themselves.

Craig Keaton,  
MSW | Doctoral Student | Adjunct Professor

For Graduating Students

The North Central Texas Fort Worth Area Branch of the NASW Texas Chapter would like to gift a graduation honor cord to each graduating student who is a member of the Fort Worth Area branch or who is graduating from a university located within the Fort Worth Area branch. Please complete this online form to request your honor cord: https://forms.gle/rR7CYRZQz64JtbC68
**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/S-Z: Valerie Adame – adamev@uta.edu
- Last names D-R: Mark Frazier – mark.frazier@uta.edu

**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](#).

**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.

**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. 8 Registration begins for Spring
- Nov 22-26 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

EVENTS

EVENTS

GET INVOLVED

MAVS UNITE

Created for you!

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

Email Here for more info

MAVERICK PANTRY

Please help stock up the new Maverick Pantry! Donating any of the items below would be greatly appreciated.

- Pasta
- Pasta sauce
- Peanut butter and jelly
- Rice
- Beans
- Immutate
- Feminine / personal products
- Snack bars

Drop off donations to the Dean of Students Office, Louise Hall 201, 21.21.

To schedule a drop off or to arrange a virtual event, email EAPU@uta.edu.

We will gladly notify you as soon as the UC announces donations from your gift.

Email Here for more info

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 3RD WEDNESDAY PDF EACH MONTH | 5-6 PM | TECHS VIRTUAL MEETINGS EVERYONE'S WELCOME!

To participate, please register:
https://forms.gle/b6k4efg9S381rEYXq

Follow us @SGCUTA- Students for Global Change
Email us at sgc.uta@gmail.com

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!

LEARN A NEW ADVOCACY SKILL WITH SPEAK & SKILLSHARE!

Click Here to learn more
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.

Dean Ryan’s Statement on COVID-19 Health Disparities

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.

For more info and FAQ’s Click Here

Degree Progress Worksheet Click Here

David Waters
david.waters@uta.edu

Dr. Allison Tomlinson, PhD, LCSW-S
allison.tomlinson@uta.edu
RESOURCES

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)272-8255
Visit uta.edu/caps for more information

UTA is a Community That Cares

UTA Library Accessibility

In Crisis? Text HELLO to 741741

On-Demand & Live Fitness Classes

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

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

“When you practice gratefulness, there is a sense of respect towards others.”
– Dalai Lama