



UNIVERSITY OF  
**TEXAS**  
ARLINGTON

SCHOOL OF  
SOCIAL WORK

BACHELOR OF SOCIAL WORK



## WEEKLY UPDATE

### February 1, 2021

## SOCIAL JUSTICE SPOTLIGHT

### February is Black History Month!

What we now celebrate as Black History Month originally began as "Negro History Week" in 1926. It was launched by Carter G. Woodson after realizing that African Americans were severely underrepresented in the narrative of American history. The second week of February was initially chosen because it encompasses both Frederick Douglass' and Abraham Lincoln's birthdays. Fifty years later, in 1976, President Gerald Ford expanded the week-long celebration into the entire month of February, remarking that "In celebrating Black History Month, we can seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." The theme of this year's theme is "The Black Family: Representation, Identity, and Diversity."

**Resource:** <https://time.com/4197928/history-black-history-month/>



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## STUDENT ORGANIZATION SPOTLIGHT

### USL Program

The [Undergraduate Student Leadership \(USL\)](#) program is designed to build community between BSW students and facilitate the exchange of accurate and timely information. Each BSW student in the program is assigned to a USL, a fellow student who has received training on leadership, communication, and information on the School of Social Work and BSW program. Reach out to your USL if you have any questions or need support! Not sure who your USL is? Contact USL intern [georgianna.goff@mavs.uta.edu](mailto:georgianna.goff@mavs.uta.edu)



Phi Alpha Honor Society is for social work students who are high achievers. So, what are the benefits of membership?

- ~ Recognition of academic excellence
- ~ Social work's internationally recognized honor society
- ~ Social work's largest honor society
- ~ Students have met high standards
- ~ Respected by employers, social workers, and college admissions
- ~ National presentation opportunities
- ~ Lifetime membership
- ~ Membership certificate, graduation cords, and lapel pin

Do you qualify for membership?

REQUIREMENTS FOR BSW STUDENTS

- ~ Declared social work as your major
- ~ Achieved sophomore status
- ~ Completed at least 9 hours of social work courses
- ~ Ranked in the top 35% of your class

REQUIREMENTS FOR MSW AND PHD STUDENTS

- ~ Completed 23 semester hours of social work courses (Traditional Admission)
- ~ Completed 15 semester hours of social work courses (Advanced Standing Admission)
- ~ Ranked in the top 35% of your class
- ~ Advanced standing students may count hours waived in semester hours completed

Want to apply?

You can apply for membership by clicking on this link to the UTA Organizations webpage and then scrolling down the list of organizations until you see Phi Alpha. Applications will be accepted through February 26, 2021.

<https://www.uta.edu/academics/schools-colleges/social-work/about/student-orgs>



GET SUPPORT

### USE YOUR UTA [HEALTH SERVICES!](#)

- Some services are offered at no charge and others at a discounted rate for face to face students.
- All students are also eligible to purchase inexpensive [health insurance](#) through UTA.
- This will cover services at UTA Health Services or with other providers.

*You are stronger than you know, braver than you believe, and smarter than you think.*



YOU MATTER

### Weight of the World

I was sitting, doing a breathing exercise this morning, and I had a realization. It's nothing new, but it was a new insight to have a felt, personal sense of. But before I go on, I need to go back a few years...

Several years ago, I got very interested in mindfulness. I studied everything I could, and based on overwhelming evidence, I began to practice. I followed guided meditations. I ate mindfully. I did body scans. I used walking meditations. And I practiced, moment to moment, simply being more present "with curiosity and acceptance". I got so much from the many things I was practicing, but over time I noticed that I seemed to be drawn most to what I began calling "informal mindfulness".

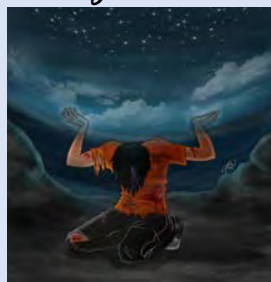
From my perspective, informal mindfulness was anything I could do in a few minutes and without an elaborate setup: a quick check in, an intentional breath or two, or a moment of silence and no distractions transitioning from one daily activity to the next. While I did and still do find these practices useful, what I didn't realize is that I was using them to rationalize not slowing down or even stopping the fast, go-go-go pace of my inner and outer worlds.

This morning I woke up and immediately got to my to-do list. I felt a hurried pace to check things off, so I could slow down and relax later. After a few tasks, I made breakfast, sat down to eat, and felt so much stress and strain in my body and mind. So, I decided to take a few moments to breathe (informal mindfulness, right?). Within just a few breaths, I had a visceral sense of how my informal practice, at least at this moment, was just another way to rush through life! Therefore, I consciously made the decision to stop everything and devote myself fully, for as long as needed, to my breathing practice.

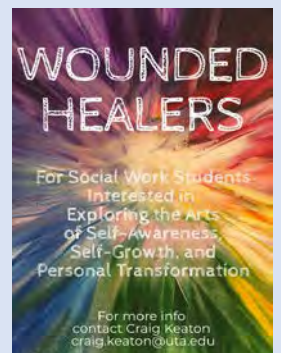
Sitting with my breath, feeling my body, I realized that I've taken on the weight of the world, but it never asked me to and doesn't need me to. There's not more I need to do in this moment. With or without my stress and strain, the world will keep on moving. I can just be.

Taoist philosopher Lao Tzu said that "nature does not hurry, yet everything is accomplished." If you are or have been interested in mindfulness or meditation but you feel like you just don't have the time, I invite you to consider that time might be the most important thing you can give yourself, especially if you feel like you don't have it. Slow down, stop, let go of the weight of the world and see, feel, and experience that, with or without your stress and strain, the world will keep on moving and everything will be accomplished.

*Craig Keaton, MSW | Doctoral Student | Adjunct Professor*



*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

- All academic [advising appointments](#) are currently being conducted via phone or Microsoft Teams.
- **Census date is February 3<sup>rd</sup>. Students cannot add or swap classes after this date. If you drop a course after Census date, you'll receive a grade of W on your transcript.**
- Don't need a full advising appointment but have general questions? Join your advisor for their weekly Power Hour!

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](mailto:adamev@uta.edu)
- Last names D-Me: Mark Frazier – [mark.frazier@uta.edu](mailto:mark.frazier@uta.edu)
- Last names Mi-Z: Keiana Crain – [keiana.green@uta.edu](mailto:keiana.green@uta.edu)



## FIELD PLACEMENTS

- **InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL.** <https://inplace.uta.edu/>
- [InPlace Training](#) and [Logbook Training](#) can be found here!
- The [Spring Field Calendar](#) lists important dates for current field students, as well as summer field application dates. Summer field applications open March 1.
- [Field forms are available here!](#)
- [Field FAQ](#)
- [Spring 2021 Field Accommodations Q&A](#)
- If you are having technical difficulties with InPlace please email [sswfield@uta.edu](mailto:sswfield@uta.edu) and include a screenshot of the issue.
- For the *Spring 2021 semester*, CSWE has extended the reduction in field hours. Therefore, UTA SSW will continue with the reduced required minimum of 204 hours for Split students and a minimum of 408 hours for Block students for the Spring semester. For further information regarding accommodations for the Spring 2021 semester, please visit the Field webpage by following this [link](#).
- Contact [Sharon Martin](#), LMSW, Field Advisor III, with any questions! You can also connect with her during her Field Power Hours every 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month from 3:00-3:30. [Click here to join the meeting](#)

## BSW ORIENTATION

If you have not already attended [BSW Orientation](#) (this is different from the university-wide transfer/freshman orientation), you should have received an invitation to attend ***mandatory BSW Orientation*** on **Friday February 12th** from **12-5pm** online via Teams.

Please contact [velvet.denny@uta.edu](mailto:velvet.denny@uta.edu) if you need an invitation sent to you or have any questions.





A stylized illustration of a workspace on a blue background. It includes a silver laptop with a black keyboard, a black smartphone, a white cup of brown coffee on a saucer, and two pens (one orange, one yellow) lying horizontally. A white rectangular object, possibly a notepad or folder, is in the upper left. The text 'DRINKS &amp; DIALOGUE' is written in a bold, red, sans-serif font at the bottom left.

# Unity Council Town Hall Meeting

Co-hosted by the United Way of Tarrant County  
and the Greater Arlington Chamber of Commerce

6 p.m. Monday, February 1, 2021

of Tarrant County

Or: AT&T Uverse channel 99 and Spectrum channels 16 & 15.1

You are invited to listen to brief updates from the Chairs of the Policing, Economic Disparities and Housing subcommittees and give your input on racial equity in Arlington.



LEARNING AND INTERNATIONAL EXPERIENCE

# STUDY ABROAD FAIR

FIND OUT ABOUT HUNDREDS OF  
STUDY ABROAD PROGRAMS  
AVAILABLE THROUGH UTA!

**TUESDAY, FEB. 2  
WEDNESDAY, FEB. 3  
11 a.m. - 2 p.m.**

JOIN VIA TEAMS  
[STUDYABROAD.UTA.EDU](#)

THE CENTER FOR MEXICAN AMERICAN STUDIES PRESENTS



\*Co-Sponsored with the Department of ENGL

Wednesday, February 3<sup>rd</sup>  
12:00 PM - 1:00 PM  
Virtual Presentation via Microsoft Teams

FOR MORE INFORMATION PLEASE CONTACT (817)-272-2933 OR EMAIL [DBOTELLO@UTA.EDU](mailto:DBOTELLO@UTA.EDU)

34<sup>th</sup> ANNUAL COMMUNITY SERVICE LEARNING (CSL) CONFERENCE


# Communicating HOPE

**Delivering Essential Information  
in a Public Health Crisis**

**A virtual conference featuring:**

<b>Friday February 5, 2021</b> <b>12:15-1:45pm CST</b> <b>Opening Keynote Speaker:</b> <b>Alli Khan, MD, MPH, MBA,</b> <b>Retired Assistant Surgeon General,</b> <b>US Public Health Service</b> <b>and Dean, College of Public Health,</b> <b>University of Nebraska Medical Center</b>	<b>Saturday February 6, 2021</b> <b>11:00am-12:15pm CST</b> <b>Closing Keynote Speaker:</b> <b>Nia Fitzpatrick, MD, MPH, M</b> <b>President and CEO, American Health</b> <b>and Clinical Professor</b> <b>The George Washington University</b> <b>School of Medicine and Health Sciences</b>
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**Register at: [www.texashumanities.org/CSLconference](http://www.texashumanities.org/CSLconference)**



**UT Health**  
The University of Texas  
at Austin Health System

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FOR MEXICAN AMERICAN STUDIES PRESENTS

**CMAS**

**In the Mean Time**

Temporal Colonization and the Mexican American Literary Tradition

ERIN MURRAH-MANDRIL

**Murrah-Mandrill**  
 Professor, Department ENGL



by online followed by  
 in-person and online

and with the Department  
 of ENGL

ay, February 3<sup>rd</sup>  
 PM - 1:00 PM  
 tion via Microsoft Teams



FORMATION PLEASE CONTACT (B17)-272-2933 OR EMAIL [DBOTELLO@UTA.EDU](mailto:DBOTELLO@UTA.EDU)





## FUNDING

### Cognella Cares Student Scholarship

- This program awards undergraduate students from any academic discipline for writing essays on timely and relevant topics that impact higher education, student life, and society at large.
- To apply, submit an 800 – 1,500 word essay on one of these topics: pandemics and the future of online learning; policing, social justice, and solutions; or truth, credibility, and "fake news."
- **The deadline for submissions is 7:00 pm (CT) on February 28, 2021.** One winning essay will be selected per topic, and **\$1,000** scholarships will be awarded to three deserving students in March.

Part-time Bilingual  
Project Hope  
Coordinator **Wanted!**

Other Scholarships  
Currently Available



The jobs posted to this [website](#) are restricted to those which are related to Social Work or Social Services.

# WE'RE HIRING

THE CITY OF  
FORT WORTH

## ARE YOU LOOKING FOR A FULL TIME OR PART TIME JOB?

THE CITY OF FORT WORTH IS LOOKING FOR  
MOTIVATED INDIVIDUALS WHO ARE  
INTERESTED IN WORKING WITH KIDS, FRONT  
DESK OPERATIONS & FACILITY CLEANLINESS.



## RESEARCH



[Student Research Opportunity Center](#)

Social  
Work  
Course  
Guides



## STAY SAFE

### UTA's COVID Vaccine Resource Page

### 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.



#### **Face Covering Protocol:**

To create the safest possible environment on campus, UTA implemented a mandatory face-covering protocol, effective until further notice. For more information, click [here](#).

### **MANAGING STRESS AND ANXIETY DURING COVID-19** UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

#### THERAPIST ASSISTED ONLINE (TAO)

Visit [TAOconnect.org](#)



#### THRIVE APP



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

#### MAVS TALK 24HR CRISIS LINE

Call (817)272-8255



Visit [uta.edu/caps](#) for more information

UTA is a...  
COMMUNITY THAT CARES



## [UTA Academic Calendar](#)

## [Evidence-Based Practice Research Guide](#)

### [Licensure Information](#)

The board recently made additional changes to the TX social work licensing process. Students in their final semester can now apply directly to ASWB to take the exam, and then apply to the board for a license after passing the exam and graduating. More info can be found [here](#).

### [SAR](#)

### [Center](#)

(Formerly Office of Students with Disabilities)



**MEAL DISTRIBUTION**



Boys & Girls Clubs of Greater Tarrant County will be distributing meals, food and snacks. Outside meal distribution will occur Monday - Friday 4:00-5:30pm.

**Distribution Locations**

<b>Eastside Branch</b> 4851 Ramsey Ave Fort Worth, TX 76105	<b>Main Branch</b> 800 North Elm St. Arlington, TX 76011	<b>Marlin Branch</b> 3123 Avenue G Fort Worth, TX 76105	<b>NW Branch</b> 2000 Ellis Ave Fort Worth, TX 76104	<b>Panther Branch</b> 1500 Hampshire Fort Worth, TX 76104
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**All Are Welcome!**  
Meals are available to any child ages 18 years or younger (preschoolers to 18th graders).  
Meals will be distributed as long as food supplies last.  
Each site is able to provide individually packaged meals and snacks are available to the general public.  
Various phone number resources provided with each meal.

**Contact Us!**  
For more information or questions contact:  
Lafayette Dwyer  
LDwyer@bgclubs.org

**First Come, First Served!**

THE UNIVERSITY OF TEXAS AT ARLINGTON  
COUNSELING & PSYCHOLOGICAL SERVICES

## MAVS

### talk

24 HOUR CRISIS LINE

817-272-TALK (8255)  
WWW.UTA.EDU/CAPS  
303 RANSOM CALL

## UTA

### Library

### Accessibility

Texas Health and Human Services

### COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, help is available.

Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

Call the toll-free COVID-19 Mental Health Support Line at **833-986-1919**.




**DREAMERS WELCOME**

**In Crisis?**  
**Text HELLO to 741741**

CRISIS TEXT LINE | Free, 24/7, Confidential

### 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, LCPC, 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.** [Social Work Webinars List](#) [Basic Function of Teams](#)



**MAVS UNITE**  
Created for you!

Check Canvas for the MavsUnite Page!  
To add please e-mail: [Chantinia Chansler](#)



### 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](mailto:renthelp@tarrantcounty.com) or call [817-850-7940](tel:817-850-7940).

The Lifeline is **FREE**, confidential, and always available.

**HELP** a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.



**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[www.suicideline.org](http://www.suicideline.org)

**Learn the Warning Signs.**

### 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](mailto: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](mailto:mls9929@mavs.uta.edu)



**SCHOOL OF SOCIAL WORK**

211 S. Cooper Street, Arlington TX 76019  
Social Work Program  
(817) 272-3613

*"Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history."*

- Carter G. Woodson, *The Mis-Education of the Negro*

FOLLOW US ON SOCIAL MEDIA

