



BSW Weekly Program Update

September 21, 2020



Important Updates

Field Placements

- [InPlace Training](#) can be found here!
- [Logbook Training](#) can be found here!
- Spring field applications will open on October 1st. You will receive an email with instructions on Oct 1. The field application closes on November 27th!
- Fall field calendar has been posted online [Fall Field Calendar](#)
- [Field forms are available here!](#)
- [Field FAQ](#)

Graduating in December?

All students planning to finish their degree this December must [apply for graduation in MyMav](#) by **October 1st**. The fee is \$40. [Here](#) are detailed directions on how to apply for graduation, with screenshots. **All students must apply for graduation regardless of the status of commencement ceremonies.** **Graduating** (getting your degree conferred/diploma sent to you) is different than **commencement** (walking at a ceremony). We do not know how the University plans to proceed with fall commencement ceremonies, but we will update you as soon as we are informed of the plans.



Social Work Licensing Update

Effective September 1, there are **some significant changes to the process of obtaining a Texas social work license!** [This new video](#) provides a detailed overview of what students need to do to apply for a license, about the exam, and other FAQs related to licensing and recent changes.



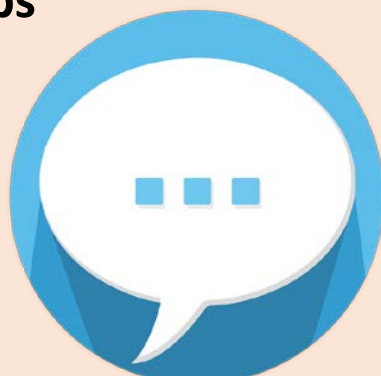
Help Mavericks in Need!



The [UTA/Tri-C Food Pantry](#) is in need of shelf-stable milk, oatmeal, toothpaste, and paper towels. To donate, please call 817-933-6520.

MAVS Talk Workshops

Learn about common concerns such as anxiety, loneliness, stress, or self-defeating thoughts among college students, and helpful ways to respond and re-direct toward your goals.



[List of Workshops](#)

SSW Academic Advising

- All academic advising appointments will be done via phone or Microsoft Teams.
- Census date passed on September 11, which means that if you need to drop a class between now and Nov 6 you must complete the [drop form](#) and you will receive a W (Withdrawn) on your transcript for that course.
- [Registration timetable dates](#) for Spring are published.

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

SOCIAL JUSTICE SPOTLIGHT

Texas Rising



Texas Rising is focusing its efforts on helping to register students across the DFW metroplex. During the primary runoff in July, more than 400 polling locations were closed in our region. And, Texas Rising student leaders are doing their part to fill this void by registering and educating students and young professionals.

Since March 14th we've registered over 5,500 new voters and we are asking you to partner with us in this mission by [donating](#) or [volunteering](#). You can also stay engaged through Election Day by sharing our [Activist Checklist](#). Let's work together to make November 3rd everything it should be!

September is Suicide Prevention Month!



Virtual Learning Labs: The modules in this Virtual Learning Lab are designed to address common questions and challenges you may face when planning and carrying out suicide prevention initiatives. While they were developed for specific settings (e.g., college campuses and state agencies), the guidance and suggestions are applicable in most contexts. Each self-paced module includes step-by-step guidance, online activities, examples, and handouts and worksheets that can help you advance suicide prevention activities.

Virtual Events of the Week

UNIVERSITY OF TEXAS AT ARLINGTON
HONORS COLLEGE

INTERESTED IN BECOMING A PART OF THE HONORS COLLEGE AT UTA?

JOIN US FOR

EXPLORE HONORS

Hear from current Honors Students and learn about what it takes to become an #HonorsMav

WED | SEPTEMBER 30TH AT 12PM
THURS | OCTOBER 22ND AT 10AM
FRI | NOVEMBER 20TH AT 2PM

Click the link to RSVP and choose your presentation day to get the link to join our online Zoom information session

JOIN THE CONVERSATION MAVS HOUR

WHO: ALL UTA STUDENTS
WHAT: SOCIAL CONNECTION & SUPPORT FOR MAVS
WHEN: WEDNESDAYS (TIME ROTATES WEEKLY)
WHERE: MICROSOFT TEAMS (LINK SHARED ON MAVS UNITE)
WHY: STAYING SOCIALLY CONNECTED WHILE PHYSICALLY DISTANT

FOLLOWING UTA'S PRINCIPLES OF COMMUNITY, MAVS HOUR IS A SAFE SPACE OF RESPECT, SUPPORT, AND CONNECTION FOR MAVERICK STUDENTS DURING THIS TIME OF COVID-19.

LUNAFEST Virtual Screening

Saturday, September 26 at 11:00 am

A series of short films that focus on women and gender issues. This year's event will be a virtual screening instead of an on-campus event.

24-hour vimeo link will be sent out Saturday, September 26, to all ticket holders. All ticket holders will be sent a vimeo link, good for 24 hours.

[Purchase Tickets Here](#)

LUNA FEST

RATED EQUAL

9th Annual Opening Lecture

"Race, Violence & Medicine: Showing Up For Justice"
September 24, 2020
6PM - 7PM
via Microsoft Teams

Brian Williams, MD, FACS Associate
Professor of Trauma and Acute Care Surgery
University of Chicago Medical Center

UNIVERSITY OF TEXAS AT ARLINGTON
CENTER FOR AFRICAN AMERICAN STUDIES

MAVS UNITE

Created for you!

Do you want to join Mavs Unite? Contact Clayton Williams (clayton.williams@mavs.uta.edu) to be added to Mavs Unite Canvas page.

#1 SCHOOL FOR TRANSFERS IN TEXAS

Live chat with other transfer students!

UTA'S TRANSFER NATION

"TRANSFER SHOCK"
09.08.2020 | 12:30 PM
@utatransfernation
Instagram Live!

UTA Transfer Nation

Tuesday September 22 @ 12:30

Calling all Transfer Students! Join us on Instagram live to learn about resources, meet other transfers, and win some swag!

Social Workers Generations Strong 2020 NASW/Texas Virtual Conference

October 8-10

Did you know? NASW Student Members pay just \$90 for full conference early bird registration to the 2020 NASW/TX Virtual Conference. Register today & save!
<https://www.naswtx.org/page/conference>

If a student is not a member, they pay the same non-member rate as professionals: \$355 (August 18-September 25) and \$405 (September 26-October 10.)

2020 NASW/Texas Virtual Conference
October 8-10 | NASW.ORG
NASW Student Member rates start at \$90!

Save the Date: Wednesday, October 14, 12:00-1:00 pm

The Disability Studies Meet & Greet returns in a new virtual format, complete with brief introductions by DS faculty, DS internship supervisors, and senior minors talking about their internship projects, plus a chance to chat individually.

In addition, we'll be hosting a virtual talk (date TBD) by Ron Lucey, the Executive Director of the Texas Governor's Committee on People with Disabilities, and a longtime advocate for disability rights and universal design. He will also host a Q&A session just for DS minor students. We have more in the works as well!

YOU MATTER!

Self-Care Awareness Month

September is Self-Care Awareness Month, and like many supporters of this initiative are saying, "Self-Care is not selfish. It's essential." Check out this great September 2020 Self-Care calendar for quick and effective self-care focus for every day of the month.

ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY: 1. Remember that self-care is not selfish. It's essential. 2. Notice the things you do well today. 3. Talk kindly to yourself like you would to someone you love. 4. Remind yourself that you are loved and worthy of love. 5. Accept your mistakes as a way of helping you make progress.

TUESDAY: 1. Be willing to share how you feel and ask for help when needed. 2. Avoid saying "I ought to" or "I should" to yourself. 3. Look at photos from a time with happy memories. 4. Write down three things you appreciate about yourself today.

WEDNESDAY: 1. Free up time in your diary by canceling any unnecessary plans. 2. Give yourself permission to say "No" to requests from others. 3. Leave positive messages for yourself to see regularly. 4. Ask a trusted friend to tell you what they like about you. 5. Remember that you are enough, just as you are.

THURSDAY: 1. Forgive yourself when things go wrong. We all make mistakes. 2. Let go of being busy. Allow yourself to take some breaks today. 3. Don't compare how you feel inside to how others appear outside. 4. Release your inner demands and self-criticism.

FRIDAY: 1. Plan a fun or relaxing activity this weekend and make time for it. 2. Let go of everything you're carrying today and give your mind & body a natural boost. 3. Find a new way to use one of your strengths or talents today.

SATURDAY: 1. Focus on the basics: eat well, exercise and go to bed on time. 2. Make time today to do something you really enjoy. 3. No plans day - make time to slow down and be kind to yourself.

SUNDAY: 1. Focus on the basics: eat well, exercise and go to bed on time. 2. Make time today to do something you really enjoy. 3. No plans day - make time to slow down and be kind to yourself.

Self-care is not selfish. You can't pour from an empty cup.

ACTION FOR HAPPINESS
Learn more about this month's theme at www.actionforhappiness.org/self-care-september
Keep Calm • Stay Wise • Be Kind

Fitness & Wellness

Want to help improve campus mental health services?

Be a part of a research study on the campus mental health services (MHS) at UTA. The study is looking for ways to improve MHS on campus. You will be asked to complete a survey about your experience with MHS on campus. Your input is valuable and will help us make improvements to MHS on campus.

You can participate if you are a student at the University of Texas at Arlington. You must be at least 18 years old. You must be a current student at UTA. You must be able to complete the survey in English. You must be able to provide contact information for the study.

Research is being conducted by Dr. Regina Pomeroy, LMSW, PhD, School of Social Work, University of Texas at Arlington.

Get moving with our LIVE exercise classes!

Visit our [Campus Recreation Site](#) for more information.

The following classes are offered:
Circuit Express, HIIT The Deck, MixedFit, NASA Nap, Pulse Strong, Strength and Tone, Tabata, Yoga and Zumba!

Wellness Webinars

Counseling and Psychological Services offers a wide variety of workshops and pre-recorded wellness webinars on [gratitude](#), [progressive muscle relaxation](#) and [self-compassion](#), and [UTA self-care resources](#).

Stay Safe

Stay safe and show your Maverick Spirit!
[We are all in this together!](#)

Have you tested positive?

Had close contact with someone 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.

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](#).

Student and Family Listening Sessions

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 UTA" 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

RESOURCES

Dean Ryan's Statement on COVID-19 Health Disparities

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)
suicidepreventionlifeline.org

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.

MAVS talk

24 HOUR CRISIS LINE
817-272-TALK (8255)
www.uta.edu/mavstalk

Check Canvas for the MavsUnite page. To add it, please email Dayton.Williams@uta.edu

Evidence-Based Practice Research Guide

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

UTA Library Accessibility

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 ufatodpantry@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.

Emergency Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency may apply for financial help.

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

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. Terena, LCPWA, 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.

[Social Work Webinars List](#) [Basic Function of Teams](#)

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.

East Branch: 2012 W. Main St., Arlington, TX 76010
North Branch: 2000 W. Main St., Fort Worth, TX 76102
South Branch: 2000 W. Main St., Fort Worth, TX 76102
West Branch: 2000 W. Main St., Fort Worth, TX 76102

First Come, First Served!

Parkland Financial Assistance

Financial assistance is available for students who are experiencing financial hardship due to the COVID-19 pandemic. For more information, visit parkland.edu/financial-assistance

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.

LENDING A HAND

COVID-19 has caused a global health crisis. Many people are struggling with financial hardship, food insecurity, and other needs. Lending a Hand is a volunteer organization that provides food, clothing, and other necessities to those in need.

OUR GOAL: To provide food, clothing, and other necessities to those in need.

SEE CONTACT BELOW TO CONTRIBUTE TO THE PROJECT BY JULY 31. FOR MORE INFORMATION PLEASE EMAIL: donor@lendingahand.org

Survivor Support Group

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

Sponsored by Relationship Violence and Sexual Abuse...

2:00 pm
[Ransom Hall, 301](#)

UTA Academic Calendar

SSW Commencement Info

UNIVERSITY OF TEXAS AT ARLINGTON
SCHOOL OF SOCIAL WORK

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

If you want to be a true professional, you will do something outside yourself. Something to repair tears in your community. Something to make life a little better for people less fortunate than you. That's what I think a meaningful life is - living not for oneself, but for one's community.

— Justice Ruth Bader Ginsberg

FOLLOW US ON SOCIAL MEDIA

