As we come into the holiday season, there will be celebration with family and friends. You may be traveling or driving to multiple get togethers and have a few drinks with loved ones. This month we are advocating for prevention of driving under the influence of alcohol or drugs.

The time between Thanksgiving and New Year’s Day is considered to be “One of the deadliest and most dangerous times on America’s roadways due to an increase in impaired driving” (National Association of Drug Court Professionals).

Ways to Observe

1. Always plan ahead. Designate a sober driver and arrange for an alternative route home just in case.
2. If you are a parent, grandparent, aunt, uncle, or even friend, talk to your loved ones to remind them how important it is to be responsible and stay safe.
3. If you are the one hosting the party, always offer a non-alcoholic option for drinks for your guests so they can still have a good time eating and drinking with everyone else.
4. Help campaign in your community to remind friends and neighbors.

Source: https://nationaldaycalendar.com/national-drunk-drugged-driving-prevention-month-december/
VIRTUAL CLINIC

Ready? Break!

I am going to cut to the chase and repeat a message I shared in the Spring … You need to take a break! Get some rest! Do something else! Not work! While there are all sorts of justifications for taking a break, the truth is you need, deserve, and should take a break because you’re human. It’s just how you work. It’s how all of us work.

A break, some idle time, relaxation, and recreation are all shades of the basic human need for rest. Everyone requires rest; yes, even you! So, as summer gets closer, take some time to get clear on your needs for rest, what you want to do to care for those needs, make some plans, and then make it happen.

And if this advice is hard to heed, maybe you need permission. Well, here it is: this message comes straight from your BSW and MSW Directors. That’s right! The leaders of your education and professional preparation believe caring for your needs is so important that they want all of you to start planning now and realize a real break this winter! You need it!

If you’re unsure of where to start, try these: sleep in; put an out-of-office reply on your email; take a tech break for a while - a long while; go for walks; sip tea; lay in a hammock or in the grass; sit down and have a meaningful conversation with someone in real life with no schedule or time pressure.

Ok, so maybe you’re still not convinced. Maybe you’re just too much like me. I always have this feeling like I am just not where I want to be yet; there’s something else I should be doing. Then I remember that taking a break is doing something, doing nothing is something – a very important something. And if I am really struggling to stop and rest, I am reminded that “taking a break can lead to breakthroughs.” Isn’t this so true?!?! Time and time again, a break is what unlocks wherever I am stuck. So, if you’re still in need of something and not sure what it is, maybe you’re stuck. Maybe you need a breakthrough. So, take a break!

And if you’re still not having it with all this break stuff, consider this: this is the last You Matter post ‘til spring. That’s right, we’re taking a break for a few weeks. You don’t have to take a break, but we are. So, see ya next semester… after a good break!

Craig Keaton,
MSW | Doctoral Student | Adjunct Professor

SPECIAL ISSUES IN SOCIAL WORK
SOCW 4350

Relevant social work topics generated and explored in depth according to student and professional needs.

Prerequisite: Permission of the Director.
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/
• 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.

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 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.

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

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.
Mentorship Opportunity

Arlington ISD is looking to set up some of their students with mentors. Help support our community schools!

If interesting, please reach out to Stephanie Tucker at stephanie.tucker@mavs.uta.edu
NITC Fellowships

The National Institute for Transportation and Communities will be offering 2 fellowship opportunities to undergraduate and graduate students interested in transportation-related topics.

1. Dissertation fellowship ([http://nitc.trec.pdx.edu/funding/dissertation-fellowships](http://nitc.trec.pdx.edu/funding/dissertation-fellowships)) for Ph.D. students that have advanced to candidacy. The dissertation fellowship will be offered again in the Spring (mid-February) and Summer (late May) for those that have advanced to candidacy by those dates.

2. UTA-based fellowships will range in value from $1,000-$2,000 for undergraduates, $1,500 - $3,000 for masters students, and $2,000 - $4,000 for Ph.D. students. Half of the funds will be awarded upon receipt of the fellowship, and the other half will be awarded upon completing the transportation related product. The transportation related products may include: thesis, dissertation, position/white paper, journal/conference paper, or other contribution to the transportation field/profession. The fellowships are limited to US citizens and permanent residents. The fellowship application should be submitted to Dr. Stephen Mattingly ([Mattingly@uta.edu](mailto:Mattingly@uta.edu)) by November 1, 2021 with a subject line NITC Fellowship. The following information should be included in the UTA fellowship application:
   - Topic and abstract (up to 500 words) for proposed transportation product
   - Topic must fit NITC themes
     - Increasing access to opportunities: Well-connected regions and communities can improve social equity by providing access to jobs, services, recreation, and social opportunities. We will examine barriers to access, including the connections between transportation, land use, and housing. Our research will look at how to overcome these barriers and improve accessibility, affordability, and equity in our communities.
     - Improving multi-modal planning and shared use of infrastructure: Improved mobility requires a range of options for moving people and goods. As concepts of mobility evolve, we aim to understand how people and firms make mode choices so that we can design better multi-modal systems. We will examine how different modes can share our infrastructure safely. We will also examine how cities and regions can better plan for and prioritize multi-modal transportation, integrated with land use.
     - Advancing innovation and smart cities: The growth of urban areas of all sizes requires the innovative use of technology and new mobility options. Our smart cities research will not only examine the feasibility of integrating connected and automated technologies in our cities, but overcoming the social, political and economic barriers to implementation. This includes ensuring that smart cities improve access for all people and modes.
     - Developing data, models, and tools: Our complex transportation system demands better data and tools for decision-making. We will develop tools to collect and analyze multi-modal data from a variety of sources, aimed at optimizing the use of the system. These new models and tools will examine the implications of changes to the system on a range of outcomes including mobility, economic equity, the environment, and health.
   - Requirements:
     - US citizen or permanent residents
     - Faculty sponsor (Please choose one):
       - Ard Anjomani
       - Jandel Crutchfield
       - Noelle Fields
       - Nelson Gomez-Torres
       - Kate Hyun
       - Kathy Lee
       - Taylor Li
       - Stephen Mattingly
       - Rebecca Mauldin
       - Anne Nordberg
       - Another faculty member may be added on request
     - The type of proposed effort/deliverable. For example, thesis, dissertation, position/white paper, or journal/conference paper.
     - (optional) Letter of support from a faculty member that evaluates the applicant’s academic/professional abilities
   - Review considerations:
     - Topic and deliverable significance
     - Potential impact to the profession/field
     - Consideration of interdisciplinary audience
     - Number of hours enrolled
     - GPA will be considered
     - Priority will be given to full-time students over part-time students

NITC Student Travel Support

The National Institute for Transportation and Communities will be offering $250 matching fund travel awards to students making presentations at conferences other than TRB and TexITE on transportation related topics. An abstract and the conference acceptance notification must be submitted to Dr. Stephen Mattingly ([Mattingly@uta.edu](mailto:Mattingly@uta.edu)) with a subject line NITC Student Travel at least a month before the conference, and any student receiving funds must complete a reflection and provide a photo of the conference experience.
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

COVID-19 Testing

REQUIRED COVID-19 TESTING

Regardless of vaccination status, all students and employees coming to campus in any capacity for the spring 2022 semester must provide proof of a viral COVID-19 test by Feb. 4, 2022. Tests taken before Jan. 3, 2022 will not be accepted. 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. UTA's COVID-19 testing resources are always available to you should you need or want a test, not only when you are completing a UTA testing requirement.

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. If you have trouble finding or using the portal, contact the OIT Help Desk. 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.

Required COVID-19 testing and new protective measures for Spring 2022 (English and Español) (uta.edu)

Classroom density, updated info from university on testing and return to campus

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 Spring 2022 (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.
UTA Academic Calendar

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 TAOnnect.org

MAVS TALK 24HR CRISIS LINE
Call (817)272-0295

THRIVE APP
Download "Thrive at U1" on App Store or Google Play

Visit uta.edu/caps for more information

Our Services
Mental Health Services
Programs & Services
Community Crisis Services
CRISIS LINE

Residential Treatment Facility (RTF)
Marital and Family Therapy Center (MFTC)
Behavioral Assessment
Therapy Groups
Assessment

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

“Somewhere someone is waiting for our help.”
— Purushottamm Kuman Suman