March 2nd is Teen Awareness Month!
March 2nd is National Teen Awareness Month!

According to the American Psychological Association, present day teens have the worse mental health of any generation.

Due to the false image that social media promotes, it encourages mental instability and promotes insecurities.

Therefore, it is necessary to raise awareness about mental health and the importance of self-care. This can help improve an entire generation’s mental wellness.

For more information, CLICK HERE!
Get to know your USL

MARIA CRUZ (INTERN)
I am a returning USL Intern for the BSW/BSSUT program. I graduated from Dallas college with my Associate Degree in Liberal Arts. While looking for my career path, I stumbled into the field of Social Work. I realized helping to protect vulnerable individuals, groups, and families from harm or abuse or supporting them to live independently helps me feel like a candle that was needed in the darkness. Someone once said to me "Be the change you want to see in the world". I will graduate with my BSW in Spring 2023 and persist to earn a MSW all the way to LCSW.

Consistency

Many individuals want to make a change for the better within this new year. However, some may find it difficult to identify the problems that cause inconsistency. Journaling your daily activities is a way to see your progress.

After 7 days, see if you observe any inconsistencies between your goals and your actions. Acknowledge the areas that need more accountability.

Once you acknowledge it, change your habits for the next 7 days. Cooking food at home rather than eating out, finding a gym and sticking to a workout plan, or deleting social media to focus on getting better sleep at night could set you for success and help you to see more positive results.

Small changes can bring the greatest outcomes. For extra support ask a friend to join you on your journey. Accountability is key!
You can do it!!!

Best Regards,
Andwelah Givens
The University of Texas at Arlington
BSW Student
Undergraduate Student Leader
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.

**F I E L D  P L A C E M E N T  S u m m e r  2 3**

- 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 Licensing 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.
- **Important Dates**
  - **Spring 2023**
    - 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 FAQs**: 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.

- All students, agencies, and Field Instructors should use this URL for InPlace: [https://inplace.uta.edu/](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
- 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

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!

NASW Texas Social Work Advocacy Day
Friday, March 3 | Texas State Capitol

Register for the Virtual SWAD Prep Event and more!

naswtxswad.com

kelli.rogers@uta.edu

REPRESENT SOCIAL WORK

The Students for Global Change and Student Association for Mauro Social Work are selling shirts and sweatshirts to raise funds and promote social work visibility!

ON SALE NOW

https://www.customink.com/fundraising/social-work-student-organizations
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!

UTA’s Powwow Event

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

Save the Date!!!

On March 11th, The University of Texas at Arlington will be hosting the Powwow Event. This event will be held at the Maverick Activities Center and will be hosted by Stephen Silva-Brave. He will need about 70 volunteers for this program. This will be a GREAT opportunity for educators, students, and community members to actively engage with and serve the local Native American community!

CLICK HERE to Volunteer!
Learn mindfulness and practice meditation to effectively manage stress

MINDFUL MOMENTS UNDER THE STARS

TUESDAYS THROUGHOUT SPRING 2023
Feb. 14-28 and March 21-May 2
Tuesdays; from 12:45-1:15 PM

AT THE
UTA PLANETARIUM

Open to all UTA Faculty, Staff, and Students

RESEARCH PARTICIPANTS NEEDED
FOR AN ALZHEIMER’S STUDY!

THE UNIVERSITY OF TEXAS AT ARLINGTON seeks
PARTICIPANTS FOR AN INNOVATIVE STUDY ON BRAIN HEALTH

We are testing two portable medical devices that detect brain signals through a painless scan of the brain. Participants complete a one-time, hour-long session and receive a $50 Walmart gift card. This innovative technology may lead the way in future Alzheimer's research.

ARE YOU?
• Over the age of 55
• Healthy & no cognitive decline
• No brain surgeries or injuries within the past year
• Have transportation to the University of Texas at Arlington

For more info call 682-800-2154 or email kristen.kerr@mavs.uta.edu
Scan the QR code to sign up

Title IV-E Stipend Program

Interested in starting a career in Child Welfare? Learn more about the Title IV-E Stipend program and its benefits by meeting with a coordinator!

Scan the code or click the link below to schedule your meeting!

https://outlook.office365.com/owa/calendar/TitleIVEStipend@bookings.uta.edu/StopMeeting

Venieca Kusek Tells All: The Role of Social Workers in Hospice Care

The Gerontology Organization invites you
Monday, March 6th from 6:30-7:30pm
to join us as we host
UTA alumni Venieca Kusek, LMSW
to learn about her role and experience as a hospice social worker.

2 Options to Join!
In-person or Online via Teams
Refreshments served In-Person!

In-person: Rm 231 in the School of Social Work! 501 W Mitchell St. 76010
Online: TEAMS LINK TO JOIN

Connect with Fellow Latinx Students in Nuestra Comunidad

WEDNESDAY, MARCH 1
THE COMMONS NUECES ROOM B
12 P.M.
THE UNIVERSITY OF TEXAS AT ARLINGTON

Bring your drink and dessert; we’ll bring the pizza!
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

Crime Victim Services
The Crime Victim Services program has been implemented to provide assistance to students, faculty, staff, and visitors of UTA’s campus. You do not need to have an open police case for our office to help. We want to support you the best we can during this process, and our department can offer you a variety of services:

Contact information:
Phone: 817-272-9254
Address: Center for Innovation Building (CFI) 202 E. Border St. Arlington, Tx 76010

Week of February 27th:
Emergency Housing
Students experiencing primary homelessness (i.e., living on the streets, in parks, in car, and/or deserted buildings) may be able to receive temporary housing assistance.

The Dean of Students office has on-campus, confidential, and temporary emergency housing for students experiencing primary homelessness (i.e., living on the streets, in a car, in parks, and/or deserted buildings) as a result of domestic violence, relationship and/or sexual violence, family violence, stalking, displacement as a result of gender and/or sexual identity, and/or other identifiable emergency related situations.

Contact information: Students experiencing homelessness are advised to email the Director of Student Advocacy Services and/or EAF@UTA.EDU.

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