As a social worker, we often care for others. Taking time to make sure our own needs are met is just as important in our daily work. Finding tools to help ourselves is very important in a field like social work. Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her idea is to help people grow their vocabulary and understand emotions all together. This can be a helpful tool in therapy and for social workers to give to clients to use in increasing emotional regulation; but also find ways to help themselves. One option for one to pursue their degree has been a breath of fresh air with students who are facing crises and

My name is Ashley Moody and I’m currently in my senior year here at the University of Texas. I recently joined the Social Work field and I see myself continuing on through grad school after graduation. It is the rise from falling that Brown takes with a friend or colleague. Regardless of the outcome—is the only path to more love, meaning, and purpose. It is the active process of working from the inside out.

Join your field advisors’ power hour here to find your advisor’s power hour. This is an opportunity for you to ask questions, similar to Office Hours for faculty! With love and light,

Alyssa Gallagher, MSW GSL Intern

My name is Traecia Nichols, I am the Student Employment Specialist for the Career Development Center on campus. With love and light,

Brittany Latcher

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MMIW stands for Missing and Murdered Indigenous Women. A study by the National Institute of Justice found that more than four in five American Indian and Alaska Native women have experienced sexual violence. At the time this study was conducted, approximately 1,500 American Indian and Alaska Native women were missing or murdered each year. This is an ongoing issue that continues today. The University of Texas at Arlington is committed to understanding individual students’ needs and providing flexible options for one to pursue their degree. The University’s academic calendar includes important dates like registration, orientation, scholarships, deadlines, program policies, and more. The University of Texas at Arlington’s commitment to understanding individual students’ needs and providing flexible options for one to pursue their degree has been a breath of fresh air.

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The University of Texas at Arlington's Webinar Library provides a range of resources for students, faculty, and staff. The Evidence-Based Research Guide offers a comprehensive overview of evidence-based practices and research methods. The UTA Academic Calendar provides important dates and deadlines for students, including registration, orientation, scholarships, deadlines, program policies, and more. The CAPS site offers resources for students dealing with mental health issues.

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The answer was clear: They themselves. Taking time to make sure our own needs are met is just as important in our daily work. Finding tools to help ourselves is very important in a field like social work. Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her idea is to help people grow their vocabulary and understand emotions all together. This can be a helpful tool in therapy and for social workers to give to clients to use in increasing emotional regulation; but also find ways to help themselves. One description to find a better word for the exact feeling the user is trying to convey.

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