Evidence-Based Research Guide

UTA Academic Calendar

May reach out to your USL / GSL by email or Teams.

BSW and BSSUT Students

academic advisor for BSW/BSSUT Social Work Mavericks

advisor for drop-in sessions are on a first come basis.

Click the button below. Be sure to select in-person or virtual and your advisor. Remember, Options are listed below:

Heather Rhodes, MSW GSL Intern

stress on of somatic pain.

regular exercise, and dietary changes, can help mitigate the impact of emotions and approaches that address both the physiological and psychological aspects of pain, such the perception of pain, while positive emotions may offer some degree of pain relief. In has shown that negative emotions, such as anxiety, depression, and anger, can heighten holistic approach to pain management.

somatic pain in internal organs may lack obvious external manifestations, its impact on emotions, ongoing stress and somatic pain within internal organs, highlights the need for a holistic approach to pain management.

emotions, ongoing stress and somatic pain within internal organs, highlights the need for a holistic approach to pain management.

Somatic pain is defined as pain originating from the musculoskeletal system or the surface

Angie Ruvalcaba, MSW GSL Intern

There are numerous kidney disease support groups that may be found online for people to

abnormalities quickly (urine, swollen ankles and feet, etc. Most importantly, advocating on behalf of yourself and

the United States are estimated to have CKD, affecting African Americans and individuals

Chronic Kidney Disease (CKD).

Our kidneys play many vital roles in regulating, filtering, and absorbing fluids in our bodies.

beginning of spring, and Social Work advocacy days. March was also a month of

Hello Friends!

My name is Meghan and I am currently in the final two semesters before graduating with

the journey of becoming a Social Worker after I found out I was pregnant with our daughter.

let life happen and ended up taking a 15-year gap year. It wasn't until I was bringing life

utter words, but to live by them.”

“As we express our gratitude, we must never forget that the highest appreciation is not to

try out soccer this season. Needless to say, our weekends are full of games! I started this

“Thank you for being the one who is the quiet strength in my life”

This book is written by a father whose son
disease and given a life expectancy to their

This book broke my heart, I also found it to be

dealing with physical ailments caused by

if. In his own unique way, Rabbi Kushner

importance of balanced health as stress

American Pitbull Terrier and Huskie) pup named Khione (kee-o-nie) who is our 4-legged

amazing kids. Our daughter is 7 and our son just turned 5. We have a 3-year-old Pitskie

child. My husband coaches our son's little league team and our daughter has decided to

social worker and advocate for others.

My name is Christy and I am an MSW student at UTA.

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

Vanessa Caraveo

Field Advisor

Join your field advisors' power hour here

1st & 3rd Thursday | 3pm - 4pm

1st & 3rd Wednesday | 4pm - 5pm

Field Advisor: Vanessa Caraveo

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Show your appreciation and support to our student

Field Advisors

Kidney Health Awareness Month

Learn More About Somatic Therapy

Read More About Kidney Health

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