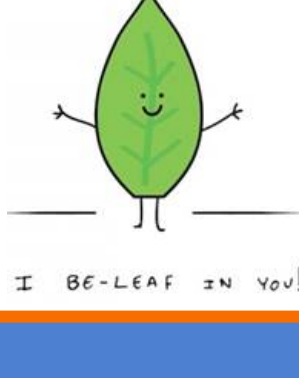




BSW Weekly Program Update

August 10, 2020



Important Updates

SSW Academic Advising

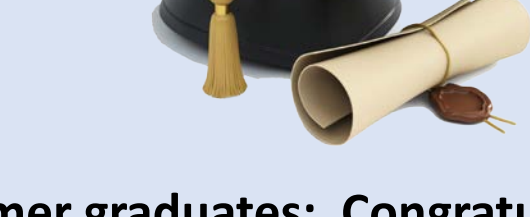
- All academic advising appointments will be done via phone or Microsoft Teams.

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 (formerly Keiana Green) – Keiana.crain@uta.edu

Summer Graduation

- The deadline to apply for August graduation passed on July 1. If you missed the deadline you should contact your academic advisor to request to apply late for an additional fee ASAP!
- Due to CDC guidelines and state/local orders for gathering, UTA has made the difficult decision to postpone in-person commencement ceremonies for Summer 2020 graduates.
- We are making plans to celebrate our summer graduates while we await the postponed ceremonies, so keep a lookout in your email, mailbox, and our website once details are finalized.



To our summer graduates: Congratulations on your upcoming graduation! Since we don't know when we will get to celebrate you, we'd like the chance to announce your success to our social work community. If you would like to be included in this announcement, please complete [this survey](#).

You Belong Here!



Please respond to [this survey](#) to let us know how we are doing in communicating that to you!

Fall Course to Consider

4366: Seminar in Women's Issues

Explores women's issues in human behavior theory, practice theory, and policy. The historical, political, and socioeconomic forces that maintain sexism are discussed. Environmental influences are examined in relation to social justice, social work values, knowledge, and skills.

This course is also offered as SOCW 5366 in the MSW program. Prerequisite: SOCW 3301, and SOCW 3307. Co-requisite: Social Work Practice II (SOCW 3309).



Spotlight Event of the Week

In honor of National Health Center Week, we want to take a moment to remind you of the importance of self-care. We recognize that self-care looks different to each of us. Please be kind to yourself and do something nice for **YOU** between summer and fall semesters! Community Health Centers has offered a list of self-care resources that you can find below:

[Resources to Help You Reset!](#)



YOU MATTER!

One Thing at a Time:

Tips for Thriving at the End of the Semester

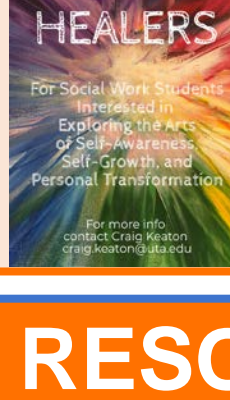
This is the time of the semester where it so often feels like there is so much to do and so little time to do it. In response to this experience, the options then become:

- Do nothing.** Of course, this is not effective for academic success nor mental and emotional health.
- Do everything.** Pushing forward with no regard to how you feel or what you need begets less-than-best work and is not effective for personal well-being or academic longevity.
- Do one thing at a time.** The best work comes with focus, attention and care. And focus, attention, and care are only sustainable by attending to the needs of the whole person. You are more than a student, right? Care for all of the parts of you!... It is almost paradoxical that attention for work can, sometimes, be best produced by taking a break from work!... This is the balanced approach: rest begets energy and a little play readys you for work.

If you don't want to just survive but thrive at the end of the semester, consider some of these actions to balance your work and stress:

- Take breaks from technology, a brief digital detox
- Eat a mindful meal
- Sleep, especially the night before a big test
- Have quiet time, a few minutes goes a long way
- Go for a walk, stand and stretch, or move your body in ways that feel good to you
- Spend time in nature
- Rest, again!
- Take a music break, maybe even dance a little
- Try a mindfulness exercise, like the ones in TAO and TAO's Mindfulness Library
- Simply and intentionally do one thing at a time

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!



BSW Field Fall 2020

- All BSW students starting field in Fall 2020 have been placed. If you have questions, please contact your field advisor Sharon Martin (sharon.martin@uta.edu)
- Fall field placements will likely be a mix of face-to-face agency settings, university placements, and alternative remote assignments. We are committed to creative solutions give students are much field experience as possible despite pandemic limitations.
- InPlace Training can be found here!

Instructional Plans for Fall Courses

- Courses originally listed in MyMav as face to face will now be offered as Online 1 (asynchronous), Online 2 (synchronous), Hybrid 1 or Hybrid 2.
- This website explains what each of these modalities will look like.
- Course modalities are listed as Course Attribute the MyMav class search function between Section and Days/Times. Here is an example showing "Online 2" and a "Hybrid 2" sections of SOCW 3308:

Class	Section	Course Attribute	Days & Times	Room	Instructor
8209	001-LEC	Regular	Online - TuTh 2:00PM - 2:20PM	TBA	Marcela Nava
8209	002-LEC	Regular	Online - TuTh 2:00PM - 2:20PM	TBA	Marcela Nava
9011	002-LEC	Regular	Hybrid - Th 7:00PM - 9:00PM	TBA	De'An O'Roper
9011	003-LEC	Regular	Hybrid - Th 7:00PM - 9:00PM	TBA	De'An O'Roper

- Courses originally planned as online (OFF WEB) prior to the pandemic will remain so. Here is an example:

Class	Section	Course Attribute	Days & Times	Room	Instructor
9271B	001-LEC	Regular	Online - TBA	OFF WEB	Donald Schuman
9271B	002-LEC	Regular	Online - TBA	OFF WEB	Donald Schuman

- Please submit questions here about the modes of instruction.
- Students who register for fall courses and later decide drop a course can get a full tuition refund if the class is dropped before the first day of courses.

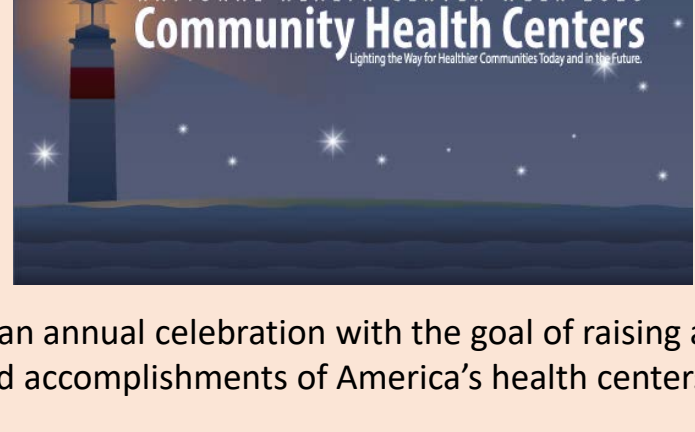
We Need Your Feedback!

Social work students - we need your help in learning about the impact of COVID-19 on your social work education and personal well-being. Students who participate in the survey are eligible to win one of twenty-five \$20 Amazon gift cards. To learn more about the study click here (attached). This survey will take 20 minutes or less to complete. Please contact Dr. Micki Washburn (micki.washburn@uta.edu) with any questions or concerns. This study has been approved by the Institutional Review Board (IRB) of the University of Texas at Arlington.

To participate in this survey please click the following link https://uhsocialwork.co1.qualtrics.com/jfe/form/SV_aV0B0FvgtAxReiF

SOCIAL JUSTICE SPOTLIGHT

It's National Health Center Week!



August 9-15 is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past 5 decades.

Community Health Centers serve as the beacon of strength, service, and care in their communities. In moments of pain and loss, they offer support and love. In moments of triumph, they offer hope and a vision for the future. Let's come together this week to celebrate the roles Community Health Centers have played in both our recent moments of loss and triumph.

Shine a light on your Community Health Center and share the value it brings to everyone who touches it.

Each day of NHCW 2020 is dedicated to a particular focus area:

- Sunday, 8/9: [Public Health in Housing Day](#)
- Monday, 8/10: [Healthcare for the Homeless Day](#)
- Tuesday, 8/11: [Agricultural Worker Health Day](#)
- Wednesday, 8/12: [Patient Appreciation Day](#)
- Thursday, 8/13: [Stakeholder Appreciation Day](#)
- Friday, 8/14: [Health Center Staff Appreciation Day](#)
- Saturday, 8/15: [Children's Health Day](#)

Information retrieved from: <https://healthcenterweek.org/focus-days/>

Stay Safe

MAVSUNITE

BACK TO SCHOOL FAQ

COVID-19

Any new protocols?
UTA is requiring all students, faculty, and even visitors to wear face masks while indoors on campus. You don't have to wear one outdoors, although it is heavily advised.

So where exactly do I have to wear a mask?
It's required in every building on campus but not necessary in residence halls, apartment complexes, or private offices. It's also recommended to wear one on shuttle buses or all crowded events.

What happens if I test positive for COVID-19?
Most important of all, STAY HOME. Self isolate from roommates or family members the best you can. Let professors know of your diagnosis so they can accommodate your needs, and afterwards, report your personal diagnosis to UTA for campus safety purposes.

What happens if I come into contact with someone who tested positive?
Self isolate for 14 days. Get tested if possible. It's imperative you fill out the exact locations that contact occurred for the safety of other students.

Can I still apply for the CARES Act fund?
Absolutely! You must fit federal eligibility criteria that includes completing FAFSA and being a domestic and documented student. You can apply on your MyMav account. If you're ineligible, you can instead apply for UTA's Emergency Assistance Fund.

Which of my classes are going to be online?
For Fall 2020, classes will be taught either face-to-face, online, or as a hybrid. Scan this QR code for the full list!

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](#).

Have you tested positive? Had close contact with someone with Covid?

- Complete mandatory reporting form**
- If needed, you can:
 - Withdraw from summer classes ([Forms](#) on the website)
 - Ask professors for deadline leniency
 - Consider requesting an Incomplete
 - Contact your [USL](#), Program Director and/or Academic Advisor for additional support and guidance.

If you have concerns or questions about Fall, you can fill out [this form](#).

COVID-19

FREE WALK-UP TESTING

IS COMING TO YOUR COMMUNITY

Date: August 4 - 8

Time: 9 a.m. - 4 p.m.

Location: Diamond Hill - Jarvis High School 1411 Maydell St, Fort Worth, TX 76106

Testing will be in the gym.

Person being tested must have access to a telephone due to results being returned by phone call or message.

No advance registration.

FOR FORT WORTH

Immunization Collaboration of Tarrant County

2020 Immunization Events Bring Shot Records!

Important CDC Guidelines and recommendations:

- 1. We will have COVID-19 screening at all events.
- 2. We will have social distancing and mask wearing at all events.
- 3. We will have hand sanitizing and mask wearing at all events.

Ridgmar Mall - Food Court Entrance

1888 Green Oaks Blvd, Fort Worth, TX 76116

Event	Time	Location
Monday, Friday, August 7 - 8	9:00 A.M. - 2:00 P.M.	1888 Green Oaks Blvd, Fort Worth, TX 76116
Saturday, August 8, 2020	9:00 A.M. - 2:00 P.M.	1888 Green Oaks Blvd, Fort Worth, TX 76116
Monday, Friday, August 10 - 11	9:00 A.M. - 2:00 P.M.	1888 Green Oaks Blvd, Fort Worth, TX 76116
Saturday, August 15, 2020	9:00 A.M. - 2:00 P.M.	1888 Green Oaks Blvd, Fort Worth, TX 76116
Monday, Friday, August 17 - 18	9:00 A.M. - 2:00 P.M.	1888 Green Oaks Blvd, Fort Worth, TX 76116
Saturday, August 22, 2020	9:00 A.M. - 2:00 P.M.	1888 Green Oaks Blvd, Fort Worth, TX 76116
Monday, Friday, August 24 - 25	9:00 A.M. - 2:00 P.M.	1888 Green Oaks Blvd, Fort Worth, TX 76116
Saturday, August 29, 2020	9:00 A.M. - 2:00 P.M.	1888 Green Oaks Blvd, Fort Worth, TX 76116
Sunday, September 6 - 7, 2020	9:00 A.M. - 2:00 P.M.	1888 Green Oaks Blvd, Fort Worth, TX 76116

Important Note: Please call your primary care provider for more information. This event is for residents only. For more information, please call 817-392-1111 or visit www.uta.edu/health. For more information, please call 817-392-1111 or visit www.uta.edu/health. For more information, please call 817-392-1111 or visit www.uta.edu/health.

Administration Cost: Children (0-12 years old): \$0 per shot. Adult (13 years and older): \$10 per shot. COVID-19 vaccine: \$0 per shot. All shots are provided at no cost. NO DEBIT OR CREDIT CARDS. Cash, Check, CHS, or Medicaid Accepted.

Join us as we prepare for a successful return to campus, we can't wait to see you!

We are all in this together!

Student and Family Listening Sessions

Webinar Library

Isabella Hong, an MSW Student, has so graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance. Please note that it is necessary to ask your supervisor permission for these to count towards any required field hours. *This list is updated weekly!*

[Social Work Webinars List](#)

[Basic Function of Teams](#)

RESOURCES

Dean Ryan's Statement on COVID-19 Health Disparities

The Lifeline is FREE, confidential, and always available. HELP a loved one, a friend, or yourself. Community crisis centers answer Lifeline calls. Learn the Warning Signs.

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

MAVS talk 24 HOUR CRISIS LINE 817-273-TALK (8255) WWW.UTA.EDU/CAAPS 555 RANSOM HALL

Check Canvas for the MavsUnit page. To add it, please email Amanda Six or Diana Serrano

Evidence-Based Practice Research Guide

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

In Crisis? Text HELLO to 741741

UTA Library Accessibility

DREAMERS WELCOME

Dreamers at UTA

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.

Emergency Assistance Fund

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

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.

Parkland Financial Assistance

Texas Health and Human Services COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by help dealing with anxiety, depression, stress, grief or worry 24/7. Call the toll-free COVID-19 Mental Health Support Line at 817-986-1919.

Want to help improve campus mental health services?

Be a part of a research study on the effectiveness of mental health services (MHS) at UTA.

You can participate if you are:

- A student at University of Texas at Arlington
- A graduate or undergraduate student
- A graduate or undergraduate student
- A graduate or undergraduate student

LENDING A HAND

COVID-19 has severely affected North Texas communities. Many families have lost income and are struggling to pay bills. Lending a Hand is a program that provides financial assistance to families in need. For more information, please call 817-392-1111 or visit www.lendingahand.org.

UTA Academic Calendar

SSW Commencement Info

If you have any questions or content suggestions for the newsletter, please contact Jessica Minnier. jac4808@mavs.uta.edu

UNIVERSITY OF TEXAS ARLINGTON

SCHOOL OF SOCIAL WORK

Be the change you wish to see in the world. - Mahatma Gandhi

FOLLOW US ON SOCIAL MEDIA

211 S. Cooper Street, Arlington TX 76019
Undergraduate Programs
(817) 272-3613