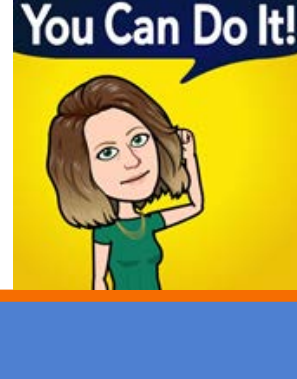




BSW Weekly Program Update

August 3, 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
- The last day to drop a summer course has now passed (Deadline was July 23rd)

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.
- Announcement from Vice President for Student Affairs:
 - 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](#).

Scholarships

Social Work Scholarships

We still have a couple of scholarships to award! The deadline is August 7th!

Undergraduate only:

Mexican American Studies/Diversity Studies (2 awards)

- Must be minoring in Diversity Studies or Mexican American Studies.
- At this time, have you completed at least one Mexican American Studies or Diversity Studies course with a B or higher? Must include Yes
- Undergraduate cumulative GPA must be greater than or equal to 2.5

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 Events of the Week



Elevated Leadership: Setting Boundaries
Wednesday, August 5th
3:00 pm – 4:00 pm

Elevated Leadership is a series of trainings focused on leadership development and transferable skills, dedicated to the leadership growth of our students and student leaders.

The sessions Setting Boundaries, will focus on boundaries in leadership, the importance of delegation, and effective ways to delegate within a team.

We invite you to join every Wednesday at 3pm via Teams. To learn more about Elevated Leadership contact us at leadership@uta.edu

For more information, click [here!](#)

Student & Family Listening Series

Tuesday, August 4th
6:00 pm

STUDENT & FAMILY LISTENING SERIES

SESSION 2: HEALTH & SAFETY
Tuesday, August 4 at 6:00pm via Microsoft Teams Live

GO.UTA.EDU/LISTENING #MavsBack2020

Session 2: Health and Safety

Join an online series about the fall semester for students and their parents or family. The next session on Health and Safety is at 6 p.m. Tuesday August 4. See past and upcoming session information at uta.edu/coronavirus

Send questions in advance to studentaffairs@uta.edu. Log in via Microsoft Teams from anywhere using go.uta.edu/listening

YOU MATTER!

The Gifts of Imperfection

Are you nearing or at the point in the semester where you are writing your final semester paper, preparing a class presentation, or reading your resume or for a job interview? And that makes this a really important time to be on the lookout for falling into the trap of perfectionism...

Sharon Martin, LCSW writes, "Perfectionism isn't the same as excellence. There's nothing wrong with wanting to do high-quality work and wanting to improve. But perfectionists don't just want to excel, they can't tolerate mistakes or imperfections. They drive themselves (and sometimes others) incredibly hard because they don't feel good enough — and achieving more, looking perfect, pleasing everyone, and "having it all together" becomes a way to feel in control and worthy.... But perfectionism doesn't make us feel more confident, accepted, or successful. It holds us back and makes it harder for us to do many of the things we want to accomplish and prevents us from being our authentic selves..."

Brene Brown, PhD, in her book The Gift of Imperfection, shares that "research shows that perfectionism hampers success. In fact, it's often the path to depression, anxiety, addiction, and life paralysis."

Perfectionism is unrealistic, self-critical, even self-destructive. On the other hand, "healthy striving" is self-compassionate, self-aware, and promotes personal growth and development.

As Brown describes, "Healthy striving is self-focused: "How can I improve?"

Perfectionism is other-focused: "What will they think?"

As you move into these final weeks and prepare your papers, presentations, and to enter the workforce, ask yourself questions such as: How can I learn? How can I grow and develop, personally and professionally? How can I realize and share more of the authentic me? And envision yourself striving in such a way and consider just how great that could be.

Nietzsche said "You must have chaos within you to give birth to a dancing star." I think we are, each of us, with all of our parts, those dancing stars. And it is from our imperfections, the hiccups, and the messy parts that we learn, and grow, and shine bright!



If you like You Matter please 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:

SOCW 3308 - SOCIAL WORK RESEARCH METHODS					
Class	Section	Course Attribute	Days & Times	Room	Instructor
8209	001-LEC	Regular	Online - TuTh 2:00PM - 2:20PM	TBA	Marcela Nava
Course Attribute		Course Attribute Description			
ONLINE		All instruction and tests online			
ONLINE2		All classes and tests online - synchronous			
Class	Section	Course Attribute	Days & Times	Room	Instructor
9011	002-LEC	Regular	Hybrid - Th 7:00PM - 9:00PM	TBA	Dr/An O Roper
Course Attribute		Course Attribute Description			
HYBRID		Online with some in person requirements			
HYBRID2		Meets on campus one day per week			

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

SOCW 3318 - SCREENING, ASSESSMENT, & ENGAGEMENT					
Class	Section	Course Attribute	Days & Times	Room	Instructor
9218	001-LEC	Regular	Online - TBA	OFF WEB	Donald Schuman
Course Attribute		Course Attribute Description			
ONLINE1		All classes and tests online - asynchronous			
ONLINE		All instruction and tests online			

- 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



August 6th Marks the 75th Anniversary of the Bombing of Hiroshima and Nagasaki

On August 6, 1945, during World War II (1939-45), an American B-29 bomber dropped the world's first deployed atomic bomb over the Japanese city of Hiroshima. The explosion immediately killed an estimated 80,000 people; tens of thousands more would later die of radiation exposure. Three days later, a second B-29 dropped another A-bomb on Nagasaki, killing an estimated 40,000 people. Japan's Emperor Hirohito announced his country's unconditional surrender in World War II in a radio address on August 15, citing the devastating power of "a new and most cruel bomb."

URL Reference:
<https://www.history.com/topics/world-war-ii/bombing-of-hiroshima-and-nagasaki>

Find more information, resources and videos [here!](#)



Addressing Mental Health Workforce Needs



The US has a major shortage of mental health providers, as well as barriers to accessing evidence-based and culturally and linguistically responsive care among diverse subpopulations. Curated by the MHTTC Workforce Development Working Group, this document defines the mental health workforce and workforce development, identifies major needs of the mental health workforce, and highlights projects of the MHTTC Network designed to address those needs.

Download Link [Here](#)

Website Reference:
<https://mhttcnetwork.org/centers/global-mhttc/product/addressing-mental-health-workforce-needs>

Stay Safe

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 outside, 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 at 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 through this form 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 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](#).

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.

24/7 Support - Texted 2011
24/7 Support - Texted 2011

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

Learn the Warning Signs.

THE UNIVERSITY OF TEXAS AT ARLINGTON
COUNSELING & PSYCHOLOGICAL SERVICES

MAVS talk

24 HOUR CRISIS LINE

817-273-TALK (8255)
WWW.UTA.EDU/CPAPS
503 RANDOLPH HALL

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

Evidence-Based Practice Research Guide

How to gain access to SSW writing resources:
[Advising & Student Success Canvas](#)

In Crisis? Text HELLO to 741741

2020-2021 | Page 3413 | Confidential

UTA Library Accessibility

DREAMERS WELCOME

Dreamers at UTA

COVID-19 MEAL DISTRIBUTION

Boys & Girls Clubs of Greater Tarrant County will be distributing meals, food and snacks! Curbside meal distribution will occur Monday - Friday from 4-6pm.

Distribution Locations:

East Branch 2012 Wynn Way Ft Worth, TX 76104	Eastside Branch 4012 Wynn Way Ft Worth, TX 76104	Main Branch 2012 Wynn Way Ft Worth, TX 76104
Martin Branch 2012 Wynn Way Ft Worth, TX 76104	NW Branch 2012 Wynn Way Ft Worth, TX 76104	South Branch 2012 Wynn Way Ft Worth, TX 76104
West Branch 2012 Wynn Way Ft Worth, TX 76104	Westside Branch 2012 Wynn Way Ft Worth, TX 76104	Westside Branch 2012 Wynn Way Ft Worth, TX 76104

All Are Welcome!

- Meals are distributed on a first-come, first-served basis.
- Meals are distributed to anyone in need, regardless of age, gender, or ethnicity.
- Meals are distributed to anyone in need, regardless of age, gender, or ethnicity.
- Meals are distributed to anyone in need, regardless of age, gender, or ethnicity.

First Come, First Served!

Parkland Financial Assistance

Financial assistance is available for students who are experiencing financial hardship. For more information, contact the Financial Aid Office at (817) 273-1234.

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**.

Want to help improve campus mental health services?

Be a part of a research study on the impact of COVID-19 on campus mental health services. If you are a student at the University of Texas at Arlington, you are eligible to participate. You will be compensated for your time and travel. You will also receive a letter of appreciation. Contact your supervisor for more information.

LENDING A HAND

COVID-19 has severely affected North Texas communities. Many families have lost jobs and income. Lending a Hand is a volunteer program that provides food, clothing, and other necessities to families in need. If you are interested in volunteering, please contact your supervisor for more information.

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

I always wondered why somebody doesn't do something about that.

Then I realized I was somebody.

- Lily Tomlin

FOLLOW US ON SOCIAL MEDIA



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