The journey has not been the easiest, as I sometimes face the challenge of imposter syndrome, where I am constantly questioning whether I am good enough or capable enough to fulfill my dreams. To overcome this, I have found tremendous learning experiences through volunteering, such as translating services, working in a food pantry, residential group settings, and currently in a school setting as a substitute teacher. I have also found that being involved in various organizations, such as the United Way and the local chapter of the Association of Fundraising Professionals, has enriched my experience.

I recommend students consider becoming a GSL if they have a desire to work with fellow students in a more personal capacity. GSLs can be found in the Student Success Center, where you can always drop in and ask questions, no appointment needed. Additionally, I encourage students to take advantage of the visits with the Graduate School of Library and Information Science (SLS) and Graduate School of Library and Information Science (SLS) by email or Teams. This can be an opportunity to discuss any concerns or need of resources or have any questions or guidance in their academic journey.

Lastly, taking time to unwind by meditating or connecting with others you trust is also a form of self-care. It is important to recognize the signs of stress and take steps to manage it, as stress can negatively impact our physical and mental health. According to the National Institute of Health, April is recognized as National Stress Awareness Month to bring attention to the negative impacts that stress causes. It is crucial to be aware that stress is not just a mental issue. Whether it be emotional strain to physical symptoms—such as a stroke and heart disease can come as a result of stress. Having the ability to take proactive steps towards self-care can help prevent these negative outcomes.

Social Self-Care: Focus on interests that entice you and bring happiness to you. Finding a spiritual outlook that intrigues and motivates you is crucial. It can involve hobbies, meditation, or any other activity that brings you joy.

Mental Self-Care: Remember to prioritize your mental health. Seek out positive support from friends, family, or a therapist. It is important to approach these conversations with an open mind and to avoid self-judgment. Seeking help can be a form of strength, and it is not a sign of weakness.

Physical Self-Care: Engage in physical activities that you enjoy. This could be as simple as taking a walk, doing yoga, or participating in a sport. Exercise releases endorphins, which can boost your mood and overall well-being.

Lastly, it is important to practice gratitude. As we express our gratitude, we must never forget that the highest appreciation is not to say ‘thank you,’ but to act with courage in the face of adversity. According to Emile Rappaport, Ph.D., a writer and speaker, gratitude can have a positive impact on our mental and physical health. By practicing gratitude regularly, we can create a more positive outlook on life and improve our overall well-being.

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

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