



UNDERGRADUATE WEEKLY UPDATE  
2/10/20

Please note Director's Hours are canceled for 2/11.

**Friday February 21st**  
Lunch will be provided

**GENDER BASED VIOLENCE RESEARCH COLLABORATIVE SYMPOSIUM**

**SSW Complex B-207**  
**12:30 PM - 3 PM**  
Research Presentations  
by SSW & TCU Faculty,  
Students & Grads

UNIVERSITY OF TEXAS ARLINGTON | SCHOOL OF SOCIAL WORK

**THE LGBTQ+ PROGRAM CAN NOW ASSIST WITH CANVAS & EMAIL UPDATES FOR STUDENTS CHOSEN NAME!**

Please contact **Jessica Sanchez**, Assistant Director of LGBTQ+ Program to get the process started!  
Email: [jessica.sanchez@uta.edu](mailto:jessica.sanchez@uta.edu)

UTA IS A COMMUNITY THAT CARES

**Weekly Events**

**2/10/2020**  
10 am  
Art exhibitions in the Gallery- Fine Arts Bldg. 169  
1 pm  
Career Spot Drop- Ins- Lockheed Martin Career Development Center  
6:30 pm  
Mind & Meditation- Maverick Activities Center, 102B

**2/11/2020**  
12 pm  
Taco Tuesday with RVSP- Carlisle Suite, University Center  
7:30 pm  
Maverick Speaker Series: Common- College Park Center

**2/12/2020**  
12 pm  
Maverick Conversation: Black Culture- Carlisle Suite, University Center  
12 pm  
Tail Waggin Days- 6<sup>th</sup> floor Central Library Parlor  
6 pm

**YOU MATTER**

**7 min**

**Rest**

Can you spare 7 minutes to do nothing more than lay down and be still and quiet? This lying down “exercise” is called Repose, and it literally means “to rest again.” The benefits may astound you!! People who practice Repose experience increases in:

Happiness	Optimism
Openness	Receptivity
Self-image	Resilience
Social connection and support	Attention
Physical health and well-being	Creativity
Memory	Mental acuity
solving	Problem-

To perform Repose, all you have to do is to intentionally take a pause in your day, lay down comfortably on your back with legs extended and gently spread, arms out wide and palms up, and rest in that position for 7 minutes. That is all you have to do. Repose, “Rest again”, and you can feel better, think better, and live better.

Shamas, V., & Maker, J. (2018). Mindfulness, learning, and the creative process. Gifted Education International, 34(2), 129-143. DOI: 10.1177/0261429418763386

Spirituality & Social Work and Health with Hearts presents  
**HEART TO HEART**

*Valentine's Day*

INTERLOCHEN REHAB CENTER

**DECORATE A VALENTINE FOR MEMBERS AT ASSISTED LIVING CENTER**

First Floor of Social Work Building A

**AASWSA**

**Join the African American Social Workers Student Alliance**

**We're focused on enhancing the understanding and appreciation of diversity and to provide service to the broader community!**

**Join us on February 11th at 6:30 pm in room B107**

**Light refreshments will be provided**

**OFFERING THE FOLLOWING**

**Summer 2020 SCHOLARSHIPS**

- Dean's Excellence in Social Work & African American Studies/Diversity Studies
- Dean's Excellence in Social Work & Mexican American/Diversity Studies
- Joseph, Lucille & Rebecca Hegar Scholarship (PhD students)
- Roy & Betty Dulak Scholarship (CAP students)

**Deadline to apply**  
**March 2, 2020**

**Go to SSW Scholarships for more information.**

ABSTRACT SUBMISSIONS ARE NOW BEING ACCEPTED UNTIL MARCH 18, 2020.  
SUBMIT **HBRE**



UTA's School of Social Work & College of Nursing and Health Innovation present the **2nd** Annual Research Symposium:  
**“HEALTH ACROSS THE LIFESPAN”**

Faculty, students, and trainees presenting cutting-edge research aligned with the strategic goal of health and the human condition.

**April 22, 2020 8:00 AM – 1:00PM**  
Bluebonnet Ballroom, University Center

**Love or HATE TAO (Therapist Assistance Online)? Dr. P wants to know! See attached flyer for how to get free pizza for sharing your thoughts!**

**SOCIAL WORK COUNCIL**

**ADVOCACY DAY**

**MARCH 6**  
REGISTRATION IS OPEN UNTIL FEBRUARY 21ST

EMAIL: [UTASOCIALWORKCOUNCIL@GMAIL.COM](mailto:UTASOCIALWORKCOUNCIL@GMAIL.COM)  
FOR THE REGISTRATION FORM OR FOR MORE INFORMATION

**DON'T FORGET**

- Spring Graduation Application Deadline – March 2<sup>nd</sup>
- Spring Break – March 9-15
- Last Day to drop a class – April 3<sup>rd</sup>
- Summer Graduation Application Deadline – July 1<sup>st</sup>



**INTERESTED IN SOCIAL WORK COUNCIL?**

**Want to Discuss Advocacy Day?**

*Come to our next Meeting!*

**FEBRUARY 19TH**  
**1PM**  
**SWCB 107**

We will be discussing Advocacy Day and what you need to know if you want to participate, which you should!

