UTA School of Social Work

School of Social Work Weekly Newsletter
October 13th, 2023 Fall Semester

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

SOCIAL JUSTICE Spotlight

Indigenous Peoples Day

Indigenous Peoples Day is on the second Monday of October. It is a holiday that honors and recognizes Indigenous people and their contributions, history, and culture. This holiday aims to promote understanding and respect for Indigenous cultures and their struggles for justice and equality. In 2021, President Joe Biden issued the proclamation of Indigenous Peoples Day. Although it is not yet a federal holiday, it is celebrated on the same day as “Columbus day”. For centuries, Americans celebrated Columbus day thinking he discovered the Americas. However, Indigenous people inhabited the Americas way before Columbus arrived, therefore falsely crediting him for the discovery of the Americas while also discrediting Indigenous people. Many believe that celebrating Columbus day represents the colonization of Indigenous peoples land and how they were mistreated. The "discovery" Columbus made is still being taught as "accurate" history in schools, showing there is still a lot of progress that needs to be done in regards to honoring Indigenous Peoples Day.

More than 15 states celebrate Indigenous Peoples Day instead of, or in addition to,

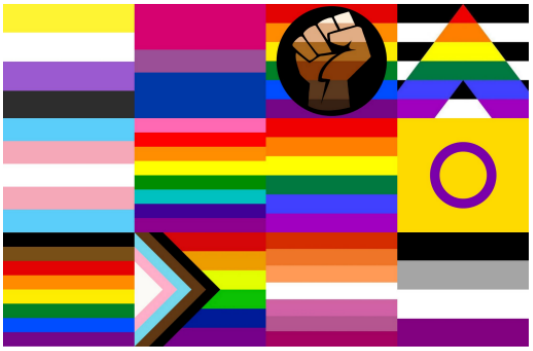
Columbus day. For decades, people have been pushing to replace Columbus day with Indigenous Peoples Day, having it be recognized by a president for the first time is a big step. Indigenous people have been ignored and invisible for very long and celebrating Indigenous Peoples Day is a great way to give them the recognition they deserve however, it doesn't make up for all the trouble they endured. Slowly but surely, Native people are being recognized and acknowledged for their culture and contribution to history.

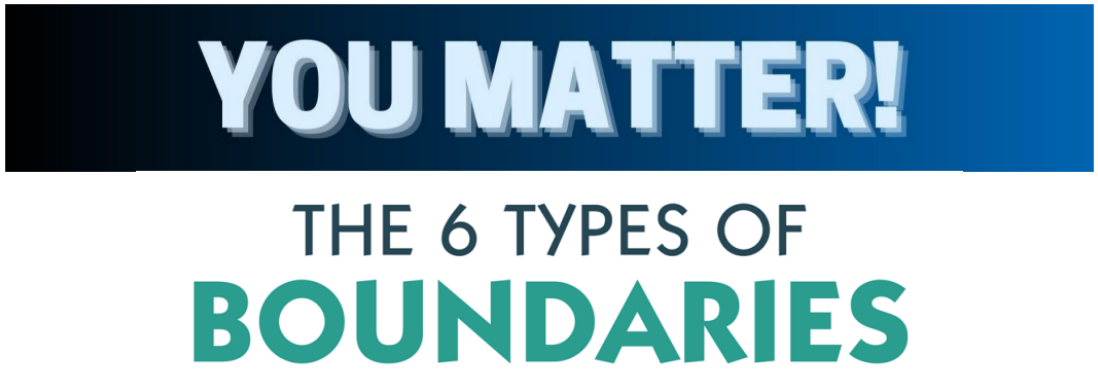
Best,

Jackie Flores
BSW Student
USL Intern

Important Dates

- **Oct. 15th:** Choose your Specialty (MSW Foundation Students)
- **Oct 19th:** Movie Night (6pm)
- **Oct 27th:** Last day to drop, turn into MyMav by 4pm
- **Nov 6th:** Registration for Spring semester starts
- **Nov 10th:** Field Spring 2024 Application closes





How Are Your Boundaries?

We are half way through the semester and nearing the end of year holidays, which is historically the prime time for setting boundaries and sticking to them. We always hear about boundaries but do we really have the skills to uphold these necessary boundaries? The first step most people struggle with is the identifying of values that the boundaries are protecting. Is it important for you to dedicate time for studying this semester? Then setting that boundary with your friends Friday night is crucial to protecting your dedicated time for studying. Or what about the desire to keep your peace? How do you keep your peace when that relative who always has something negative to say about your career choice or who choose to spend your time with is visiting this year?

Boundaries are not the easiest but here is a concise 4 Step proccess to setting boundaries. **Define**, identify desired boundary(I am not going to have drinks Friday night) **Communicate**, say what you need("I need Friday nights to finish assignments and prepare for the next week") **Stay Simple**, don't overexplain (I'm not available tonight, but tomorrow works.) **Set Consequences,** say why it's important("I explained that Friday nights I am not available if you can't respect my time then we just can't speak before the weekend anymore.")

Remember setting boundaries is less about the other person and all about you. Don't betray yourself, protect yourself.

For more helpful content like this check out the **Virtual Clinic** where we discuss everything from Boundaries and Grief to Mindfulness in your day to day.

Love and Light,
Lorraine Mossiah
Graduate Intern

Student Spotlight

Stephen Silva-Brave

Stephen Silva-Brave, is an enrolled citizen of the Sicangu Lakota

Nation (Rosebud Sioux Tribe of South Dakota). He is an LCDC-I and consultant for Texas' pioneering Native American Studies course. He is a member of a grassroots organization that helps Missing and Murdered Indigenous People (MMIP). Last semester, Stephen successfully defended his undergraduate thesis on grassroots efforts for (MMIP) and plans on expanding this research in the future. Amongst other projects Stephen is currently working with the Dallas Police Department to help build a stronger relationship with the Native American community. Stephen's primary purpose is to uplift Indigenous communities and drive positive change to those struggling with substance use and health problems.

Advising Updates

MSW Mental Health and Substance Misuse Students

Don't forget to declare your specialty (if you are in foundation field this semester) by October 15:Advanced Degree Plan

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.

School of Social Work

Office of Advising and Student Retention

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

UTA

LEARN STRATEGIES FOR SUCCESS

PARTE DE LA FAMILIA

Wondering how to better manage your responsibilities as a student with family, work, and other commitments? Join us with your family and friends for a luncheon with Alumni sharing their stories of how their friends and family supported their success in college.

WHEN: OCTOBER 21, 1-3PM
WHERE: CONCHO AND RED RIVER, UNIVERSITY CENTER

RSVP

https://common.forms.uta.edu/view.php?id=2006525

NUESTRA COMUNIDAD

rtpraetorius@uta.edu

SAVE THE DATE

SCHOOL OF SOCIAL WORK

Mini Conference

17TH November 2023 | Time:9am -5pm
Location: UC

WORKSHOPS.NETWORKING.JOBFAIR.
CONTINUED EDUCATION OPPORTUNITIES

SPONSORED BY DR. DIANE MITSCHKE AND LISA BATTLE, MSW STUDENT

GRIEF, DEATH, AND DYING EDUCATION

INFLUENCE FUTURE COURSES AND BE ENTERED TO WIN A PRIZE WORTH UP TO $25

THIS IS A RESEARCH STUDY. IT IS A SURVEY THAT WILL TAKE ABOUT 15 MINUTES TO COMPLETE.

QUESTIONS? CONTACT LISA.BATTLE@MAVS.UTA.EDU

NATIVE NOW

Presented by

Native American Student Association
many nations one family

October 6 - 28, 2023

Fort Worth Community Arts Center,
Frost Gallery
1300 Gendy St, Fort Worth, Texas 76107

Opening Event: Friday, October 6, 6-9pm

FORT WORTH. Diversity & Inclusion

ARTS FORT WORTH

the STEWPOT

BECOME A TUTOR!

Assist middle school and high school students with their academic development by donating a couple of hours a week to our Children and Youth Program.

Tutor Requirements

- A commitment of three consecutive Wednesday evenings from 6:30PM-8:30PM.
- Working knowledge in math, science, reading, or writing
- Patience and compassion to teach others
- Background check

Middle School Tutoring

High School Tutoring

Apply Today

Scan the QR Code to apply or email afterschool@thestewpot.org to learn more about our program.

1835 Young St Dallas, TX 75201

MSW THESIS INFORMATION SESSION

What: Faculty Panel Discussion about Thesis

Who: Drs. Dianna Jones, Donna Schuman, Micki Washburn, and Vijayan Pillai; Hosted by Dr. Praetorius

Why:

- Contribute to existing knowledge.
- Explore or prepare for pursing a PhD.
- Work Closely with a faculty member who is an expert in your area of interest.
- Have a more focused immersion in your topic of interest.

When: October 25, 7-8:30pm, virtual

Click Here to Join

SCHOOL OF SOCIAL WORK SCHOLARSHIP OPPORTUNITIES

Federico Souflee Jr. Memorial Scholarship

Basic Requirements: BSW and MSW students
Students whose major field of study is Social Work. They must be either an MSW student or a student in their senior year of the BSW program.
A history of involvement with the Mexican-American community and one or more of the following:

- Demonstrated financial need.
- Evidence of a solid academic record.
- Satisfactory progress toward a degree, as determined by the Scholarship Selection Committee.
- Recipients may continue to receive this assistance for subsequent years.

Award: $1000 depending on available funding, it is usually offered for the Spring Semester .

Glen W. Rollins & Miriam S. Rollins Mental Health Graduate Scholarship

Requirements:

- It is for MSW and PhD students.
- Student must be in the field of mental illness or
- In public social service.
-

It is intended for incoming or continuing students in the graduate School of Social Work.
It can be renewed.

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

Honored Faculty Endowed Scholarship Fund

Basic Requirements: It is for BSW, MSW, & PhD students.
Preferred Qualifications:

- Must have a 3.0 GPA or higher.
- Student must demonstrate a financial need.

Award: $1000 depending on available funding.

Jeanette Coburn Scholarship

Requirements:

- It is for MSW students.

Preferred Qualifications:

- Incoming or continuing MSW students in need of assistance to attend on a full-time basis.

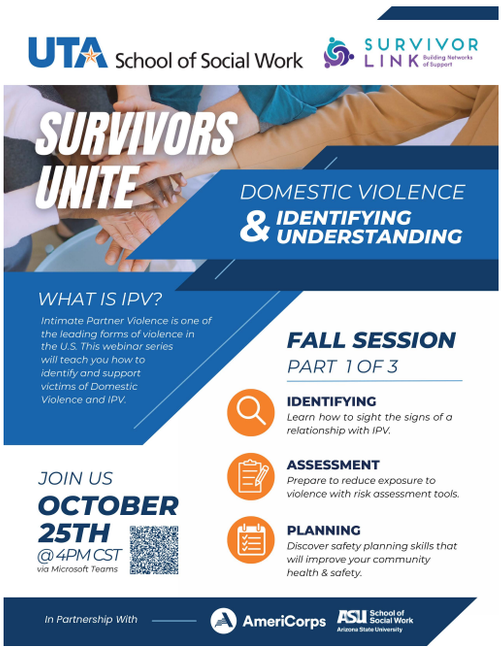
Award: $1000 depending on available funding and it is usually offered in the Spring semester.

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

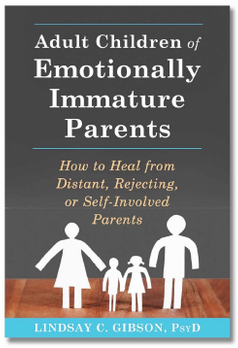
Where: SW Room 231 or Virtual

Time: 5:30–6:30pm

For more information contact Traecia.Nichols@UTA.edu



Book of the Week



Therapist Recommended

Adult Children of Emotionally Immature Parents by Lindsay C. Gibson

Clinical psychologist Lindsay Gibson sheds light on the detrimental impact of emotionally immature or inaccessible parents. Readers will gain insight into how these parents can inadvertently foster feelings of neglect, and uncover strategies to navigate and heal from the resulting childhood pain and confusion. By liberating themselves from the emotional immaturity of parents, individuals can rediscover their authentic selves, manage their responses, and sidestep disappointment. It is a great way to understand unknown childhood trauma and learn how to maneuver. Moreover, this book imparts knowledge on cultivating positive, transformative relationships, ultimately paving the way to a more fulfilling life. It also delves into the various archetypes of parents and their corresponding influence on family dynamics.

Find on Amazon

Student Success Resource

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.

Empowerment Pathways: Student Success Series

Join Us for Empowerment Pathways: Student Success Series Self-Care

In the midst of our busy lives and demanding schedules, it's essential to take a step back and prioritize self-care. To help you unwind, recharge, and learn valuable self-care techniques, we're excited to invite you to our upcoming Self-Care Event featuring a distinguished guest speaker!

Date: October 18th
Time: 5:30pm-6:30pm
Location: School of Social Work Building Room 231 or join us virtually

Guest Speaker: We are thrilled to welcome Vickie Goins, PhD, UTA's Director of Counseling and Psychological Services (CAPS) who will share insights, practical tips, and conduct an activity highlighting self-care.

📅 **Save the Date: Reserve your spot by Tuesday October 17th for this rejuvenating event, and feel free to bring friends along. The more, the merrier!**

- **RSVP to attend in- person here!**
- **RSVP to attend online here!**
  - **Join us online by using this link!**

Come on out, make new friends and be a part of a supportive community that believes in your potential.

Make sure to check out our flyer in the Event Spotlight section of this week's Newsletter!

Register here

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

Take Regular Breaks
Consider working for 45 mins with a planned 15 min break to keep yourself motivated and focused.

Schedule your online tutoring session here

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

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