



UNDERGRADUATE WEEKLY UPDATE
1/27/20



YOU MATTER

As you begin this semester, remember to **plan for self-care daily!**



MAVS TALK WELLNESS
 COUNSELING & PSYCHOLOGICAL SERVICES

All workshops will be held in Ransom Hall 310 unless stated otherwise.

MAVS TALK: Stress Wed. 02/12 | 12:00 - 1:00PM
 MAVS TALK: Self-Compassion Wed. 03/25 | 12:00 - 1:00PM
 MAVS TALK: Anxiety + Academics Wed. 04/22 | 12:00 - 1:00PM

#utacares
UTA is a community that cares.
 Open enrollment - Join us for any of our workshops, support groups, & educational programs. Questions? Contact us at 817-272-3671, Ransom Hall Box 302. Open to all UTA students.

MAVS MEN'S GROUP
 Explore how rigid stereotypes of masculinity impact self and others. Develop insights about yourself and relational patterns, and learn ways to form more meaningful and personally fulfilling relationships.

OPEN TO UTA STUDENTS

Mondays Beginning March 16th
 2:30 - 4:00pm
 Ransom Hall 310

Contact Joseph Allberg at 817-272-3671 at least one week prior to start of group.

UTA is a community that cares.
uta.edu/communitythatcares #utacares
 If you need accommodations in order to participate in this group, please contact CAPS at least five days prior to the group meeting at www.uta.edu/caps or 817-272-3671.

EVOLUTION OF THE SELF THROUGH ART GROUP
 Explore how artistic expression can be helpful and healing. Experience therapeutic art exercises that encourage a deeper understanding of emotions and self.

OPEN TO ALL STUDENTS

Wednesdays beginning March 18th
 3:00PM-4:30PM
 Ransom Hall Room 310

Contact Aubrey Webster at least one week before start of group at 817-272-3671.

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CAREER CORNER
 So many opportunities to gain experience!

The United Nations Academic Impact and MCN proudly present the **Millennium Fellowship**.



This program convenes, challenges, and celebrates bold student leadership advancing **UN goals** on campus and in communities. Millennium Fellows hone skills, take concrete action, and earn a certificate of recognition from the United Nations Academic Impact and MCN. Undergraduates are invited to **apply**; the application is open on a rolling basis through April 2020 with early applications strongly recommended.

To Students Graduating in Spring 2020 **ONLY**:

If you are graduating in May 2020, you have the opportunity to take the licensing exam during the Spring Semester. To take the exam during your final semester, you will need to submit a signed letter from the Dean as part of your application packet.

To request a Dean's letter, please click on the following link [Dean's Letter for License](#)

Once we receive and process your request, your letter will be emailed to the email address you have provided on the survey in PDF format.

The Texas State Board of Social Work Examiners' website (see link below) has information about the application process:

<https://www.dshs.state.tx.us/socialwork/>

On the left side, you will see "Apply for a New License". Click on this for application requirements and to apply online.

****Please note: you will not receive your license until you submit your final transcript****

If you have any questions, please contact the Office of Advising & Student Success.

UPCOMING EVENTS

- 1/28/20
12PM **Power Nap**, Maverick Activities Center
- 1/29/20
10AM **Activity Fair Day**, Palo Duro Lounge, University Center
7PM **Yoga**, Maverick Activities Center
- 1/30/20
12PM **Anxiety and Academics**, Preston Hall 104
4PM **Global Grounds**, Palo Duro Lounge, University Center
- 1/31/20
7PM **Rollercade (Rollerskating Dance Party)**, Palo Duro Lounge, University Center
- 2/3
6:30pm **Mind and Meditation**, Maverick Activities Center

THE ARCHER CENTER
 THE UNIVERSITY OF TEXAS SYSTEM IN WASHINGTON, D.C.

"I am an Archer Fellow"

Todd Hill-Jones
 Spring 2019 Archer Fellow
 Current position: Policy & Research Program Manager at the Urban Institute
 Archer Fellow Internship: Financial Services Roundtable Education: UT Arlington, B.A. Political Science

At Financial Services Roundtable, I was the communications and government affairs intern. I felt it was a tremendous experience and was exposed to a lot of elements of political/financial policy and strategy. It was a great opportunity and the necessary foot in the door for me to return to Washington, D.C.

ARE YOU INTERESTED IN BECOMING AN ARCHER FELLOW?
 Email archeradmissions@utsystem.edu or visit archercenter.org for more information.

BUSSW PEP: SCREENING, BRIEF INTERVENTION, AND REFERRAL TO TREATMENT (SBIRT)

Ongoing- online (4 CEUs)
 SBIRT is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs. SBIRT is used in primary care practices, hospitals, clinics, emergency rooms, college and university health services, employee assistance programs and a range of community settings. All courses are accredited and provide CEUs. Click the link above to sign up.

Arizona's Rural Women's Health Network: Online Sexual Violence Training for Community Health Workers

Ongoing- online
 The Arizona Rural Women's Health Network offers a 4 hour course that provides an introduction to basic knowledge and skills useful in assisting and responding to victims of sexual violence. Training is offered at no cost.

2020 Military Social Work and Behavioral Health Conference

April 9-10, 2020, Austin, TX
 The 2020 Military Social Work & Behavioral Health Conference will be hosted April 9-10, 2020 at the AT&T Conference Center in Austin, TX. The conference will address the theme of interdisciplinary collaboration to ensure innovative and effective systems of care. Click the link above to learn more.

DON'T FORGET

Are you interested in joining Phi Alpha Honor Society? Well, now's the time. The application window is now open for the Spring 2020 semester.



Please see the attached application. Due date: **February 14th, 2020.**

If you have questions, please feel free to reach out to your Phi Alpha officers or advisors. Their contact information is listed on the application.

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