SOCIAL JUSTICE SPOTLIGHT

July 18th is Nelson Mandela International Day!

In 2009, the United Nations General Assembly designated July 18th as Nelson Mandela International Day. They chose this day because it was Mandela’s birthday. Born in South Africa in 1918, Mandela eventually became one of the most famous anti-apartheid activists in South Africa. He was imprisoned in 1963 for leading the liberation movement against apartheid and for his stance on the human right to live in freedom. He continued his activist work once he was released from prison and went on to become president of South Africa from 1994-1999. He is known for resolving conflicts, promoting human rights, international democracy and reconciliation, and addressing racial issues.

Source: https://www.un.org/en/events/mandeladay/
Virtual Support Groups

Need support? Attend Mavs Hour Wednesdays. Next Wednesday’s group will be at 7pm. Email Chantinia Chansler for the link to participate.

Who may participate:
- Must be 18 years of age or older
- Individuals affiliated with UTA (students, faculty, staff, etc.)—each group has their own selection criteria (i.e. students only)
- At this time, we are not serving students from the School of Social Work to maintain HIPPA and FERPA standards. These students will be connected with resources and university personnel to best serve their needs.

Individuals who have been referred to the SSW Virtual Clinic and reached out through the email: SSWCOVID19HELP@uta.edu

*Content Warning: abuse, childhood trauma

Many of us are called to this profession because of our own experiences. We’ve gone through pain, and we want to prevent others from going through it, too. I’m one of the many that started this career with the same sentiment. I look back at my childhood and sometimes ask myself, where were the adults who were supposed to look out for me? At home? At school? So, believe me when I say that I still get it when I hear students repeat this reason for choosing social work. I want you to carry on that idea because you need it to change the world. But, there’s always a flip side. I also want you to consider how this idea can also be dangerous to your well-being.

You’re probably already familiar with the flight, fight, and freeze responses to trauma. Over the last decade, clinicians have identified a fourth response called “fawning.” Fawning is a way to avoid further abuse by pro-actively trying to please the abuser. In childhood, this often looks like agreeing to appease the abuser, ignoring personal feelings, saying the “right” answer to avoid confrontation. Even in loving homes, we can see fawning behavior such as doing exceptionally well in school to protect chronically stressed parents. These behaviors in childhood become patterns we develop in adolescence and eventually carry over into adulthood.

Psychology today listed a few key signs, including:
- Difficulty identifying your feelings when you’re alone
- You ignore your own beliefs, thoughts, and truths and accept those of the people around you - You feel self-anger and guilt some or most of the time
- Saying no to those around you is a challenge
- You are overwhelmed at times but take on more if asked
- You lack boundaries and are often taken advantage of in relationships
- You are uncomfortable or threatened when asked to give an opinion

If any of this sounds familiar, you’re not alone. I’m a fawner at heart. It’s hard to keep this pattern in check, and I can still see it play out in my life. Every few years, I notice that I’ve unintentionally developed relationships with no boundaries. What does this look like? It looks like having a flat tire at 3 in the morning with nobody willing to pick me up, even if I’m willing to do the same. Or, it can be getting a big promotion at work when it’s a job I don’t even like with aboss that only values me when I’m working more than 40 hours a week. I create this world around me that is impossible to live in because it’s impossible to make everyone around you happy.

I want to say again; it’s not a bad thing to want to help people. But, people-pleasing is exhausting, and it can easily lead to burning out. Think about working with Clients. Sometimes we need to confront. Sometimes we need to advocate. Sometimes we need to make our voices heard, and that can make people uncomfortable. I’ve heard a lot of colleagues tell me it’s easier to advocate when it’s not about themselves. If these skills are worth developing for our Clients, why aren’t we developing them for ourselves? What makes us feel like we aren’t worth it?

I hope you’ll consider thinking about this more. Even if your trauma response is something different, we all need to evaluate our boundaries every once in a while. This pattern once helped you survive, but it’s likely you no longer need to take this way of coping with you into the future. It’s ok to thank your old self for protecting you. You can give yourself permission to try something new. One way to start is to start making lists. Take note of the people you spend most of your time with. Do you actually like those people? How are they supporting you? Look at your responsibilities. Is there a balance between responsibilities that take away your energy and activities that help you replenish? What do you need more or less of in your life to help you stay well?

Sarah Herrera, LCSW | Doctoral Student | MSW

If you like You Matter posts and want to explore them more deeply, please consider joining us for a Wounded Healers meeting. You can find us on Teams!
ADVISING

- Don’t need a full advising appointment but have general questions? Join your advisor for their weekly Power Hour!
- If your advisor’s appointment schedule is full, please consider emailing them for email-advising, or attend their weekly Power Hour. Please check advising appointments every Monday when new availability opens up for the coming weeks.

Keiana  Tuesday 12:00-1:00  Click here to join the meeting
Mark    Wednesday 12:00-1:00  Click here to join the meeting
Valerie Thursday 11:00-12:00  Click here to join the meeting

BSW Academic Advisors:
- Last names A-C: Valerie Adame – adamev@uta.edu
- Last names D-Me: Mark Frazier – mark.frazier@uta.edu
- Last names Mi-Z: Keiana Crain – keiana.green@uta.edu

FIELD PLACEMENTS

General

- All students, agencies, and Field Instructors should use this URL for InPlace: https://inplace.uta.edu/
- The InPlace fee is $67 per year or $130 for a lifetime. Each student will need to plan to pay the InPlace fee on the first day of class for that semester they are starting field.
- InPlace Training and Logbook Training can be found here!
- If you are having technical difficulties with InPlace please email sswfield@uta.edu and include a screenshot of the issue.
- Field forms are available here!
- Field FAQ
- Contact Sharon Martin, LMSW, Field Advisor, with any questions! You can also connect with her during her Field Power Hours every 1st & 3rd Wednesday of the month from 3:00-3:30. Click here to join the meeting

Summer

- The reduction in Field Hours has been extended to May 31, 2022 Spring 2022 semester. Find more information regarding Summer 2021-Spring 2022 Field accommodations here.
  - Block students must complete a minimum of 408 hours for Summer 2021
  - Split students must complete a minimum of 204 hours for Summer 2021
- The Block Field 14-week Summer Session & Split Field 11-week Summer Session dates have been updated on the Field website calendar

Fall

- The Fall 2021 Field Application closed June 4th. No late applications will be accepted.
- Fall Field placements are currently being assigned based on the order in which field applications were submitted. If you have a question, please contact your field advisor.

Spring 2022

- The Spring 2022 Field Application opens Oct. 01 – Nov. 26, 2021. These dates are subject to change. See the full Fall 2021 Field Education Calendar here.
- Read the Summer 2021 – Spring 2022 Field Accommodations here.

LICENSING

- If you’re in your final semester and want to get started on applying to ASWB to take the LBSW 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.
- Missed the Social Work Licensing Info Session? Here is a link to the recording!
- 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.

MSW ADMISSIONS

Are you graduating this semester with a 3.0 or higher and hoping to start the MSW program this fall? We accept MSW admissions on a rolling basis. The admissions calendar can be found here. If you have any questions about the process of applying to the MSW, please contact leslie.reyna@uta.edu
**IMPORTANT DATES**

**SUMMER 11 WEEKS 2021**

- Jul. 22 - Last day to drop classes; submit requests to advisor prior to 4:00pm
- Aug. 12 - Last day of classes
- Aug. 16 - Final exams
- Aug. 17 - Final exams
- Aug. 18 at 7pm – SSW Commencement Ceremonies at College Park Center (on UTA campus)

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**VIRTUAL EVENTS**

Support Dreamers

Mark your calendar for a training session on supporting DACA and undocumented Mavericks so they can be successful. Dreamers Ally Training is at 2 p.m. Wednesday, July 21. For more information, email dreamers@uta.edu.

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**SHATTER THE STIGMA**

**An interprofessional Simulation with Standardized Patients**

**July 23, 2021 | 9:00AM—12:30PM (Virtual)**

**Featured Webinar: "When It is Darkest: Why People Die by Suicide"**

CAMS-care will sponsor a webinar presentation featuring Dr. Rory O’Connor! Rory will be talking about his new book and innovative IMV model of suicide. Join us live on Wednesday July 14 at 12 PM Eastern time (U.S.). Register here.

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**NASW’s Congressional Advocacy Day**

Please join us on July 22 to advance critically important congressional legislation that will strengthen the social work profession and the clients they serve. This is a key opportunity to meet with your congressional delegation, educate them about the value of social work and social workers, and to gain their support for priority legislation. To register for the event, please click HERE. Registration is $25. Space is limited, so please register early. Participants will be able to register on a first-come, first-served basis.

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**21-Day Challenge**

The Arlington-Mansfield Area 21-Day Challenge encourages daily actions to learn more about racial equity, promote unity, and combat divisiveness in our communities.

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**GRADUATION**

- The deadline to apply to graduate passed on July 1. To apply late, contact your advisor ASAP.
- There is an additional $60 late application fee.
- SSW commencement ceremony tentatively scheduled for August 18 at 7pm at College Park Center
- The Virtual Ceremony is to be held on Saturday, August 21, 2021.
- Guest ticket info: Click here
- Are you an NASW student member graduating in August? Be sure to request your graduation cord before Friday, July 16. Not a member yet? You can join NASW before you graduate for only $60 and receive a discount on your membership dues for the next two years if you retain active membership. Click here for more information.

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**IPE Distinction Certificate**

Interprofessional education (IPE) is “when students from two or more professions learn about, from and with each other” (WHO, 2010).

Have you participated in IPE activities while attending UTA?

Want to be recognized for your hard work?

Apply for an IPE Distinction Certificate

**Requirements:**

- Must have completed at least two IPE activities while attending UTA.
- Must be able to discuss the IPE activities in which you participated
- Submit a copy of your resume that includes the IPE activities
- Submit an example cover letter explaining how IPE has helped you to prepare for a job

To fill out an application CLICK HERE!

**Applications are due: July 16th, 2021**

Contact: Professor Tracy Crwog
tracy.crwog@uta.edu
Expanded COVID-19 vaccine opportunities to include on-campus availability

UTA has established a partnership with OptumServe to provide all interested employees and students access to COVID-19 vaccines at a convenient on-campus location and free of charge. UTA students and employees are strongly encouraged to participate in COVID-19 vaccinations if they are able. Please visit the UTA COVID-19 Vaccination Information and Resources page to access registration links and instructions for both vaccine opportunities.

FACE MASK POLICY

UTA no longer mandates the wearing of masks on campus but continues to strongly encourage and recommend that Mavericks wear masks, particularly when inside campus buildings.

Dean Ryan’s Statement on COVID-19 Health Disparities

If you believe you have contracted COVID19, please type in ‘COVID-19 Testing’ and your zip code into the Texas Health and Human Services to find a testing location closest to you.

Have you tested positive?

Had close contact with someone with Covid?

1. Complete mandatory reporting form
2. If needed, you can:
   • Ask professors for deadline leniency
   • Contact your USL, Program Director and/or Academic Advisor for additional support and guidance.

Managing Stress and Anxiety During COVID-19

UTA Counseling and Psychological Services (CAPS)

Therapist Assisted Online (TAO)

Visit TADconnect.org

Mavs Talk 24Hr Crisis Line

Call (817) 272-8255

Thrive App

Download "Thrive at UTA" on App Store or Google Play

Visit uta.edu/caps for more information

For the latest updates on UTA’s response and guidelines for COVID-19, please visit the Coronavirus Information Page.”

Scholarships

Fall scholarships closed on July 9th. Visit the ScholarShop to search scholarships you might qualify for.

FUNDING

BE A PART OF OUR TEAM!
NOW HIRING
VA WORK STUDY STUDENTS

From professional experience and service for federal, military-connected students to working with the Military and Veteran Services.

Education Benefits, Certification Team • Processing VA Pension Benefits • Maintaining Enrollment Benefits • Assisting/assisting veterans • Answering questions over the phone.

Click Here for application
Send completed application to
utmva@uta.edu

Student
Research Opportunity
Center

Social Work Course
Guides

RESEARCH

Student
Research
Opportunity
Center

STAY SAFE

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Congresswoman Beth Van Deurbe invites you to the
NORTH TEXAS JOB FAIR
July 15 | 1pm - 6pm
Irving Convention Center
MyNTXJob.com

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KNOW YOUR STATUS

No cost & confidential HIV testing
CALL OR TEXT TO SETUP AN APPOINTMENT

325-272-6615
EMAIL: HIV@UTA.edu

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UTA Academic Calendar

Check Canvas for the MavsUnite Page!
To add please e-mail: Chantinia Chansler

Evidence-Based Practice Research Guide

SAR Center
(Formerly Office of Students with Disabilities)

UTA Library Accessibility
On-Demand & Live Fitness Classes

Webinar Library
Isabella Hong, an MSW Alum, graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance. Special thanks to Jose B. Yerena, LC Licensed Practice Associate, who has taken over updating the list on a weekly basis. Please note that it is necessary to ask your supervisor permission for these to count towards any required field hours.

MSW Specialties
Social Work Webinars List
Basic Function of Teams

Rental Assistance Program
The Tarrant County Rental Assistance Program assists residents who have been impacted by the COVID-19 pandemic. For more details, email renthelp@tarrantcounty.com or call 817-850-7940.

Emergency Assistance Fund
UTA students with a temporary financial hardship resulting from a sudden emergency may apply for financial help.

Get Microsoft 365, The Wall Street Journal and Other Apps FREE with your student email!

How to gain access to SSW writing resources: Advising & Student Success Canvas

UTA/Tri-C Food Pantry Distributions
Currently distributing groceries on Thursdays only, from 9-11:45 a.m. and 2-4:45 p.m. To receive these grocery bags you must send an email to utafoodpantry@gmail.com to request a pickup time. Include student name, last four digits of UTA ID, requested grocery pickup time, choice of vegetarian, chicken, or any meat groceries.

If you have any questions or content suggestion for the newsletter, please contact Meghan Sheridan: mls9929@mavs.uta.edu

“Do not judge me by my successes, judge me by how many times I fell down and got back up again.”
- Nelson Mandela