If you do not know who your assigned GSL is, you may email Makita Johnson at makita.johnson@mavs.uta.edu for more information.

BSW and BSSW Students

MSW Social Work Mavericks

You can drop in to the Field Advisor office, located at 1125 UTA College of Behavioral and Health Sciences, Suite 220, during regular office hours to meet with the field advisor or to discuss any questions you may have. Drop-in appointments are available on Mondays and Tuesdays from 11:00 am to 2:00 pm. If you need an appointment outside of these times, you can schedule one through the virtual meeting request.

The University of Texas at Arlington (UTA) counselors and psychologists provide a wide range of services to support the mental health and well-being of students, faculty, and staff. These services include individual and group counseling, crisis intervention, and referral to community resources. The UTA Counseling & Psychology Services is located on the second floor of the UTA College of Behavioral and Health Sciences, Suite 220.

Schedule to meet Dr. Regina Praetorius, LMSW-AP-S, the Director of Graduate Programs, on Wednesdays from 11:00 am to 2:00 pm. If you need an appointment outside of these times, you can schedule one through the virtual meeting request.

The UTA Academic Calendar is available online and provides information on important dates such as deadlines, registration, orientation, scholarships, and more. You can access the calendar at the UTA website.

If you need additional resources or have any questions, please feel free to contact us.

Thank you for your dedication, your passion, and your heart. Wishing you all the best in your future endeavors.

Angie Ruvalcaba, MSW
GSL Intern

Ally in the Workplace” explores using anxiety as a diagnostic tool to tune into how it feels and balancing it as a driver of our actions. The presenter, Dr. Noura Alkhatib, discusses the importance of teaching children about feelings and emotions from an early age and the role of anxiety in shaping our lives. He also invites experts to expand the audience's knowledge on numerous topics, including the impact of anxiety on relationships, the connection between anxiety and depression, and strategies for managing anxiety.

The College Student's Guide to Post-Graduation Depression, written by Dr. Jeffrey A. Goldstein, provides actionable strategies for managing anxiety and its related symptoms in the context of higher education. The book offers practical advice and tools to help college students navigate the challenges of post-graduation depression, including strategies for managing stress, building resilience, and seeking support.

The UTA Book of the Week for this week is “The College Student's Guide to Post-Graduation Depression.” Join us as the new Field Advisor, Vanessa Caraveo, joins us as the new Field Advisor, Vanessa Caraveo, joins us as the new Field Advisor, Vanessa Caraveo, joins us as the new Field Advisor, Vanessa Caraveo.

The College Student's Guide to Post-Graduation Depression is a valuable tool for professionals who support them. It provides actionable strategies for managing anxiety and its related symptoms in the context of higher education. The book offers practical advice and tools to help college students navigate the challenges of post-graduation depression, including strategies for managing stress, building resilience, and seeking support.