

## *Inside this Issue*

- **Event Spotlight** *New*
- **Student Spotlight** *New*
- **Academic Resources** *New*



---

# **SOCIAL JUSTICE** *Spotlight*

---



## **Affordable Housing - Is it Attainable?**

Affordable housing has diminished the hopes for families with modest incomes who are outbid by those with deeper pockets, even when supposedly looking at "affordable homes" on the market.

This is a social justice issue, because not realizing the American Dream of homeownership for individuals and families causes a lack of stability for all who need to feel secure and have the opportunity to build a better future.

In the Texas Tribune, Joshua Fechter reported that housing advocates, builders, and real estate experts agree there is not enough housing being built to keep up with the growing demands of the rising population, resulting in rising housing costs. Fechter also reported that Texas has one of the largest gaps in the nation between the number of households considered extremely low income and the number of available affordable homes based on the estimates from the National Low Income Housing Coalition. For example, for every 100 extremely low-income households, there are 25 available rental units.

The affordable housing issue is so important to advocate for and bring more awareness toward since as social workers so many of our own clients are faced with this issue. We play a crucial part in helping our clients find resources to access housing options that will meet their needs, so they can find the comfort in their own home sweet home.

***“There is nothing like staying at home for real comfort.” by Jane Austen***

[Read More About the Housing Crisis Here](#)

---



**FREE ENTRY  
& FREE  
PARKING**



# 28TH ANNUAL Native American Students Association at UTA BENEFIT POWWOW

UTA Maverick Activities Center  
500 W. Nedderman Dr.  
Arlington, Texas 76013



## JOIN US FOR

- Grand Entries at 1pm & 6pm
- Women's, Men's, & Community Contests
- Stickball Demo
- Indian Tacos
- Native Arts & Crafts

## HEAD STAFF

Head Lady: Kearston Freeman

Head Man: Harold Rogers

Head Gourd: Randall Jakes

Head Singer: Lance Tahchawwickah

Head Judge & Arena Director:

LaRay Guerrero

Emcee: Delvin Johnson

Join us

**MARCH 2**

11am-11pm

For vendor or event questions

message [facebook.com/utapowwow](https://www.facebook.com/utapowwow)  
or email [powwow@uta.edu](mailto:powwow@uta.edu)



## Important Dates

- **Feb 5th - Apr 5th:** Summer Field Application is open
- **Mar 1st:** Deadline to Apply for Graduation in MyMav
- **Mar 11th-15th:** Spring Break
- **Mar 26th:** Social Work Mini Conference
- **Mar 29th:** Last Day to Drop Classes; Submit in MyMav by 4pm
- **Apr 1st:** Registration for Sum '24 and Fall '24 classes open



## Student Spotlight



**Michelle Gonzalez**

Hello everyone! My name is Michelle Gonzalez and I am a Graduate Student Volunteer. This is my second semester working as a GSL volunteer, it has been an adventure. I got my bachelors in criminal justice with a minor in psychology at the University of North Texas at Dallas in December 2021. I am currently in my advance placement year here at UTA under the Mental Health and Substance misuse. I currently work as an immigration paralegal here in the Dallas area. My end goal is to become a LCSW and be able to

provide services for young adolescents and young adults, and possibly immigration evaluations that are used for heavy casework in immigration cases. I am really excited to see what the future holds for me and for the community I am wanting to advocate for. In my spare time I enjoy reading, going for walks, traveling, and going to concerts! I'm always happy to help and advocate for those who are misrepresented. As always, don't struggle in silence and always ask for help when it's needed.

---

**YOU MATTER!**

---



As Spring season is coming around the corner we wanted to emphasize how important it is to implement self-care. This mean we can proactively participate in Spring Cleaning. It is much more than decluttering our closets at home; it helps create a healthier mindset and become ready for a new season to come. When we take care of the environment around us, we begin to develop a space that is restful, peaceful, and restorative.

Personal Self-care and Spring cleaning go hand in hand.

Reflect on SELF:

Always stop to understand who you are. Your emotional state, life's challenges and valuable experiences can dictate how you view life.

**\*Live life:** Find and participate in hobbies, activities that bring meaning and value to who you are and the goals that you have set. Write down your emotions, get some sunshine, exercise, or take on a new activity. In with the NEW!

NO NEGATIVITY ALLOWED:

Reassess your friendships and associates.

You are who you hang around: Treat yourself to surroundings and people who support you. Those who can be a support system, and who care about your well-being.

**\*Eliminate the negativity:** Those relationships that create negative and devaluing attitudes.

Outline YOUR peace:

Set clear boundaries between your personal and professional life. Social work can be emotionally demanding, so it is essential to create space for relaxation and personal time.

**\*Declutter your life:** Review and eliminate work that no longer serves a purpose. Try to rearrange and simplify your work and personal schedule so that you can make room for your goals and outside activities.

**Remember:**

- Use the six-month rule; if you haven't used something in six months, you probably won't. Consider donating unused items to someone who may need them.
- Mediate/Yoga/Exercise
- Eat regularly/healthy
- Prioritize Sleep
- Focus on one thing at a time



- Revive the PHYSICAL and renew the MENTAL.  
\*You are important to YOURSELF!



With Love and Light,  
Monique Lawson, MSW GSL Intern  
Mia Cozzarelli, MSW GSL Intern  
**The University of Texas at Arlington**

Spring Cleaning is Good for Mental Health

---

# Opportunities

---



MARCH 6TH  
6:30PM - 8:00PM.

# WOMEN'S STUDIES

JOIN MS. MASHAL FOR A WEBINAR DISCUSSING  
WOMEN'S RIGHTS IN AFGHANISTAN, ADVOCACY,  
COALITION BUILDING, NETWORKING, AND HER  
EXPERIENCES AS A HUMAN RIGHTS ACTIVIST.



ANYONE INTERESTED  
CAN REGISTER USING  
THE LINK BELOW.



<https://events.teams.microsoft.com/event/25cd1ae4-1443-41a2-a097-ce6e5774dacf@5cdc5b43-d7be-4caa-8173-729e3b0a62d9/registration>





# FESTIVAL OF IDEAS

WITH DR. DAVID TREUER

(PhD Anthropology, University of Michigan 1999),  
Professor of Creative Writing University of  
Southern California


Bestselling author David Treuer is an Ojibwe Indian from Leech Lake  
Reservation in northern Minnesota. He is the recipient of a Pushcart Prize, two  
Minnesota Book Awards, and fellowships from the NEH, Bush Foundation, and  
the Guggenheim Foundation.



**MARCH 5TH 2024**

**12:30PM**

**MAVERICK ACTIVITIES CENTER**



500 W Nedderman Dr  
Arlington, TX 76013  
United States

# SCHOOL OF SOCIAL WORK

Empowerment Pathways: Student Success Series

## ALUMNI PANEL EVENT: NAVIGATING THE PATH IN SOCIAL WORK

March 7, 2024

5:30 p.m. to 6:30 p.m.

School of Social Work Building Room 231

Or join us virtually

### RSVP

by scanning the QR code

OR

By [clicking HERE](#)



In-Person space is limited

For more information contact [Traecia.Nichols@uta.edu](mailto:Traecia.Nichols@uta.edu)

## Research Study on the Impact of COVID-19 on Latina Dreamers

- Are you a female DACA participant (Dreamer)?
- Are you currently enrolled in a 4-year college or university in Texas?
- Are you interested in discussing how COVID-19 has impacted different areas of your life?

If you answered “yes” to these questions, then you may be eligible to participate in a confidential research study exploring the experiences of Latina Dreamers during COVID-19.

If you are interested, please go to the link below or scan the QR code to complete the online screening.

[https://uhsocialwork.co1.qualtrics.com/jfe/form/SV\\_b17qCSoyhSvYKIm](https://uhsocialwork.co1.qualtrics.com/jfe/form/SV_b17qCSoyhSvYKIm)



If you are eligible you will be contacted within 48 hours by a member of the study team about scheduling an interview that will be conducted by Zoom. Your total time of participation will be about 90 minutes and you will receive a \$50 Amazon gift card for your time. Please feel free to share this link with friends/colleagues who may be interested in participating. Funding for this study was provided by the University of Texas at Arlington Center for Mexican American Studies (CMAS) Faculty Fellowship Program.

If you have any questions about this study, please contact the PI of our research team, Dr. Micki Washburn at [Micki.Washburn@uta.edu](mailto:Micki.Washburn@uta.edu) or at 832-498-14015. This project has been approved by the UTA Internal Review Board (IRB). For questions about your rights or to report a complaint, contact the UTA Research Office at 817-272-3723 or [regulatorvservices@uta.edu](mailto:regulatorvservices@uta.edu)



# **Relationship Violence and Sexual Assault Prevention (RVSP) is launching a pilot program to give students opportunities to volunteer on a PRN, or as the situation demands, basis.**

## **What you need to know:**

Those who sign up for the program will be required to attend a one-time mandatory workshop that will go over how to be sensitive towards those that have experienced trauma, what services RVSP provides, and how they can be a better ally to the victims and survivors they may encounter. After this mandatory training, volunteers will receive a certificate from RVSP and will be cleared to assist the program whenever they please.

**If you are  
interested  
in, please fill  
out the  
form:  
[Interest  
Form](#)**

## Are you a member of a Latine immigrant family? Do you want to talk about the financial lessons shared in your family?

### What is the study about?

The College of Social Work is conducting a study to explore the financial conversations and lessons shared in Latine immigrant families. We will complete separate interviews with one parent/caregiver and one adult child who is a college student from 15 families. The interviews can be completed in English and/or Spanish.

### We are looking for:

- Undergraduate college students (18-24 yrs old) from Latine immigrant families
- Parents/caregivers from Latine immigrant families

Earn \$33 for participating!

**Note: Participants' personal information, including immigration status, will not be shared, or connected to the study results.**

### If you are interested in participating, please contact:

 Yesenia Alvarez Padilla  
 alvarezpadilla.1@osu.edu  
 (775) 345-5602



This study has been approved by the Institutional review board at the Ohio State University. IRB # 2023B0381

## ¿Eres miembro de una familia inmigrante? ¿Quieres hablar sobre las lecciones financieras compartidas en tu familia?

### ¿De qué se trata el estudio?

La Facultad de Trabajo Social está llevando a cabo un estudio para explorar las conversaciones financieras y las lecciones compartidas en las familias inmigrantes. Realizaremos entrevistas separadas con un padre/cuidador y un hijo/a que es estudiante universitario de 15 familias. Las entrevistas pueden ser completadas en inglés y/o español.


### Buscamos a:

- Estudiantes universitarios latinos de pregrado (18-24 años de edad) de familias inmigrantes
- Padres latinos de familias inmigrantes

Recibe \$33 por participar

**Nota: La información personal de los participantes, incluido el estado migratorio, no se compartirá ni se conectará con los resultados del estudio.**

### Si estás interesado comunícate con:

 Yesenia Alvarez Padilla  
 alvarezpadilla.1@osu.edu  
 (775) 345-5602



Este estudio ha sido aprobado por la junta de revisión institucional de la Universidad Estatal de Ohio IRB # 2023B0381





**KRISPY KREME DOZENS TO SUPPORT**  
*Student Association for Macro Social Work*

---



**\$15 PER DOZEN**



**OVER 50%  
DONATED BACK**



**ENDS March 5**

**ORDER**

<https://groupai.se/krispykreme38518sb>



Interested  
in Social  
Work with  
Children +  
Families?



## Join the Social Workers for Children + Families Student Organization

- Network with other UTA students
- Hear from professionals within the social work field



To join, scan the QR code or email Dr. LaBrenz  
([catherine.labrenz@uta.edu](mailto:catherine.labrenz@uta.edu)) or Dr. Okoruwa ([tiara.okoruwa@uta.edu](mailto:tiara.okoruwa@uta.edu))



March is National Kidney Month



Commissioner Alisa Simmons  
**KIDNEY WELLNESS**  
and Health Expo

A CHRONIC KIDNEY DISEASE AWARENESS INITIATIVE

Saturday, March 9, 2024

10 AM - 2 PM

Tarrant County Sub-Courthouse  
700 E. Abram Street, Arlington, TX 76010

Free Kidney Screenings

- Free Flu and COVID-19 Vaccines
- Free Educational Workshops
- Healthy Food Demonstrations
- Kidz Crafts and STEM Zone

Complimentary Lunch



**KIDNEY  
EQUITY  
FOR ALL**



Scan the QR Code to sign up or go to:  
[tinyurl.com/KWHE2024](https://tinyurl.com/KWHE2024)



COMMISSIONER  
**ALISA SIMMONS**  
TARRANT COUNTY | PRECINCT 2



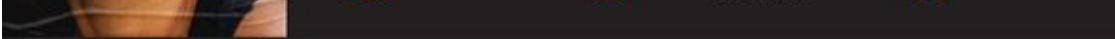
@CommAlSimmons



Tarrant County Commissioner  
Alisa Simmons



commalissimmons



---

THE CENTER FOR MEXICAN AMERICAN STUDIES PRESENTS



30 YEARS BEING YOUR CASA AT UTA

# CELEBRATING 30 YEARS OF KNOWLEDGE CULTURE, & COURAGE

## SPRING-2024 SPEAKER SERIES



- **WEDNESDAY, JANUARY 31**

*How to Land a Good Job in a Political Campaign*

**DAVID DE LA FUENTE**

University Hall - Room 110, 12:00 pm

- **WEDNESDAY, MARCH 6**

*The Politics of Policing in Latin America: Comparing Colombia & Mexico*

**DIEGO ESPARZA**

Co-Sponsored with UTA Libraries  
Central Library - 6<sup>th</sup> Floor Parlor  
12:00 pm - 1:30 pm

- **FRIDAY, MARCH 22**

*Mapping Chicana/Mexicana Voices in the Borderlands Symposium*

**MARIA COTERA - KEYNOTE SPEAKER**

AUTHOR, CHICANA RESEARCHER, PROFESSOR  
Central Library - 6<sup>th</sup> Floor Atrium  
9:00 am - 7:00 pm

- **WEDNESDAY, APRIL 17**

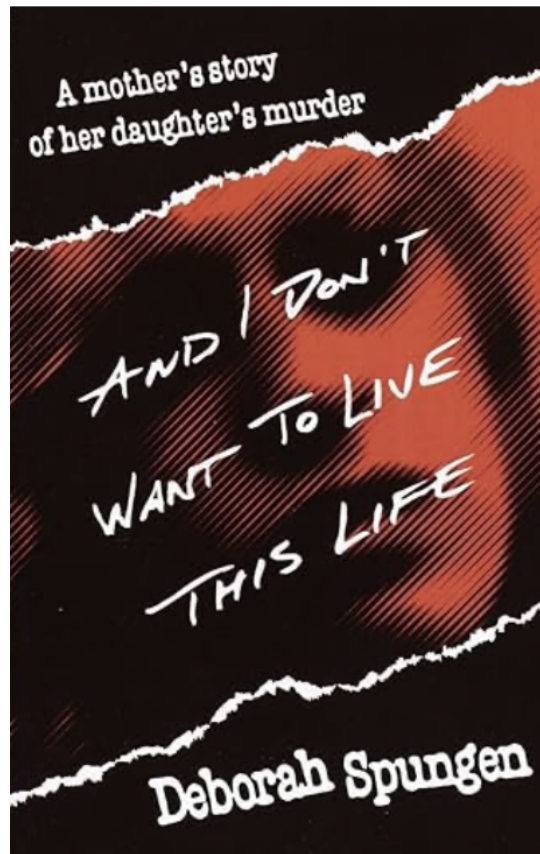
*Reclaiming our History & Heritage*

**JULISSA NATZELY ARCE RAYA**

NATIONAL BEST SELLING AUTHOR  
2024 CMAS DISTINGUISHED SPEAKER  
Central Library - 6<sup>th</sup> Floor Atrium, 6:00 pm

FOR MORE INFORMATION CONTACT 817-272-2933 OR [CMAS.UTA.EDU](http://CMAS.UTA.EDU)

## Book of the Week



### And I Don't Want To Live This Life

by Deborah Spungen

Trigger Warning: this book contains topics related to substance misuse, murder, and sexual content.

"For most of us, it was just another horrible headline. But for Deborah Spungen, the mother of Nancy, who tragically perished at the Chelsea Hotel, it was both a relief and a tragedy. Here is the incredible story of an infant who never stopped screaming, a toddler who attacked people, a teenager addicted to drugs, violence, and a daughter completely out of control—who almost destroyed her parents' marriage and the happiness of the rest of her family."

This is a really great read and an eye opening perspective to the destruction that can be caused by substance misuse to the family unit.

By Meghan Gratton  
BSW USL Intern

[Available on Amazon](#)

# Student Success Resource



My name is Traecia Nichols, I am the Student Success Coordinator for the School of Social Work. In my role I work with students who are facing crises and need help accessing university and community resources. This section will consist of resources that are available to you as a student. If you are in need of resources or have any questions or concerns, please contact me at [traecia.nichols@uta.edu](mailto:traecia.nichols@uta.edu).

## Alumni Panel Event

📅 Event Details: 📅

Date: Thursday, March 7th

Time: 5:30pm-6:30pm

Location: SSW Room 231 or Join us Virtually via the link in our RSVP Form

🌸 About the Event: 🌸

At the Alumni Panel Event, you can look forward to:

**Distinguished Alumni Panelists:** Hear from our alumni who have made a significant impact in the field of social work. They will share their experiences, challenges, and successes, offering valuable insights for your own journey.

**Career Stories:** Learn about the diverse career paths our alumni have pursued, from clinical social work to community organizing, and how they have contributed to positive change in their communities.

**Q&A Session:** Have burning questions about the field of social work, job prospects, or the graduate experience at The University of Texas at Arlington? Our

panelists are here to provide you with expert advice and guidance.

 Save the Date: Mark your calendar and invite friends!

Sign Up Here for Alumni  
Panel Event

---

# Academic Resources

---

## Graduate Director Office Hours

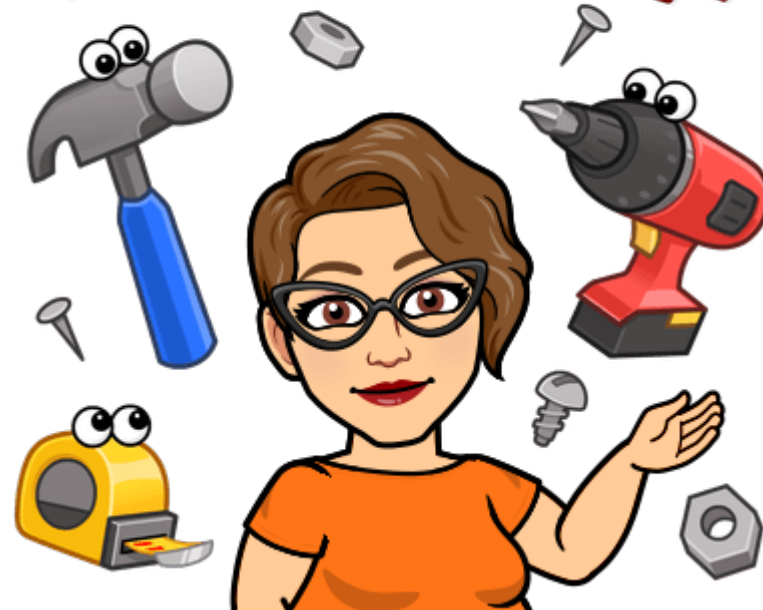
Meet Dr. Regina Praetorius, LMSW-AP-S, the Director of Graduate Programs at UTA's School of Social Work during her new open office hours.

Options are listed below:

- Wednesdays 2-3pm (SWSH Suite 203/204)
- Mondays 7:30-8:30pm ([virtual](#)).



# How can I help?



Monday' Virtual Meetings

## Academic Advising

Need to meet with an 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 the button below. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

No drop in appointments available? [Visit this page](#) to find your advisor's power hour where you can always drop in and ask questions, no appointment needed.

**Apr 1st:** Summer 2024 and Fall 2024 class registration opens

**MSW Social Work Mavericks! Brittany Latcher** will join us as the new academic advisor for **Mental Health and Substance Misuse**. Ms. Latcher will conduct drop-ins Wednesday, March 7th and will be released to all mental health students on March 11th.

**BSW/BSSUT Social Work Mavericks! Desiree Warren** will join us as the new academic advisor for **students with the letter set A- H**. Ms. Warren will conduct drop-ins Wednesday, March 7th and will be released to her BSW/BSSUT students on March 11th.

[Schedule your appointment here](#)

## Field Placements

- **Feb 5th** - Summer Field Application opens.
- **Apr 5th** - Summer Field Application closes.
- [Field forms are available here!](#)
- [Field FAQ](#)
- If you are having technical difficulties with Tevera please email [sswfield@uta.edu](mailto:sswfield@uta.edu) and include a screenshot of the issue.

## Field Advising

**This is an opportunity for you to ask questions, similar to Office Hours for faculty!**

### **BSW and BSSUT Students**

- Field Advisor: Vanessa Caraveo
- 1st & 3rd Thursday | 3pm - 4pm
- [Join your field advisors' power hour here](#)

### **Advanced Children & Families, Advanced CAP, Advanced Aging & Advanced Health**

- Field Advisor: Monica Brown
- 1st & 3rd Wednesday | 4pm - 5pm
- [Join your field advisors' power hour here](#)

### **Advanced Mental Health/Substance Misuse**

- Field Advisor: Sharon Martin

- 1st & 3rd Thursday | 3pm - 4pm
- [Join your field advisors' power hour here](#)

[View all field advisors and power hours here](#)

## Undergraduate & Graduate Student Leader (USL/GSL)

USLs & GSLs serve as advocates and communication facilitators for BSW & MSW students, fielding questions about all aspects of the school experience, including advising, field, registration, orientation, scholarships, deadlines, program policies, and more. You may reach out to your USL / GSL by email or Teams.

If you do not know who your assigned USL is, you may email Emily Rappaport ([emily.rappaport@mavs.uta.edu](mailto:emily.rappaport@mavs.uta.edu)) or Jackie Flores ([jackie.flores@mavs.uta.edu](mailto:jackie.flores@mavs.uta.edu)).

If you do not know who your assigned GSL is, you may email Makita Johnson ([mxj1622@mavs.uta.edu](mailto:mxj1622@mavs.uta.edu)) or Andrea Moreno ([axm7516@mavs.uta.edu](mailto:axm7516@mavs.uta.edu)).

[Click here to meet our USLs](#)

[Click here to meet our GSLs](#)

## Licensing

- If you're in your final semester and want to get started on applying to ASWB to take the LBSW or 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](#).
- **There's lots of great updated information about licensing in the Student Success and Advising Course on Canvas—Check it out!**
- 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 Resources

UTA Academic Calendar

Evidence-Based Research Guide

Webinar Library

UTA Counseling & Psychology Services

SAR Center

Free Windows Apps with Student ID

SSW Writing Resources

Suicide Prevention Lifeline

Emergency Assistance Fund

Rental Assistance Program

Survivor Support Group

Free & Confidential HIV Testing

UTA/Tri-C Food Pantry Distribution

CAPS

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

*- John F. Kennedy*

Follow UTA School of Social Work on:

