



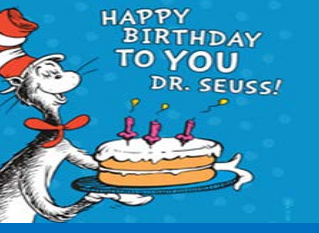
UNDERGRADUATE PROGRAMS

UNDERGRADUATE WEEKLY UPDATE

2/24/2020

UPCOMING EVENTS

2/29/2020
9 am-1 pm
Dr. Seuss' Birthday Celebration!- Palo Duro Lounge, UC



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

UTA SCHOOL of SOCIAL WORK IS 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.

Weekly Events

2/26/2020
12 pm
All Majors Job Fair- Maverick Activities Center
Voter Registration- UC Mall/Maverick Activities Center

TAKE A BREAK



Breathe

Feeling stressed? Want to relax? Just breathe!... Deep breathing exercises have been proven to have a great of range of benefits for the body. Breathing exercises can

- reduce the stress response in the body,
- culminate in a deep sense of calm and relaxation
- aid cognitive function, and
- lower heart rate and blood pressure,
- improve the immune system,
- enhance emotional health.

What's more, deep breathing exercises come in a variety of different styles; are free; can be done just about anytime and anywhere; and the healing powers will begin working in just one breath!

To try breathing exercises, **check out the TAO Mindfulness Library** (Therapy Assistance Online). Breathing exercises found on TAO include Deep Breathing, Mindful Breathing #1, Mindful Breathing #2, and Breathing in Peace and Energy.

TAO is a free mental health and well-being resource to all UTA students and is located on the CAPS (Counseling and Psychological Services) website. If you are new to TAO, signup and sign-in is located towards the bottom right-hand side of the following CAPS page:
<https://www.uta.edu/caps/services/index.php>

Reference:
Spaeder, K. (2019, February). Benefits of Deep Breathing. Retrieved from <https://www.livestrong.com/article/92264-benefits-deep-breathing/>

WHAT'S THE BUZZ?

DON'T FORGET

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

SPRING ALL MAJORS JOBFAIR
Wednesday, February 26th
Maverick Activities Center
12:00 p.m. - 4:00 p.m.

DRESS TO IMPRESS!
BRING 7 COPIES TO US!
WEAR A SUIT!

Bring **SEVERAL** copies of your resume & don't forget to have them reviewed **BEFOREHAND**.

FOR A COMPLETE LIST OF EMPLOYERS, VISIT UTA.PDFHANGAR.COM AND SEARCH FOR "SPRING ALL MAJORS JOB FAIR" UNDER THE EVENT TAB.

WITH COMPANIES INCLUDING **HPV HEALTHY - CITY YEAR - HIGLEY INVESTMENTS - HURTH WILLIAMS COMPANY - STATE BANK AND MORE!**

Open to UTA students and alumni only.
No pre-registration is required.
For more information, visit uta.edu/events

Handshake

The Collective for Orphan Care and Education

ABOUT US
This nonprofit has been inspiring global partnerships to improve the health, education and well-being of vulnerable populations. We support women and children in gaining the knowledge, power and tools necessary to lead healthy, safe and productive lives. For more information: <http://www.cocokenya.org/home.html>

VOLUNTEER OPPORTUNITIES
If you or your organization would like to volunteer or help fundraise for this cause please contact Karla Arenas-Itoitia karla.arenas@uta.edu or Eusebius Small esmall@uta.edu

WWW.COCEKENYA.ORG

UTA School of Social Work & the African American Social Work Student Alliance Present

FILM SCREENING & PANEL DISCUSSION

ILLUSIONS :

THE HISTORICAL AND CONTEMPORARY SIGNIFICANCE OF BLACK CODES

Screening of the 1982 film "Illusions," the story of an African American Hollywood film executive who "passes" as white in the 1940s. Following the film, SSW faculty will host a panel moderated by Dr. Jandel Crutchfield.

WED., FEB 26
5 P.M. - 7 P.M.

SSW COMPLEX
A-109

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CONNEXIONS

Connexions is a LGBTQ+ Peer Led Support Group open to all identities. It is a space for making connections, healing, processing and resources.

| | |
|----------|---------------------------------|
| LOCATION | Ransom Hall 301 |
| TIME | 12:15-1:00 PM |
| DATES | 2/28, 3/6, 3/20, 4/3, 4/17, 5/1 |

LGBTQ+ UTA is a Community That Cares #UTACARES

NATIVE AMERICAN STUDENT ASSOCIATION

25TH SCHOLARSHIP BENEFIT POWWOW

February 29th 10 am - 10 pm @ the MAC

SIGN UP TO VOLUNTEER AND HELP US WITH OUR BIGGEST POWWOW YET

Sign up here on a google drive: <https://forms.gle/V9Mw1G1vpyfVeNehA>

If you would like to preorder a t-shirt please send us an email to utasocialworkcouncil@gmail.com or contact us on the Teams chat, with your name, size, and quantity of shirts that you would like to purchase. The shirts will cost **\$25 each, with the exception of sizes 2XL and 3XL**. Cash or checks made out to Social Work Council will be accepted. **Sizes: S, M, L, XL, 2XL (\$27), and 3XL (\$29)**



STUDENTS FOR GLOBAL CHANGE

A STUDENT ORGANIZATION WITH THE PURPOSE TO PROMOTE INTERNATIONAL UNDERSTANDING, EDUCATION, AND RESEARCH FOR STUDENTS AT UT ARLINGTON. THIS ORGANIZATION SEEKS TO UNITE UNDERGRADUATES AND GRADUATES TO ENGAGE WITH INTERNATIONAL SOCIAL ISSUES.

Interested in working with/aiding international populations? Have a passion for helping refugees and volunteering? Want to get involved in the UTA and DFW communities? Looking for a place to have an open discussion and advocate for those affected by our current political climate? Join us!

We are currently recruiting members! Online students are also welcome (meetings will include Zoom link).
Feel free to reach out to Karla Arenas-Itoitia karla.arenas@uta.edu or Eusebius Small esmall@uta.edu

GAY GYM CLUB

Need a workout partner? The LGBTQ+ Programs Pride Peers got you! Meet them biweekly on Tuesday evenings starting February 25th, 2020 at 6:00 PM inside of the doors of the MAC. Look for students with PRIDE t-shirts on ready to workout!

All fitness levels welcome!

Workout Meeting Times:
2/25, 3/3, 3/17, 3/31, & 4/18

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