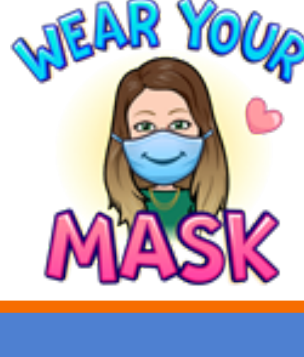


# BSW Weekly Program Update

August 31, 2020



## Important Updates

### Field Placements

- Fall field students: Learning contracts are due September 18<sup>th</sup>!
- [InPlace Training](#) can be found here!
- Spring field applications will open on October 1<sup>st</sup>. You will receive an email with instructions on Oct 1. The field application closes on November 27<sup>th</sup>!
- Fall field calendar has been posted online [Fall Field Calendar](#)
- [Field forms are available here!](#)

### Virtual Listening Session



We hosted a virtual listening session for social work students on Tuesday, August 18 about the return to school this fall!

### Virtual Listening Session Link

You may use the above link to watch the recorded session.

[Find a list of common FAQs here!](#)

## You Belong Here!

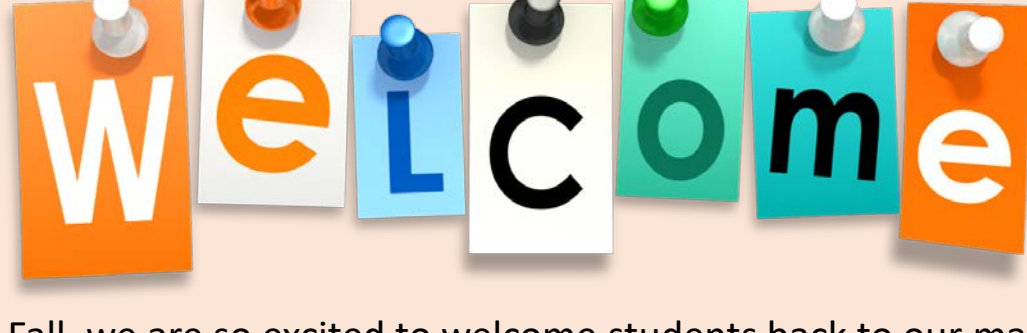


Please respond to [this survey](#) to let us know how we are doing in communicating that to you!

### Computing Study Spaces Maps

Please see the attachment in the email to find the study spaces near you!

## Social Work Welcome Center



This Fall, we are so excited to welcome students back to our main campus! We've created the **Social Work Welcome Center**, located in **Building A, Room 104**, to provide a safe and easy way to get your questions answered and needs met. **Simply stop by the Welcome Center between 8:30 am and 5:00 pm Monday through Friday**, and you will be greeted by a friendly member of the Academic Affairs team. They will immediately connect you using Microsoft Teams with a member of our Advising Team, Field Team, or a program administrator for a virtual meeting. The greeter will set up the meeting and connect you using a handheld tablet, and you'll be able to use the room just next door, Room 108, to have a quiet space for your meeting. Once you're finished with your virtual meeting, simply return the tablet to the Welcome Center, where it will be sanitized and ready for use by other students. The Social Work Welcome Center is a "one-stop shop" for all of your academic needs on campus, and we look forward to seeing you there!

### Job Posting

### Student Research Assistant Job- Fall 2020

We are looking for a self-motivated student to join our team for a project exploring the transportation resources and needs and well-being of older Vietnamese and Vietnamese Americans in the Dallas/Fort Worth area. Responsibilities include distributing flyers and assisting with study recruitment, describing the research to potential participants, administering surveys, and attending weekly team meetings. **Must be fluent in Vietnamese and English**; good communicator over the telephone; and accurate in data entry. Successful candidate will be able to skillfully and patiently interact with older adults; experience working with older adults preferred but not required. This hourly position will entail approximately 5-10 hrs/week. Hours are flexible. Data collection and team meetings are by phone or video conference. For more information or to submit a resume, contact Dr. Rebecca Mauldin at [rebecca.mauldin@uta.edu](mailto:rebecca.mauldin@uta.edu).

### Office of Undergraduate Research

The Office of Undergraduate Research (OUR) provides, tracks, and assesses research opportunities for undergraduate students through informal (non-paid internships/volunteer) and formalized (program/employment) opportunities. OUR is also part of the Maverick Advantage distinctions and provides four funded and formalized undergraduate research opportunities.

To request an appointment to discuss undergraduate research, [please click here](#). Additionally, OUR undergraduate student research support, guidance with the inclusion of research in undergraduate courses, and funding support through internal and external funding opportunities. [Watch our YouTube Video!](#)

## Virtual Events of the Week

The Lockheed Martin Career Development Center's **Virtual All Majors Job and Internship Fair** via the platform **vFairs** over the course of three days: **Tuesday, September 15<sup>th</sup>; Wednesday, September 16<sup>th</sup>; and Thursday, September 17<sup>th</sup>**, from **1:00 p.m. – 5:00 p.m. CDT**. We now have our student preparatory workshops available for all students as well as student and alumni registration (links below).

In order to prepare **students and alumni** for the virtual job fair, we are hosting the following preparatory events:



**Tuesday, September 8<sup>th</sup>:**  
**Prepare for the Fair**  
2:00 p.m. – 4:00 p.m., <https://bit.ly/prep4fair9820>  
**Navigating the Virtual Job & Internship Fair**  
4:00 p.m. – 5:00 p.m., <https://bit.ly/naviobfair9820>  
**Monday, September 14<sup>th</sup>:**  
**Navigating the Virtual Job & Internship Fair**  
12:00 p.m. – 1:00 p.m., <https://bit.ly/naviobfair9420>

## Student Organization Spotlight

### African American Social Worker Student Alliance (AASWSA)

\*\*\*\*\*

**Fall Semester Kickoff Meeting**

**Thursday, September 24<sup>th</sup> at 6pm**

**Via Microsoft Teams**

Come out to learn more about this organization and help in planning for the upcoming year!

Please contact Dr. Jandel Crutchfield at [jandel.crutchfield@uta.edu](mailto:jandel.crutchfield@uta.edu) to receive the Teams information!

## YOU MATTER!

### What's Good for You?

Welcome back for a new semester of school! The beginning of the semester is always an exciting time. To more fully realize your vision of a great semester and continue to develop your personal and professional Social Work skills, **self-care is vital**.

From my experience, personally meaningful and successful self-care is rooted in two great practices: **self-reflection** and **self-compassion**.

While you may be familiar with self-reflection, self-compassion may be newer to you. Simply described by Kristen Neff, Ph.D., **"Self-criticism asks: are you good enough? Self-compassion asks: what's good for you?"**

To begin our practice in self-compassionate self-care, take some time this week to ponder the following questions from PsychCentral Associate Editor, Margarita Tartakovsky:

- What is one healthy thing I can do to support myself when I'm sad or stressed out?
- When I am hurting – physically or emotionally – the kindest thing I can do for myself is?
- What is one story that doesn't support me, which I can reinterpret?
- What would I say to someone I deeply care about who was struggling with the same issue I am?
- If I loved myself fully, how would I treat myself every day?
- What's one small way I can start doing that today?

This semester, consider checking in weekly with this You Matter section of the newsletter where we explore a wide range of mind and body-based self-care practices that always encourages honest self-reflection and personal growth rooted in unconditional self-compassion.

*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!*



### SSW Academic Advising

- All academic advising appointments will be done via phone or Microsoft Teams.
- Fall Census Date is September 11<sup>th</sup>!** After this date, students cannot add or swap classes. If you drop a course after Census, you'll receive a grade of W on your transcript.

### 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 (formerly Keiana Green) – [keiana.crain@uta.edu](mailto:keiana.crain@uta.edu)

## Instructional Plans for Fall Courses

- Courses originally listed in MyMav as face to face will now be 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
82091	001-LEC	Regular	ONLINE: Tu-Th 2:00PM - 3:20PM	TBA	Marcelle Nava
Course Attribute		Course Attribute Description			
ONLINE		All instruction and tests online			
ONLINE2		All classes and tests online - synchronous			

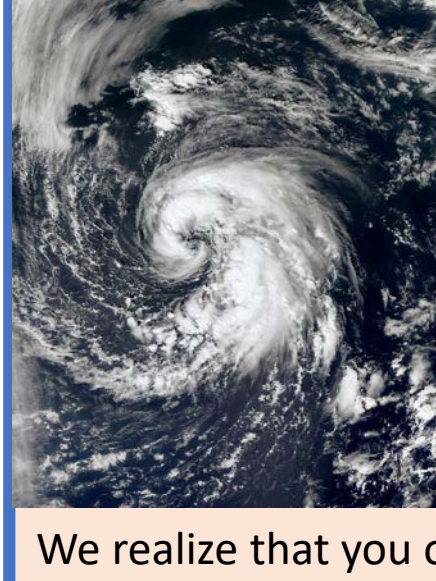
Class	Section	Course Attribute	Days & Times	Room	Instructor
90111	002-LEC	Regular	HYBRID: Tu 7:00PM - 9:50PM	TBA	De'An O'Roger
Course Attribute		Course Attribute Description			
HYBRID		Online with some in person requirements			
HYBRID2		Meets on campus one day per week			

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

Class	Section	Course Attribute	Days & Times	Room	Instructor
92718	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.

## SOCIAL JUSTICE SPOTLIGHT



Oftentimes, we do not recognize that hurricanes, extreme weather events and environmental issues, directly impact vulnerable and marginalized populations. It is during these unprecedented times that we all must unite and extend a hand or help wherever we can.

We realize that you or your loved ones are possibly in the area affected by the Hurricane, however, we hope you and yours are all safe and well. In this time, please know we at the School of Social Work want to support you. Please let us know if you need accommodations or other forms of support by contacting your Graduate Student Leader. If you need assistance with University resources such as financial assistance, please contact Student Affairs at [studentaffairs@uta.edu](mailto:studentaffairs@uta.edu) or 817-272-6080. For other resources, please visit **Mavs Unite in Canvas** as we will be adding a section specific to you with resources. Finally, do not hesitate to call the MAVS TALK 24-hour crisis line to speak with a crisis counselor available 24/7: **(817) 272-TALK (8255)**.

### Know Thyself - Socrates

#### Calendar vs To-Do List

- If you don't have a calendar, you want to consider one.
- If you don't create to-do list, you definitely want to develop them.
- Calendars
  - Allows you to put all of your deadlines and visualize how much time you have.
  - Requires upkeep (it's totally worth it, though)
  - Can integrate to-do list tasks into calendar (This "will" drive some people bananas...)

#### To-Do Lists

- Daily and weekly...update throughout the day, every day...
- Make one every day
  - What do I have to get done today?
  - What do I have to do today to get "this thing" done by "later this week"?
- Task-Chunk
  - Take a big assignment and break it into smaller parts.
  - Do one part of the assignment each day that grows into the larger project.
- Use your list to reduce your internal distractions
  - Oh! I need to call "this person". Instead calling them at that moment, put it on the to-do list.

**GOAL - If you don't do anything else differently make a to-do list! It can be lifesaving!**

The above is pulled from a PowerPoint that Michelle G. Mullen, MS, CRC, CPRP, PhD Candidate, University of Massachusetts Medical School, Transitions to Adulthood Center for Research, put together to help students navigate these unprecedented times. Mavs Unite offers these to help you reach your goals this semester!

## 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 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](#).

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.**

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 505 RANDOLPH HALL

### Check Canvas for the MavsUnite page. To add it, please email Dayton Williams

UTATri-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.

### Evidence-Based Practice Research Guide

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

In Crisis? Text HELLO to 741741

800-557-0881 Page 3/17 Confirmed

**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: 20211 Western Trail, Arlington, TX 76010

Eastside Branch: 20201 Eastside Ave, Fort Worth, TX 76106

North Branch: 20201 North Branch Ave, Fort Worth, TX 76106

West Branch: 20201 West Branch Ave, Fort Worth, TX 76106

Westside Branch: 20201 Westside Ave, Fort Worth, TX 76106

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### Parkland Financial Assistance

Financial assistance is available for students who are experiencing financial hardship. Contact the Financial Aid Office for more information.

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

If you or someone you know is experiencing mental health issues related to COVID-19, 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.

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### Want to help improve campus mental health services?

Be part of a research study on the impact of COVID-19 on campus mental health services.

Participating in this study will help us understand the impact of COVID-19 on campus mental health services.

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