February 11th is National Don’t cry over spilt milk Day!

On February 11th we celebrate National Don’t cry over spilt milk day!

On February 11th, let us celebrate National Don’t cry over spilt milk day!

This National celebration encourages people to not let little things make them angry. It teaches them how to let things go while managing stress and anger.

National Don’t cry over spilt milk day can help health issues in the long run. Managing stress while young can lower blood pressure, decrease anxiety, panic attacks, heart problems, strokes and even seizures when older.

For more information, CLICK HERE!
Breaking bad Habits

When starting a goal, always remember that: Habits and actions are two different things. When it comes to improvement, it starts by changing the bad habits. Reaching a goal depends on what type of habits you have. It could be by losing weight, having a good GPA, graduating on time, wanting to reach higher education, etc.

In order to fix your habits, you must stay consistent and pursue the main goal. If the goal is not attainable, then the habits do not match it. Staying consistent means to take away the negative actions. This means to leave old habits to achieve your goal.

Bad friends, peer pressure, alcohol, excess fast food, staying up all night, and procrastination are a few examples of bad habits. Drinking, binging, unnecessary lack of sleep, and avoiding homework are examples of actions that are negative. In order to improve on a specific goal, then changing the habits and the actions for achievements.

By doing so, the goal is achievable! By changing your habits and actions, it is achievable to succeed for your objectives. It all starts with the mindset. What are your manifestations? What are you visualizing? Is it negative? Or is it positive?

Therefore, What is your goals and how are you going to achieve it?

Best Regards,
Andwelah Givens
BSW Student, undergraduate Student Leader, The University of Texas at Arlington
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 leslie.reyna@uta.edu

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

Important Dates

Spring 2023
• Feb. 1st – Field Applications OPEN
• Feb. 1st - Census Date
• March 13th-17th Spring Break
• March 31st - Last day to drop classes; submit requests to advisor prior to 4:00pm
• March 31st Field Applications Closed
• 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

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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**

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!

**The Diaper Dive**

How to Host a Diaper Drive

Welcome!

Thank you so much for having the passion and interest to host a diaper drive! Hope Cottage shares that passion and will do what we can to help your drive be successful. Your drive will make a difference in the lives of babies, toddlers, and parents across the DFW area. Every diaper, wipe and dollar donated will benefit those in our community who need it most.

In this toolkit, we have included a registration form, planning checklist, tally sheet and contact collection sheet, sample social media posts, a sample email, and a sample thank you note. We also have some flyers to help publicize your event. These materials can help with the organization and operation of your diaper drive. We encourage you to share these with your friends, family and or coworkers. Even a few diapers can help improve the lives of our neighbors.

We are available to help answer questions or help you plan to make your diaper drive successful. Thank you again for generously donating your time to help families in need.

Good luck and have fun!

**RUN A DIAPER DRIVE IN FOUR EASY STEPS:**

- Register your event
- Pick a drop-off spot
- Spread the word
- Collect & Deliver

**CALL:**
Gretchen | +503-421-3759

**MORE CONTACT INFO:**
gweaver@hopecottage.org
hopecottage.org/diapers

609 Texas Street, Dallas, Texas 75204 USA
Main Phone: 214-526-8720 Toll-Free Number: 1-800-944-4460

**QR Code:**
Or click here to register online

**CALL:**
Gretchen | +503-421-3759

**MORE CONTACT INFO:**
gweaver@hopecottage.org
hopecottage.org/diapers

609 Texas Street, Dallas, Texas 75204 USA
Main Phone: 214-526-8720 Toll-Free Number: 1-800-944-4460
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.

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 this degree click HERE!

Save the Date!!!
SSW OFFICE OF ACADEMIC AFFAIRS ARE HOSTING AN OPEN HOUSE ON 2/21/23 FROM 11:00AM-3:00PM IN OUR NEW BUILDING THE SOCIAL WORK SMART HOSPITAL BUILDING MEET THE DIRECTOR AND PROGRAM STAFF 11:00AM-12:00PM OPEN HOUSE WITH FIELD AND ADVISING 2:00PM-3:00PM

THE SOCW OPEN HOUSE EVENT

THE SCHOOL OF SOCIAL WORK

SAVE THE DATE!!!
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THE WORLD TALKS ABOUT CHANGE, BUT WE CREATE CHANGE.

When is the Open House Event?
The Open House Event will be held on February 21st from 11:00am to 3:00pm.

Where is it Located?
The event will be held at the site SOWINRS Building. This building is located in front of the SEI building. Address: 101 W. Mitchell, Arlington, TX, 76019.

What to expect?
An opportunity to learn more about the program and student organizations in a personalized way. You will meet the Undergrad Director, Dr. Allison Tomlinson and your awesome BSW advisors to engage in a Q&A session all while meeting other students in the Program.

CONTACT US
ANDWELAH.GIVENS@MAVS.UTA.EDU OR MXC5865@MAVS.UTA.EDU
Upcoming Events within UTA

MSW Thesis Peer Support

We're looking to start an ongoing group that will share a Teams chat to provide a space for coworking and support.

Click the flyer to fill in an interest form at https://forms.office.com/r/WvfDxpeyaf

Interested in macro social work?

The Student Association for Macro Social Work provides Peer Support & Professional Development for students interested in macro social work!

First Mondays 7-8pm via Teams
February 6 - March 6 - April 3 - May 1

For questions, email monica.canizares@mavs.uta.edu

SSW CAP GRADUATES

SAMSW is collecting alumni contact information for a CAP alumni network.

SCAN OR CLICK TO REGISTER!

Social Work Advocacy Day (SWAD) 2023

Save the date!

March 3, 2023
Texas State Capitol
@naswtx_advocacy

naswtex.naswtx@socialworkers.org
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

AVAILABE 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)

Phone: 817-272-3947
Address: Ransom Hall Suite 301 Arlington, TX 76019

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