February 1st is National Texas Day!

On February 1st we celebrate National Texas day!
On February 1st, let us celebrate National Texas day!

This National celebration Focus on celebrating Texas and the history of the Lone Star State. Throughout the state, many lands are still unconquered and are not considered cities due to Texas being the 2nd largest land.

On December 29th, 1845, Texas became the 28th state within the USA. Although people such as Stephen F. Austin wanted Texas to have independence from the growing land, it was decided to pursue to expand the United States westward.

There are many ventures anyone can do within the state of Texas.

For more information, [CLICK HERE](#)!
Moving Forward with Motivation

Last week we spoke about goals for the New Year and the importance of maintaining a positive attitude while attaining them. Well, another important aspect of achieving your goals is motivation!

If you are anything like me, then you know how difficult it can be to find motivation to begin working on new goals. (I mean, it is almost February and I still have not begun my exercise routine I envisioned for myself).

So, what do you do to spark personal motivation? According to Healthdirect.gov, it is important to set specific, achievable goals and develop a reasonable timeline to achieve them. First, you should break your main goal up into smaller, easier tasks. Second, make sure to surround yourself with a positive support system. Third, motivate yourself with positive self-talk (in other words, a positive attitude)!

If you find yourself in the same boat as myself and realize you have not begun working towards a specific goal or perhaps you did start but fell off, do not fret nor treat yourself in a negative manner! It is okay, you can get back on track. You can follow this link HERE to read more on tools to stay motivated. Exercising more, picking up a new instrument, or reading a new book, no matter what you choose, you owe it to yourself to get motivated and work towards the goals you set to become the person you want to be!

Best Wishes,

Jordan Ward

MSW Student, Graduate Student Leader,
The University of Texas at Arlington
ADVISING

OASS New Advising Assignments
(Hyphenated names if the - is there then go by the 1st last name. If no - then the 2nd one.)

BSW/BSSUT

A-H: Sabrina Earl
Sabrina.earl@uta.edu
Schedule Advisor
Appointment with Sabrina Earl
P: Daisy
Daisy.jones@uta.edu
Q-Z: Kyleigh Easter
Kyleigh.easter@uta.edu
Schedule Advisor Appointment with Kyleigh

Important Dates

Spring 2023

• Feb. 1st – Census Date & Field Applications OPEN
• March 13th-17th Spring Break
• March 31st- Field Applications CLOSE & Last day to drop classes; submit requests to advisor prior to 4:00pm
• April 23rd- Registration begins for Summer 2023 & Fall 2023.
• May 2nd:- Last day of classes
• May 12th: Grades Due

FIELD PLACEMENT

Summer 23

• 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!
• If you are having technical difficulties with InPlace please email sswfield@uta.edu and include a screenshot of the issue.
• Field forms are available here!
• Field FAQ
• Contact Sharon Martin, LMSW, Field Advisor, with any questions! You can also connect with her during her Field Power Hours every 1st & 3rd Thursday of the month from 3:00-3:30. Click here to join the meeting

LICENSING

• If you’re in your final semester and want to get started on applying to ASWB to take the LBSW licensing exam, click here to request the Dean's Letter for Licensure, which UTA will send to ASWB. More info can be found on the ASWB site and our SSW licensure page.

• Interested in the LCDC? Scroll to the end of this Licensure webpage and click on the Texas LCDC Licensing 2021 PDF for a chart that shows how different education levels can prepare you for the LCDC.

MSW ADMISSIONS

Did you know that if you pursue your MSW at UTA within 6 years of graduating with your BSW, you can finish your Masters in as fast as 1 year? 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 kayla.bell.uta.edu

• The Summer 2023 Field Application will be open Feb. 01 – March. 31st, 2023. These dates are subject to change. See the full Summer 2023 Field Education Calendar here.
A New Beginning for all!

The University of Texas at Arlington's SOCW/NURS Building

HISTORY HAS BEEN MADE! The University’s newest building is finally open to all facility, staff, administrators and students! Since Social Work and Nursing have a lot in common with the wellbeing of the clients/patients, both majors are now combined into one building! According to Support UTA, “This building serves as a new center for interdisciplinary learning, encouraging students of both SSW and CONHI to think outside of their skillsets.” This 15,000 square foot building is also a mixture of flexibility, state of art, and technology as a whole!

JOB OPPORTUNITY

UTA Work Study-BSW Assistant

Requirements: FASFA application to be completed, in dire need of financial assistance, and completed 3 credit hours to qualify.

Applications are due: Feb. 3rd, 2023
BSW Degree Plan

Check out the BSW and BSSUT Degree Plan: Your degree plan is one of the best ways to help you stay on track toward your college goals. Your degree plan can help you plan future semesters more efficiently and communicate with your advisor. You can reference the degree plans to check if you have taken your required courses. CLICK HERE

Interested in the BSSUT program? Want to minor in SUT? The BSSUT degree plan details the required courses for this degree. If you have additional questions about the Degree: CLICK HERE

An Event for All

The chance to volunteer at the Powwow event is a wonderful opportunity for educators, students, and community members to actively engage with and serve the local Native American community. Additionally, it will be a wonderful opportunity to experience a Powwow, one of our most important social-cultural events.

- The UTA National Native American Student Association

CLICK HERE for a chance to volunteer!

March 11 2023
27th Annual UTA Scholarship Benefit Powwow

Volunteers Wanted

Learn about Native American Culture while helping the community

When: March 11
Where: UTA MAC

If you are interested, please email Stephen Silva Brave at sjv9624@mavs.uta.edu

THE WORLD TALKS ABOUT CHANGE, BUT WE CREATE CHANGE.

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Upcoming Events within UTA

Spring 2023 All Majors Job and Internship Fair
When and Where? March 1st from 12pm to 4pm in the Mavericks Activities Center
Open to all UTA students and alumni seeking full-time positions, part-time jobs, internships and field placements.
Over 100 employers expected to attend!
My name is Traecia Nichols, I am the Student Success Coordinator for the School of Social Work. In my role I work with students who are facing crises and need help accessing university and community resources. This section will consist of resources that are available to you as a student. If you are in need of resources or have any questions or concerns, please contact me at traecia.nichols@uta.edu

Sincerely,

Traecia

**AVAILABLE RESOURCES**

**RVSP - Relationship Violence and Sexual Assault Prevention**

The purpose of RVSP is to empower students who are victims and survivors of relationship and/or sexual violence to seek advocacy and support with assistance through the healing and justice process. The RVSP program is part of Student Affair’s commitment to creating a Community That Cares. RSVP also has a Confidential Advocate. The RVSP Confidential Advocate, Tiffany Bland (she/her/hers), facilitates a victim-centered, social justice, and trauma-informed approach to facilitate support and advocacy services for victims and survivors of sexual and/or relationship violence. When seeking support, the confidential advocate’s priority is to ensure the student feels safe, is academically successful, and feels supported.

Contact information
Website email: https://www.uta.edu/student-affairs/rvsp
Phone: 817-272-3947
Address: Ransom Hall Suite 301 Arlington, TX 76019

**CAPS**

Counseling and Psychological Services CAPS services are available to help students increase their understanding of person issues, address mental and behavioral health problems, and make positive changes in their lives. CAPS provides individual, couples, and group counseling. CAPS Psychiatry provides diagnostic assessment and ongoing treatment for psychiatric conditions, including medication and brief psychotherapy. Currently enrolled UTA undergraduate and graduate students are eligible for services. Please refer to uta.edu/caps for fee information. Contact Information Ransom Hall Rm 303 Arlington, TX 76019 817-272-3671 Maverick Activities Center Rm 212 Arlington, TX 76019 817-272-3671

**SAR Center**
(Formerly Office of Students with Disabilities)

If you have any questions or content suggestion for the newsletter, please contact Maria Cruz mxc5965@mavs.uta.edu

"We Make A Living By What We Get, But We Make A Life By What We Give."
- Winston Churchill