Inside this Issue

- **Advisor Updates** *New*
- **Event Spotlight** *New*

Coping During Times of Conflict

During times of conflict on the international stage, it can be increasingly difficult to cope as a bystander. Many people may feel helpless about how to act, what to say, or where to go during these times. This feeling of anxiety is known as war anxiety or nuclear anxiety, a type of anxiety is a common reaction to news and images about conflict. This term was originally coined during the Cold War when public fears about the possibility of a nuclear war between the United States and Russia were at an all-time high. Today, this term is more often used to describe the feelings of anxiety caused by feelings of helplessness, hopelessness, and fatigue due to news coverage and images of war. As bystanders, these feelings can be exacerbated due to things such as the 24-hour news cycle and social media where images and information is constantly shown and shared in an endless loop. In addition to feeling helpless, individuals may also feel physical symptoms from war anxiety including nausea, dizziness, stomach pains, and panic attacks.

While it may seem difficult, it is incredibly important to try to take care of your emotional needs during this time. Harvard's Medical School recommends the following activities to help cope with feelings of anxiety associated with war conflicts:

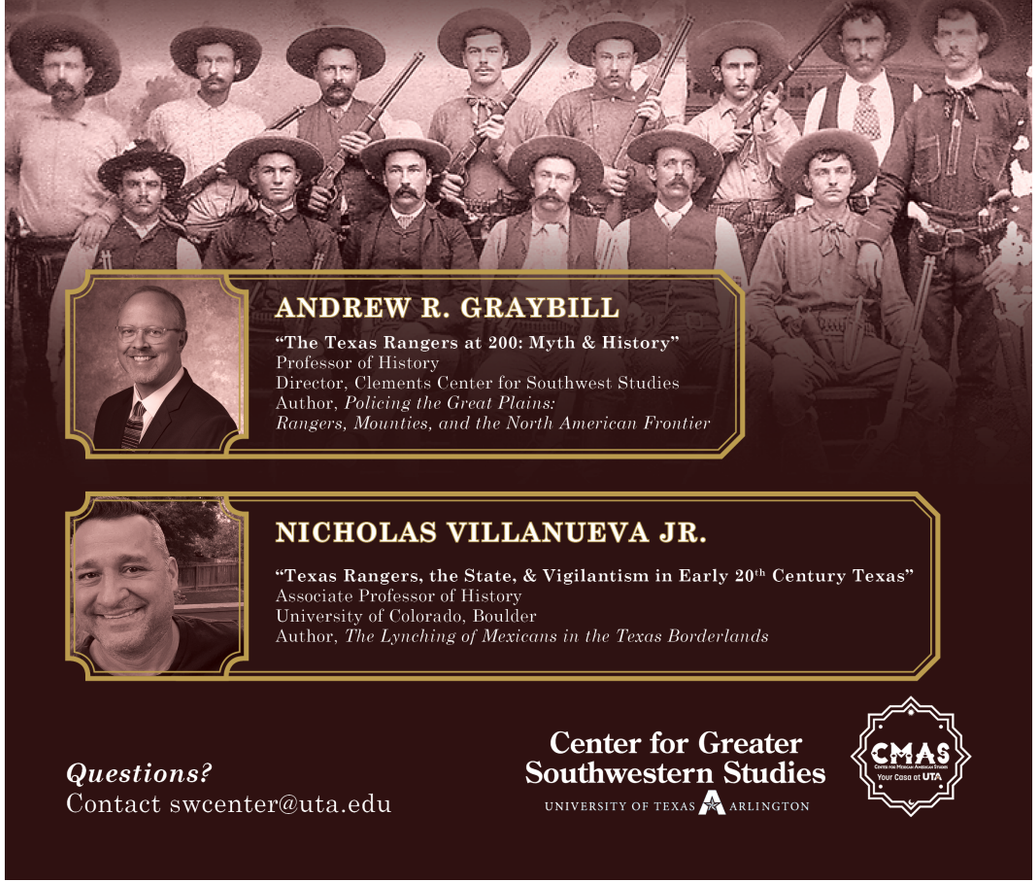
- Limiting media exposure
- Spending less time on social media; reading the news instead of watching so there is more control over what is consumed; setting time limits for news intake
- If choosing to use social media as a way of staying informed; ensure it is an appropriate and reliable source
- Mindful meditation
- Breathing exercises, yoga
- Increasing physical activity
- Going for walks, playing a favorite sport, engaging in a hobby

It is normal to feel this way; whether it's a worry or a fear. You are not alone. Identify the feelings of anxiety and focus on understanding those feelings. It is okay to acknowledge those feelings. Remember, it is also okay to reach out for help. There are several options available to turn to for help.

University of Texas at Arlington students have FREE, 24/7 access to virtual care services with TimelyCare — the virtual health and well-being platform from TimelyCare, designed for college students. Visit, www.timelycare.com/UTA , for more information.

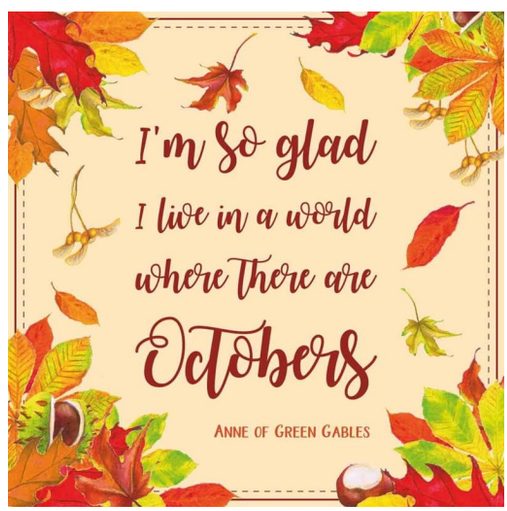
If in crisis, call MAVS TALK 24-hour crisis line to speak with a counselor available 24/7: (817) 272-TALK (8255).

Please visit, https://www.uta.edu/student-affairs/caps , to schedule an appointment with CAPS.

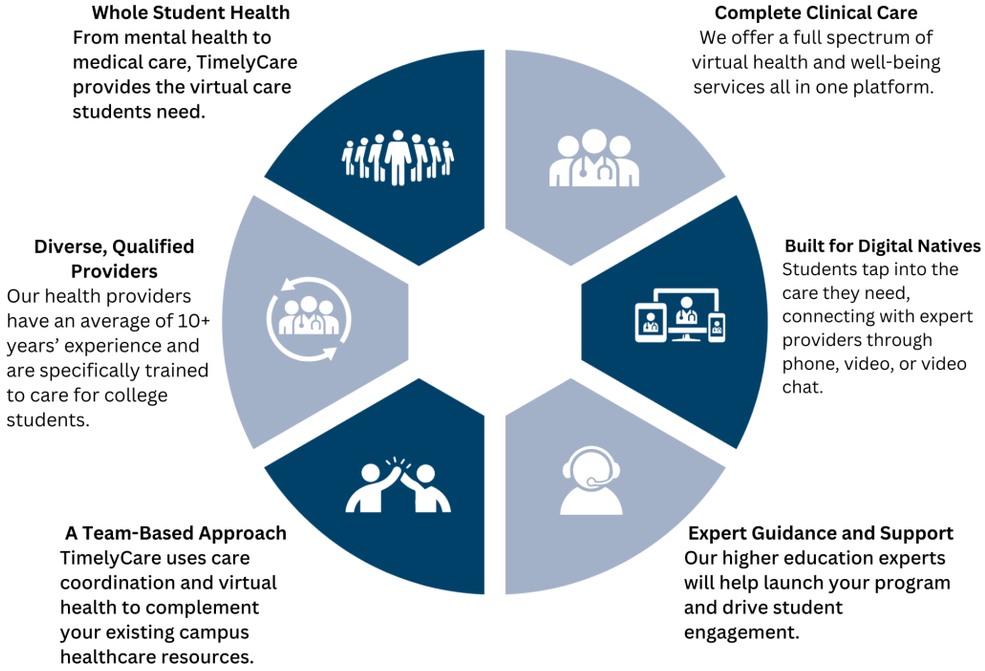


Important Dates

- **Nov 6th:** Registration for Spring semester starts
- **Nov 10th:** Field Spring 2024 Application closes
- **Nov 15th:** Last date to register for commencement
- **Nov 17th:** Deadline to apply as a GSL volunteer
- **Nov 22nd-24th:** Thanksgiving Holiday, no classes
- **Dec 5th:** Deadline to apply as a USL volunteer



YOU MATTER!



There are a lot of "happy parts" of social work: we learn to guide people through red tape and complex processes, advocate for others, provide much-needed therapies, and equip folks with the tools they may need to overcome obstacles in their lives. What a fantastic job, right?

But being a social worker means having hard days too. We will inevitably experience vicarious trauma and sometimes direct experiences of trauma at work as we do our best to help others but put ourselves into jobs and situations that could be triggering or traumatic for us as individuals.

One day you may:

- Learn that a client you care deeply for and have worked with for a long time hurt themselves or others.
- Despite your best efforts to treat your clients with respect, not have the same respect returned to you, and have a client say or do something very hurtful to you.

The best way to prepare ourselves for these situations is to ensure our own "emotional tank" is always as full as possible. One great way to do this is to seek care yourself in the form of a counselor.

Whether you see them weekly or just in times of great need, an established relationship with a counselor you trust is a great tool for social workers to utilize to ensure they can take care of others AND themselves. They can help you heal your own wounds and understand what types of roles and clients may be triggering for you that would be best to avoid.

If you aren't sure where to start, start with TimelyCare, a 24/7 virtual mental health service offered by UTA. It includes psychiatric care and is available to all students. Visit www.timelycare.com to get started.

Sandra Miller
MSW Student
Graduate Student Leader

Student Spotlight

Hi! My name is Pyeonghwa Kim. I go by Kim. I am a social work major and currently doing an internship with Safe Families for Children. I am an international student. I came from South Korea. I first came here in 2020 summer. Living in America as an international student is never easy. There are cultural differences and what is worse is language barriers. My goal for studying in America was just to have a diverse experience and learn about other cultures. But while I was thinking about what to major in, social work popped up in my mind. Maybe that is because of my mother who has been working as a social worker for 29 years in Korea. My goal is to finish my master's degree here at UTA and go back to Korea. I hope all these experiences and skills I had at UTA help me to make some changes in Korean society when I go back. A fun fact about me is that I love to travel. I have been to 18 countries including the U.S. I would like to travel around the world one day!!

Advising Updates

MSW Mental Health and Substance Misuse Students

Advising message

Although the SSW is down a few advisors, we want to make sure our students are still getting their questions answered. In an effort to support our students we will be offering **additional advising hours in the evenings and on Saturdays** during the months of Oct-Dec. For more information, please go to the advisor apt links or email ssw-oass@uta.edu.

Please make sure you are using ONLY your UT Arlington student email. Additionally, include your student ID # (Maverick ID) in all of your correspondences. Failing to do so may result in a delayed response.

Spring 2024 Registration

Nov 6*th* – Priority registration opens for currently enrolled students

Note: All registration times begin at 7:00am on your designated day.

See the registration timetable to see your registration day. It is based on academic career status (undergraduate and graduate) and number of completed hours accrued.

Important: The UTA Registration Agreement **must** be completed before registering if you have not already done so. This agreement acknowledges your financial responsibilities to UTA when you register for classes. It is located in MyMav and once completed the Enrollment Hold will be removed.

Opportunities

MSW Students;

The School of Social Work is recruiting **Graduate Student Leader (GSL) Volunteers** for Spring 2024.

Deadline to Apply:

November 17, 2023.

AS A VOLUNTEER:

- Work with the MSW director and faculty.
- Connect other students to services and resources they need.
- Act as an advocate for other MSW students .

FOR MORE INFORMATION PLEASE CONTACT A GSL INTERN

Makita: mxj1622@mavs.uta.edu
Andrea: axm7516@mavs.uta.edu
Skarlar: skarler.egans@mavs.uta.edu
Angie: ako8208@mavs.uta.edu

SCAN ME TO FIND OUT MORE

Attention BSW Students

The school of social work is recruiting **Undergraduate Student Leader (USL) Volunteers** for Spring 2024!

VOLUNTEERS

- Work directly with the BSW program directors
- Serve as advocates and communication facilitators for BSW students
- Connect students to services and resources

DEADLINE:
December 5th

FOR MORE INFORMATION CONTACT AN INTERN:

Mayte: mvl1458@mavs.uta.edu
Anadja: axm3404@mavs.uta.edu
Emily: emily.rappaport@mavs.uta.edu
Jackie: jackie.flores@mavs.uta.edu

SCAN HERE TO APPLY

DEAF STUDENT MENTOR

STUDENT ACCESS & RESOURCE CENTER

WHAT WE ARE....

Do you identify as D(d)eaf/Hard-of-Hearing? Do you utilize ASL Interpreter, CART, captioning, or Note-Taker services through the SAR Center? Do you want additional support to be able to access everything that UTA has to offer?

The Student Access & Resource Center is proud to announce that we have started a new Deaf Student Mentor Program.

PURPOSE

The Deaf Student Mentor Program is an additional resource to the already established advocacy that is available through the Deaf and Hard-of-Hearing Coordinator and SAR Center. The purpose of the Deaf Student Mentor is to provide the Deaf perspective of resources and accessibility within the UTA campus and community.

HOW TO REQUEST SERVICE.

Any student that utilizes any combination of the resources for accessibility; ASL Interpreter, CART, captioning, or Note-Taker, is eligible to utilize the services of the Deaf Student Mentor. The student will request services via this intake form or by contacting either Tiffani Riddick at tiffani.riddick@uta.edu or Lei-Sea Sky at leisea.sky@uta.edu for more information.

UTA Student Access and Resource Center
DIVISION OF STUDENT AFFAIRS

Undergraduate Research Assistant Program (UGRAP)

This program enables learning through research by engaging students with innovative faculty, professional communities, professional development, and their developing identities as leaders.

Qualifications:

- Open to all undergraduate majors.
- Full-time UTA undergraduate student.
- Apply as early as your second semester at UTA.
- Scholarly and creative projects in all majors and fields of study.
- 2.75 CPA.
- U.S. Citizenship/Permanent Resident required.
- Awarded or eligible fr work-study (FASFA).
- Fall/Spring Semester : Must be able to commit to at least 10 hours for research and co-academic/curricular activities.
- Summer: Must be able to commit to at least 25 hours for research and co-academic/circular activities.
- Additional UTA Student Employment must be disclosed when interviewed.
- 3 semester max participation, continuation is not guaranteed.

The deadline to apply is November 20th.

Benefits:

- On-campus research support.
- Ability to research at UTARI, pending availability.
- Earn funding while conducting research.
- Gain valuable experiential learning experience.
- Research Mentorship.
- Professional Development and Learning Communities.
- Add to your career experience on your professional resume.
- Networks with UTA faculty, staff, and students.
- Participate in a formal research poster/presentation.

Undergraduate Research Opportunity Program (UROP)

This program at UTA offers transformative learning through research by engaging students with innovative faculty, professional communities, and development, and their developing identities as leaders.

Qualifications:

- Open to all undergraduate students
- Must be a full-time student.
- 2.75 GPA.
- Must be a U.S. citizen or a permanent residents & international students are welcome to apply.
- For the Fall/Spring Semester you must be able to commit at least 10 hours for research and co-academic/curricular activities.
- In the summer you must be able to commit to at least 25 hours.
- There is a 3 semester maximum for participation.

Benefits:

- On-campus research support.
- Ability to research at UTARI, pending availability.
- Earn Funding while conducting research.
- Gain valuable experiential learning experience.
- Research Mentorship.
- Add to your career experience on your professional resume.
- Network withUTA faculty, staff, and students.
- Participate in formal research poster/presentation.

Deadline to apply is November 20th.

Hiring Red, White & You!

Job Fair

Thursday, November 9, 2023

10:00 AM - 2:00 PM

at Globe Life Field (New Rangers Ballpark)

734 Stadium Drive • Arlington, Texas 76011

Texas Workforce Commission | Workforce Solutions for Tarrant County — A proud partner of the AmericanJobCenter network | TMC Texas Medical Center | Texas Veterans Commission

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SAVE THE DATE

SCHOOL OF SOCIAL WORK

Mini Conference

17TH November 2023

Time:9am -5pm
Location: UC

WORKSHOPS.NETWORKING.JOBFAIR.
CONTINUED EDUCATION OPPORTUNITIES

SCHOOL OF SOCIAL WORK SCHOLARSHIP OPPORTUNITIES

International Peace Scholarship

Requirements:

- It is for full-time graduate degree seeking students who are international students (not from the US or Canada).
- Must have a full year of course work remaining.

Award: $12,500 (or less) based on individual need.

Educational Loan Fund

It provides ***2% interest*** loans

- non-degree seeking, associate, and undergraduate degree in the maximum amount of $12,000;
- masters maximum of $15,000;
- and doctoral-level degrees maximum of $20,000 .

Students may apply at any time.

Program for Continuing Education

Basic Requirements: It is not for doctoral degree student.

Preferred Qualifications:

- For women who have experienced a break of at least 24 consecutive months as a non-student during her adult life.
- It is for a technical or degree programs.

Award: Max grant is $3,000 and can be used for education-related expenses.

Roy and Betty Dulak Endowed Scholarship Award

Requirements:

- It is for MSW students.

Preferred Qualifications:

- First and second year Master's students who are entering the field of Community and Administrative Practice.

Recipients must give evidence of the following:

- Interest in prevention of community problems.
- Commitment to developing improved approaches for delivering human services to the less fortunate.
- Interest in the relief of poverty.

Award: $1000 depending on available funding and it is usually offered for both Fall and Spring semester.

Applications are now open!
Please go to:https://uta.academicworks.com
to apply for these scholarship opportunities.

UTA College of Education

Looking for a Graduate Research Assistant

Do these research topics interest you?

- Racial Equity with Black girls
- Social justice and equity in higher education
- Student-Faculty mentorship
- Critical teaching and learning approaches

Graduate Research Assistant positions include:

- Monthly Salary
- Tuition
- Health benefits

Consider applying to Educational Leadership and Policy Studies Ph.D. program at the University of Texas at Arlington for Fall 2024.

Interested? Please email Dr. Ericka Roland @ ericka.roland@uta.edu.

School Of Social Work

Empowerment Pathways: Student Success Series

Join Us!

FITNESS CLASS

WITH INSTRUCTOR JASMINE BAUGUS

RSVP

IN-Person space is limited

PRESH FITNESS Awarded BEST Fitness Gym in Austin, TX 2023

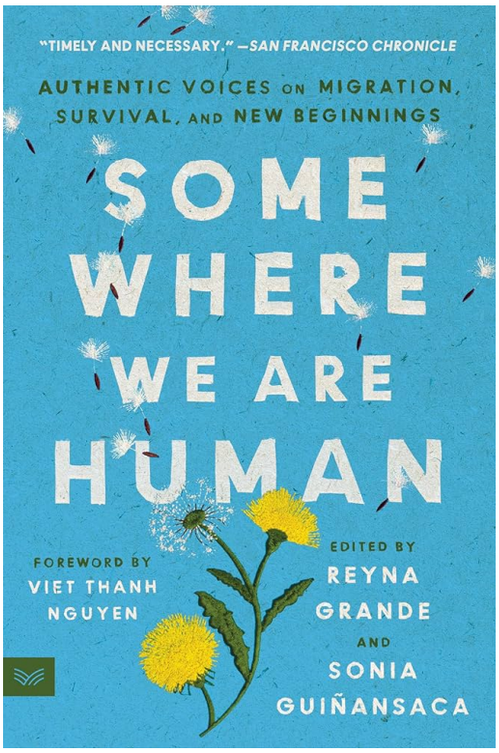
November 2nd

5:30Pm - 6:30Pm

Social Work building- Rm 231
and on Teams

For more information contact Traecia.Nichols@uta.edu

Book of the Week



Some Where We Are Human
Edited by: Reyna Grande and Sonia Guinansaca
Forward by: Viet Thanh Nguyen

This book is a collection of over 40 works of essays, poems, and art that captures the unique experiences of refugees and migrants living in America. It highlights their journeys and experiences through poignant storytelling and art while reminding the reader that we are all human. "Touching on themes of race, class, gender, nationality, sexuality, politics, and parenthood, Somewhere We Are Human reveals how joy, hope, mourning, and perseverance can take root in the toughest soil and bloom in the harshest conditions."

Find on Amazon

Student Success Resource

JOIN US NEXT THURSDAY NOVEMBER 2ND FOR A FITNESS EVENT!
ONE WEEK LEFT TO RSVP! SIGN UP TODAY!

We're thrilled to present a high-energy Fitness Event featuring the incredible Jasmine Baugus! Certified Elite Personal Trainer at the 2023 award-winning Best Fitness Gym PreshFitness in Austin!

My name is Traecia Nichols, I am the Student Success Coordinator for the School of Social Work. In my role I work with students who are facing crises and need help accessing university and community resources. This section will consist of resources that are available to you as a student. If you are in need of resources or have any questions or concerns, please contact me at traecia.nichols@uta.edu.

🏋️ Event Details: 🏋️

Date: November 2nd
Time: 5:30pm-6:30pm
Location: CONHI room 231 or join us !

🌟 About the Event: 🌟

Here's what you can expect at this electrifying Fitness Event:

Virtual Guest Instructor: Jasmine Baugus is renowned for her expertise in personal training and her passion for helping individuals achieve their fitness goals. As a Certified Elite Personal Trainer at PreshFitness, Jasmine's commitment to fitness excellence is unparalleled.

Workout: Join Jasmine for a 30 minute workout session designed to challenge and inspire you. Whether you're new to fitness or a seasoned athlete, this event is tailored to your fitness level.

Interactive Q&A: Have burning fitness questions? Jasmine is here to provide insights, tips, and guidance on nutrition, training, and maintaining a healthy lifestyle. This is your chance to pick the brain of a fitness expert!

📅 Save the Date: Mark your calendar, and invite your friends to join you!
In-Person RSVP (limited to 15 participants)
Online RSVP

For more information, please contact Traecia.Nichols@uta.edu

Join Us Virtually

Graduate Director Office Hours

Meet Dr. Regina Praetorius, LMSW-AP-S, the Director of Graduate Programs at UTA's School of Social Work during her new open office hours.

Options are listed below:

- Wednesday, 2:15pm - 3:15pm On campus (Suite 203)
- Wednesday, 6:30pm - 7:30pm Online (Click here to join)

Academic Advising

Need to meet with an advisor but there's no upcoming appointment available? Drop-in either in person or virtually on Wednesdays. To schedule your 30-minute drop-in time, click the button below. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

No drop in appointments available? **Visit this page** to find your advisor's power hour where you can always drop in and ask questions, no appointment needed.

Peer Advisors are additional resources for students with a set goal to make your journey as smooth as possible. They are assigned to specific Academic Advisors within the Office of Academic Advising and Student Success and can provide help with answering advising questions, and connecting students to resources.

Peer Advisors:
Sekina Gray
slg3139@mavs.uta.edu
Peer Advisor for: Mental Health and Substance Misuse

Maddie Hisaw
smh6805@mavs.uta.edu

Peer Advisor for: George Jauss

Elise Woodliff
Exw2508@mavs.uta.edu
Peer Advisor for: Daisy Jones & Kyleigh Easter

Lauren Johnson
laj3195@mavs.uta.edu
Peer Advisor for: Meverlyn Maisonave

Schedule your appointment here

Connections Lab

Intro to Graduate Level Writing

To access the Zotero link student has to be enrolled in the connections course. They can enroll here: https://uta.instructure.com/courses/149142/pages/intro-to-graduate-level-writing?module_item_id=5806228

Learn More About Zotero

Field Placements & Tevera

Current Field Students:
Remember that Midterm evaluations are coming up and are due October 27th,

Important: You will need to click on the midterm under assignments to "start" the process. This opens a menu that will auto-populate the Field Instructor's name and then you will need to select me as the Liaison. Once you "submit" the midterm, the Field Instructor will be notified by both Tevera internal alerts and email, that they have a task (Midterm) to complete. Once they do their part and sign it, it will go back to you for a signature, you will sign, and then it will go to me as the Liaison.

If you're still having trouble with Tevera, don't hesistate to reach out to Amanda Land (amanda.land@uta.edu).

Spring 2024 Field Applicants:
Field Applications:
Field applications opened on **September 12th** and is open until **November 10th.**

Don't delay! You must apply by the deadline, no exceptions, to start field in Spring 2024. If you are not starting field in Spring 2024, please ignore the notification about field applications opening and closing this semester.

If you have submitted an application already and receive reminders, you can ignore these emails, they do not apply to you. If you are currently in Split I of your placement this Fall, you **do not** need to re-apply to enter Split II in the Spring.

NOTE: If you are out of area send an email with your zipcode and your student ID and you will receive a list of affiliated agencies. Send an email to Amanda Land *(amanda.land@uta.edu).*

Tevera Fees:
You will have to pay the Tevera fee to access the Spring application. Tevera asks students from every school that uses their system to pay during the application phase instead of at the start of field.

You have options! You can pay Tevera directly out of pocket or you can purchase Tevera through the UTA bookstore and utilize financial aid. If needed, you can contact the financial aid office for additional aid to cover the cost of Tevera. *(Note: Tevera is more expensive through the bookstore than a direct payment.)*

***MSW Students Only*

If you paid the lifetime InPlace fee for the first placement, you will still have to pay for Tevera for the second placement. We will no longer be accessing InPlace for field at UTA, only Tevera. Think of the Tevera fee as similar to paying for textbooks at the start of a course. Tevera is like your field textbook. We understand this still may be frustrating, but if you paid the lifetime InPlace fee, you will have that access forever and can provide proof of detailed Field hours completed for a license, certificate, or job if ever asked.

Field Orientation:

We are currently updating the Field orientation course in Canvas. But do not fret! You only need to complete this before your Spring Placement start date in mid January.

Other important links:

- Field forms are available here!
- Field FAQ
- If you are having technical difficulties with Tevera please email sswfield@uta.edu and include a screenshot of the issue.

Field Advising

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

BSW and BSSUT Students

- Field Specialist: Vanessa Caraveo
- 1st & 3rd Thursday | 3pm - 4pm
- **Join your field advisors' power hour here**

Advanced Children & Families, Advanced CAP, Advanced Aging & Advanced Health

- Field Specialist: Monica Brown
- 1st & 3rd Wednesday | 4pm - 5pm
- **Join your field advisors' power hour here**

Advanced Mental Health/Substance Misuse

- Field Specialist: Sharon Martin
- 1st & 3rd Thursday | 3pm - 4pm
- **Join your field advisors' power hour here**

View all field specialists and power hours here

Undergraduate & Graduate Student Leader (USL/GSL)

USLs & GSLs serve as advocates and communication facilitators for BSW & MSW students, fielding questions about all aspects of the school experience, including advising, field, registration, orientation, scholarships, deadlines, program policies, and more. You may reach out to your USL / GSL by email or Teams.

If you do not know who your assigned USL is, you may email Anadja Tamofo (axm3404@mavs.uta.edu) or Mayte Ledezma (mvl1458@mavs.uta.edu).

If you do not know who your assigned GSL is, you may email Makita Johnson (mxj1622@mavs.uta.edu) or Andrea Moreno (axm7516@mavs.uta.edu).

Click here to meet our USLs

Click here to meet our GSLs

Licensing

- If you're in your final semester and want to get started on applying to ASWB to take the LBSW or LMSW 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.
- **There's lots of great updated information about licensing in the Student Success and Advising Course on Canvas—Check it out!**
- 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.

UTA Resources

UTA Academic Calendar
Evidence-Based Research Guide
Webinar Library
UTA Counseling & Psychology Services
SAR Center
Free Windows Apps with Student ID
SSW Writing Resources
Suicide Prevention Lifeline
Emergency Assistance Fund
Rental Assistance Program
Survivor Support Group
Free & Confidential HIV Testing
UTA/Tri-C Food Pantry Distribution
CAPS

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
- John F. Kennedy

Follow UTA School of Social Work on: