



UNIVERSITY OF  
**TEXAS**  
ARLINGTON

SCHOOL OF  
SOCIAL WORK

BACHELOR OF SOCIAL WORK



## WEEKLY UPDATE

March 1, 2021

## SOCIAL JUSTICE SPOTLIGHT



SOCIAL WORK ADVOCACY DAY!  
A FREE VIRTUAL EVENT

### NASW/TX SWAD 2021

March 1st - 5th 2021



#### WHAT TO LOOK FORWARD TO:

- A virtual SWAD Week with a new policy theme each day
- Daily morning rallies and afternoon policy debriefs
- A virtual platform that fits your schedule
- Download the NASW/TX SWAD app to network & learn more! about the days activities, action alerts, and more
- A chance to earn an NASW/TX Advocacy Certificate
- A chance to win an \$10 Starbucks gift card

**JOIN US FOR A SWAD  
VIRTUAL PREP EVENT  
FEBRUARY 28TH, 2021 @7PM**

Hosted with St. Edwards University for a virtual event to get everyone fired up and ready to advocate!

Learn more & register:  
[http://bit.ly/2021\\_SWADwebsite](http://bit.ly/2021_SWADwebsite)

## SWAD WEEK 2021

### Schedule

**SUN** Preparing for SWAD:  
Advocacy 101 7pm-8pm

**MON** 9-9am: SWAD Kickoff  
12-1pm: "Why Advocacy Matters"  
4-5pm: Policy Debrief - Texas State University

**TUES** 9-9am: Morning Rally  
4-5pm: Policy Debrief - Texas Christian University

**WED** 9-9am: Morning Rally  
12-1pm: "Ending Detention and Border Policies that Exclude Asylum Seekers"  
4-5pm: Policy Debrief - The University of Texas at Austin

**THUR** 9-9am: Morning Rally  
12-1pm: NASW/TX LGBT Committee Panel  
4-5pm: Policy Debrief - University of Houston

**FRI** 9-9am: Morning Rally  
12-1pm: #SickOfItTX Medicaid Expansion Rally  
4-5pm: Policy Debrief - The University of Texas at Arlington

### Theme

Preparing for  
SWAD TX 2021

Social Work is  
Essential!

Mental Health  
Matters

Migration is a Human  
Right, Cosponsored  
with **RAICES**

Y'all Means All: LGBTQIA+  
Civil Rights, Cosponsored  
with **Equality TX** and **TENT**

Health & Wellbeing of All  
Texans, Cosponsored with  
**#SickOfItTX**



NASW/TX

### SOCIAL WORK ADVOCACY DAY

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## STUDENT ORGANIZATION SPOTLIGHT

UTA SCHOOL OF SOCIAL WORK



### STUDENT ASSOCIATION FOR MACRO SOCIAL WORK (SAMSW)

WANT TO LEARN MORE ABOUT MACRO SOCIAL WORK  
AND CONNECT WITH OTHER CAP STUDENTS?

JOIN US FOR OUR KICK OFF MEETING!

TUESDAY | MARCH 9  
5:30PM - 6:45PM | TEAMS

[Click here](#) to join the meeting.

Interested in becoming a SAMSW member?  
[Click here](#) or scan the QR code to sign up!



## WINTER STORM RECOVERY

- Students affected by the recent winter storm may be eligible for **UTA's Emergency Assistance Fund**. Those experiencing a temporary financial hardship resulting from this disaster can request a one-time award of up to \$500 to cover related expenses. Find more info [here](#).
- Apply for assistance from **FEMA** [here](#).
- Find **Arlington** storm recovery resources [here](#).
- Find **Fort Worth** storm recovery resources [here](#).



## GET SUPPORT

**CAPS LET'S TALK**

Let's Talk is a peer support group for students with mental health concerns. We offer a safe space to share experiences and learn coping strategies.

**APPOINTMENT TIMES**  
Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, Saturdays, Sundays, and Holidays.

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**IN CRISIS? CALL 911 OR 24 HOUR CRISIS LINE 877-275-4873**

**SURVIVORS SUPPORT GROUP**

Where: Monday, Tuesday, Thursday & Friday  
Time: 12:00-1:00 PM \* In Person  
Where: The Blue Room  
Room: Hall 301

Receive support, learn coping skills, take part in healing activities & connect with other survivors.

For more information, please contact: [info@survivorsupportgroup.org](#)

**BE HEARD**

**BE HEARD**

**MAVS TALKS WORKSHOP**

Open to all UTA students!

Learn about the importance of mental health and how to seek help. This workshop is designed to provide students with the tools and resources they need to manage their mental health.

**Topics:**  
Anxiety, Depression, Stress Management, Self-Care, and more.

**Workshop Details:**  
Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, Saturdays, Sundays, and Holidays.

### Upcoming Mavs Talks Workshops:

- Fri 3/5: 2-2:30pm: Anxiety
- Thu 3/11: 2-2:30pm: Loneliness & Social Isolation

**JOIN THE CONVERSATION**

**MAVS HOUR**

**WHO:** ALL UTA STUDENTS

**WHAT:** SOCIAL CONNECTION & SUPPORT FOR MAVS

**WHEN:** WEDNESDAY 5PM (ROTATED WEEKLY)

**WHERE:** MOUNTAIN VIEW CLINE CLARE (MAVS CENTER)

**WHY:** FOSTERING POSITIVE CONNECTIONS & SUPPORT FOR MAVS

For more Mavs Hour info please e-mail:  
[Chantinia Chansler](#)

Check out UTA's on-demand and live classes like HIIT the Deck, Mixxed Fit, Zumba, NASA Nap, Yoga, and Sit & Stretch:

**UTA VIRTUAL FITNESS PROGRAM**

GROUP FITNESS | HOME WORKOUTS | FITNESS CHALLENGES

**UTA**



## YOU MATTER

### I'm Listening

Recently, I was getting ready to go for a walk with my wife, but a friend was going to call my wife while we were walking. My wife still wanted to walk with me, but she asked me not to talk. Even though this is a friend we both talk to and they both didn't mind that I could be a listening part of their conversation, she didn't want to be interrupted. That was completely understandable for her and our friend. "No problem," I thought. I was glad to just be outside and on a walk with my wife and glad that she had time for our friend.

Over the course of the walk, I tried to focus on a variety of things - the birds, the blue sky, my breathing - but I kept finding myself only able to sustain attention to what my wife was talking about. What was so striking about this is that over the past few years I've noticed myself, from time to time, losing focus or completely unable to pay attention when in conversation with others. I don't like that at all. I want to listen deeply and intently to others. Yet, sometimes it is so hard for me.

Why was this time so different? Why could I listen now, so intently, like I never have before? After a while my focus waned from my wife and went to these questions. Shortly after pondering, I had my first insight. *I realized that I could listen so carefully because I didn't have the option to respond. My internal mental focus wasn't on what I would say in response, just to understand.*

A few days later I had another important insight. Personally and professionally, I overburden myself with the belief that my response - the idea, the insight, solution, or "smart" thing I have to say when someone shares with me - is the most important thing I do for others, whether I'm teaching, counseling, or just being a friend. *A smart, well thought out and articulated, or problem solving response may not be what's most important, at least it's not what comes first. Being present, listening, understanding as best I can and affirming the personhood of the one sharing is.*

So, why do I share this story? First, this may be an important professional practice to start working on. As you begin working with others, *don't overburden yourself with having all the answers. Answers come after understanding. And you will help others find their own answers when you seek first to understand.*

Furthermore, a great way to practice this could be personally. In the relationships where you feel most comfortable being yourself, *let go of having all the answers and needing to respond with insight or solutions. Practice deep listening, and be open to the new experiences that may come to you and those close to you.*

Finally, consider taking this personal practice to the most personal level. *When you recognize that your inner voice is talking, practice listening and not responding, especially negatively.* It's so easy to be our own worst critic, and respond to ourselves in ways that we would never respond to another. *I invite you to practice listening to yourself as you would someone you love dearly. Answers and new actions will come - they always do - when the priority and intention is being fully present with, supportive of, and understanding the one that is sharing.*

**Craig Keaton, MSW | Doctoral Student | Adjunct Professor**

*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!*







## ADVISING

- All academic [advising appointments](#) are currently being conducted via phone or Microsoft Teams.
- **Summer class registration opens April 5th.**
- Don't need a full advising appointment but have general questions? Join your advisor for their weekly Power Hour!

Keiana Tuesday 12:00-1:00 [Click here to join the meeting](#)  
 Mark Wednesday 12:00-1:00 [Click here to join the meeting](#)  
 Valerie Thursday 11:00-12:00 [Click here to join the meeting](#)

### 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 – [keiana.green@uta.edu](mailto:keiana.green@uta.edu)



## FIELD PLACEMENTS

- All students, agencies, and Field Instructors should use this URL for InPlace: <https://inplace.uta.edu/>
- The InPlace fee is \$67 per year or \$130 for a lifetime. Each student will need to plan to pay the InPlace fee on the first day of class for that semester they are starting field.
- [InPlace Training](#) and [Logbook Training](#) can be found here!
- The [Spring Field Calendar](#) lists important dates for current field students, as well as summer field application dates.
- **Summer Student Application is Open Feb. 15, 2021 – Apr. 09, 2021.** This is now updated on the Field website. Currently the Fall Field application is scheduled to open on April 12th - Jun 4th. We will let you know if there are any changes to the Fall application.
- [Field forms are available here!](#)
- [Field FAQ](#)
- [Spring 2021 Field Accommodations Q&A](#)
- If you are having technical difficulties with InPlace please email [sswfield@uta.edu](mailto:sswfield@uta.edu) and include a screenshot of the issue.
- For the *Spring 2021 semester*, CSWE has extended the reduction in field hours. Therefore, UTA SSW will continue with the reduced required minimum of 204 hours for Split students and a minimum of 408 hours for Block students for the Spring semester. For further information regarding accommodations for the Spring 2021 semester, please visit the Field webpage by following this [link](#).
- Contact [Sharon Martin](#), LMSW, Field Advisor III, with any questions! You can also connect with her during her Field Power Hours every 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month from 3:00-3:30. [Click here to join the meeting](#)

## GRADUATION

- **The deadline to [apply to graduate](#) in May is **March 1.****
- All students planning to graduate this spring must apply to graduate using MyMav. **You must apply to graduate regardless of whether you will walk at a [commencement ceremony](#).** Applying to graduate is necessary to have your degree conferred AND in order to receive your diploma. The fee is \$40.
- UTA is tentatively making plans for an in-person commencement ceremony May 13-15, but we don't yet have all of the details. As soon as we know specifics, we will share them. Please also check [here](#).

## MSW ADMISSIONS

Are you graduating this semester with a 3.0 or higher and hoping to start the MSW program this fall? The priority deadline for fall MSW admission is March 15th, though we accept MSW admissions on a rolling basis. The admissions calendar can be found [here](#). If you have any questions about the process of applying to the MSW, please contact [leslie.reyna@uta.edu](mailto:leslie.reyna@uta.edu).

## LICENSING

- The board recently made additional changes to the TX social work licensing process. Students in their final semester can now apply directly to ASWB to take the exam, and then apply to the board for a license after passing the exam and graduating. **If you're in your final semester and want to get started, [click here](#) to request the Dean's Letter for Licensure, which UTA will send to ASWB. More info can be found [on the ASWB cite](#) and our [SSW licensure page](#).**
- Interested in the LCDC? Stay tuned as we are developing a guide with the different paths to the LCDC that will be shared in this newsletter at a future time.



## VIRTUAL EVENTS OF THE WEEK



### Mindfulness & Stress Management Event

Do you feel overwhelmed?  
Need a break from your  
assignments?

Join us for our "Mindfulness and  
Stress Management" virtual event  
on Teams!

**Thursday, March 4th, 2021  
5 p.m. - 6 p.m.**

**CLICK HERE  
TO JOIN**



**Want to get involved but don't know how?**  
Get connected by joining a student organization!

*Join us at the Student Organization Showcase and  
learn about what these clubs have to offer.*

**WEDNESDAY | MARCH 3  
6:30PM - 8:30PM | TEAMS**

Find the list of participating student organizations [here](#).  
[Click here](#) to join the event!

### GERONTOLOGY MONTHLY MEETING



#### DID YOU KNOW?

The School of Social Work recently  
received a new Assistant Professor  
Michael Bennett MSW, KSW.  
Join us on 3/5/2021 at 4pm to hear about  
Bennett's involvement in research,  
palliative care, and other pursuits.

Contact [hiana.pineck@msw.uta.edu](mailto:hiana.pineck@msw.uta.edu)  
for a Microsoft Teams invite!  
Join our GroupMe to stay in the loop!



**Racism, Racial Bias,  
& the upEND Movement to  
Abolish the Child Welfare  
System**

**March 24th, 5:30 - 7 pm CST**

**with Alan J. Dettlaff, PhD, MSW**



**[Register at bit.ly/2MClqoW](https://bit.ly/2MClqoW)**

Hosted by  
St. Edward's University Social Work Program  
and the Social Work Student Association

Continuing Education Credits available

## Social Work Educators Advancing Antiracism

CSWE proudly celebrates Black History Month each year and looks forward to doing that in several ways in 2021. Today we want to highlight recommendations from CSWE's Task Force to Advance Anti-Racism in Social Work Education. Convened in 2020, this group presented initial recommendations to improve social work education and prepare students to dismantle racism in their social work practice. [Watch that video and learn more!](#)



## FUNDING

**School of Social Work Scholarships NOW OPEN!**  
Click [here](#) to apply by March 26!

**Part-time Bilingual Project Hope Coordinator Wanted!**



### THE PAT BRANDENBURG SCHOLARSHIP IN AFRICAN AMERICAN STUDIES



#### ABOUT THE SCHOLARSHIP

Pat Brandenburg, a UTA alumni, wants to help heal our nation's racial wounds by assisting promising students who are interested in African American Studies. Up to six \$5,000 awards are available. Recipients will be announced during "An Evening of Black Excellence: Achievements and Graduation" in early May.

for more information  
visit [http://www.uta.edu/uta/aa](#)  
or call (817) 257-1400

#### ELIGIBILITY CRITERIA

- Full-time undergraduate student
- 3.0 cumulative GPA
- Minor in African American Studies (preferred)
- Earned a "B" in at least one course from CAAS (AAST 2300, AAST 3310, AAST 3320, AAST 3330, AAST 4330)

#### APPLICATION REQUIREMENTS

- Two short essays (no more than 500 words)
- Two letters of recommendation

Visit us on social media  
FB: CAAS-UT ARLINGTON  
IG: UTARLINGTONCAAS

### Write for diversity story contest

UTA Libraries encourages students, faculty, and staff to share their creativity and insight in [Shifting Perspectives: A Short Story Diversity Contest](#). Write a fiction story on how the shifting of perspectives has allowed for a more inclusive and equitable viewpoint. The top prize is a \$500 gift card. Submissions are due by **Sunday, April 18**. Winners will be announced **Friday, May 21**, on World Diversity Day.



## RESEARCH



Student Research  
Opportunity Center

### Social Work Course Guides

#### SURVEY

We want to know how social work students are involved with advocacy.

[CLICK HERE FOR SURVEY](#)

Thank you!

The SPEAK Program

(Social Policy Education Advocacy & Knowledge)



## STAY SAFE

### Did you know?

Any Texas resident can register for a Covid vaccine in any Texas County! Sign up in Tarrant County [HERE](#) or Dallas county [HERE](#).

Dean Ryan's [Statement on COVID-19 Health Disparities](#)

[UTA's COVID Vaccine Resource Page](#)

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](#)

### Have you tested positive?

**Had close contact with someone with Covid?**

1. **Complete [mandatory reporting form](#)**

2. If needed, you can:

- Ask professors for deadline leniency
- Contact your [USL](#), Program Director and/or Academic Advisor for additional support and guidance.



### 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](#).

### MANAGING STRESS AND ANXIETY DURING COVID-19

UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

#### THERAPIST ASSISTED ONLINE (TAO)

Visit [TAOconnect.org](#)



#### THRIVE APP



Download "Thrive at UT" on App Store or Google Play

#### MAVS TALK 24HR CRISIS LINE

Call (817)272-8255



Visit [uta.edu/caps](#) for more information

UTA is a...  
COMMUNITY THAT CARES



### Job Announcement

The student hired for this position will be working under the direction of Dr. Noelle Fields and Dr. Ling Xu on a project funded by the National Institutes of Health (NIH). This project is a community-based intervention study with African American dementia family caregivers.

**Job Duties:** Job duties will vary depending on the needs of the project. Tasks will include, but are not limited to, the following:

- Report writing and literature reviews
- Attend weekly team meetings
- Data entry
- Data analysis (quantitative and qualitative)

**Position Details and Eligibility Requirements:** Two positions available—open to BSW students. Students do not need a recommendation letter from faculty—may just provide reference names. Research Assistants (RAs) must be flexible, highly motivated, and able to work independently or collaboratively on tasks as needed.

To be eligible, students must be:

- Current student of the BSW program
- Interested in research
- Well organized
- Proficient in written and oral communication
- Teamwork oriented
- Flexible with scheduling

**Compensation:** This position is a paid position at \$9.09/hour for 10 hours/week. Position is projected to start as soon as possible.

**To Apply:** Email Dr. Fields at [noellefields@uta.edu](mailto:noellefields@uta.edu) with a current resume. You will be contacted via your UTA student email address if you are selected for an interview. Questions regarding the position or the application process may also be directed to Dr. Fields.



## [UTA Academic Calendar](#)

## [Evidence-Based Practice Research Guide](#)



Check Canvas  
for the MavsUnite Page!  
To add please e-mail:  
[Chantinia Chansler](#)

## [SAR Center](#)

(Formerly Office of Students with Disabilities)

**MEAL DISTRIBUTION**

Boys & Girls Clubs of Greater Tarrant County will be distributing meals, food and snacks. Curbside meal distribution will occur Monday - Friday 4:00-5:30pm.

**Distribution Locations**

<b>Eastside Branch</b> 4851 Ramsey Ave Fort Worth, TX 76105	<b>Main Branch</b> 808 North Elm St. Arlington, TX 76011
<b>Martin Branch</b> 3123 Avenue G Fort Worth, TX 76105	<b>NW Branch</b> 2000 Ellis Ave Fort Worth, TX 76104
<b>Partner Branch</b> 1300 Hampshire Fort Worth, TX 76104	

**All Are Welcome!**

- Meals available to any child ages 18 years or younger (includes all ages of children).
- Meals will be distributed on long-term support units.
- Each car is given to each individual packaged meal and one person is given to the support unit.
- Meals are given to each support unit with each meal.

**Contact Us!**

For more information or questions contact:  
Lafayette  
LO REVEREND@GMAIL.COM

**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  
303 RANSOM HALL

[UTA Library Accessibility](#)

[On-Demand & Live Fitness Classes](#)

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**.

TEXAS Health and Human Services

**DREAMERS WELCOME**

In Crisis?  
Text HELLO to 741741

CRISIS TEXT LINE | Free, 24/7, Confidential

### Webinar Library

Isabella Hong, an MSW Alum, graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance. Special thanks to Jose B. Yerena, LCPAA, who has taken over updating the list on a weekly basis! **Please note that it is necessary to ask your supervisor permission for these to count towards any required field hours.**

[MSW Specialties](#)

[Social Work Webinars List](#)

[Basic Function of Teams](#)



### Rental Assistance Program

The [Tarrant County Rental Assistance Program](#) assists residents who have been impacted by the COVID-19 pandemic. For more details, email [renthelp@tarrantcounty.com](mailto:renthelp@tarrantcounty.com) or call [817-850-7940](tel:817-850-7940).

The Lifeline is **FREE**, confidential, and always available.

**HELP** a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

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

**Learn the Warning Signs.**

### Emergency Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency [may apply for financial help](#).

[Get Microsoft 365, The Wall Street Journal and Other Apps FREE with your student email!](#)

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

### 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](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.

If you have any questions or content suggestion for the newsletter, please contact Meghan Sheridan: [mls9929@mavs.uta.edu](mailto:mls9929@mavs.uta.edu)



**SCHOOL OF SOCIAL WORK**

211 S. Cooper Street, Arlington TX 76019  
Social Work Program  
(817) 272-3613

*"Don't be discouraged by your incapacity to dispel darkness from the world. Light your little candle and step forward."*

- Mata Amritanandamayi

FOLLOW US ON SOCIAL MEDIA

