May 02, 2023

Social Justice Spotlight

National Mental Health Awareness Month is May!

We often misunderstand mental health because it can be hard to define. Mental health includes one’s social, emotional, and psychological well-being which can affect thoughts, feelings, and actions. When one has a positive outlook on their own mental health, they are better equipped to handle stress, be more productive, and realize their full potential. Everyday demands take their toll and sometimes we focus more on our physical wellbeing, like the food we eat, exercising, and getting regular check-ups for vision and dental care, however we often forget to take stock of our emotional and spiritual needs. May is National Mental Health Awareness Month so we hope that you find resources that help you focus on the positive aspects of your mental health.

For more information CLICK HERE!
ATTENTION BSW STUDENTS!

THE SCHOOL OF SOCIAL WORK IS RECRUITING UNDERGRADUATE STUDENT LEADERS (USLS) FOR SUMMER AND FALL 2023!

SCAN HERE TO APPLY:

NEED MORE INFORMATION? EMAIL USL INTERNS TAMIKA OR AIDA:
txc9187@mavs.uta.edu
axr8636@mavs.uta.edu

ARE YOU INTERESTED IN BECOMING A USL FOR SUMMER 2023?
CLICK HERE FOR THE USL APPLICATION:

YOU MATTER

Visualization

A key to building your future is to start with a great vision. Visualizing your future without anxiety and fear and adding determination and diligence can encourage you to move forward when hard times come.

Jack Lalanne, a fitness guru and motivational speaker once said, “To have success in anything, you must visualize your desires in your mind. Think of yourself as a piece of clay and now visualize how you would like it to look…begin molding yourself to that ideal.” Once you are in progress, take notes of the process. “Put it up somewhere you can see yourself…to love yourself. Be cognizant of your future self constantly!”

This molding process can start with the physical, like finding a new hobby. For example, I had taught myself how to ride a unicycle. It took me at least a month or so, but it was worth the time! It took patience, dedication, diligence, and visualization. I had mastered how to ride a one wheeled bike and is proud of it!

Remember to make short-term goals for yourself because a goal without a good program will crumble. Follow through with it. Start to control your destiny by getting rid of old concepts and habits. Always say to yourself: “Visualize! Visualize! Visualize!”

Best Regards,
Andwelah Givens
Undergraduate Student Leader
BSW Student
The University of Texas at Arlington
Need to meet with an advisor but there's no upcoming appointment available? Drop-in either in person or virtually on Wednesdays. To schedule your 30-minute drop-in time, click here. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

**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 leslie.reyna@uta.edu

**Important Dates**

**Spring 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/](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

- 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](#).
Thank you! Professor Bold and her Social Work Practice II class for their recent engaging service learning at the Maverick Pantry.
This program offers financial support, mentorship, and networking opportunities to help underrepresented students succeed in their social work careers. This program could be of immense value to your students. Don't miss out on this great opportunity to advance your students' social work education and career. Apply now and register for an information session or Q&A event using the links below.

Information Session: April 26 at 7:00 PM (ET)  
https://lnkd.in/gjw5gGb9
Q&A Session Three: May 11 at 12:00 PM (ET)  
https://lnkd.in/g4y7j2qT

Click here: For instructions on how to apply:  
Click here to Apply

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**Social Justice Peer Educator**

Are you passionate about social justice? you must:
- maintain CGPA of 2.5 or higher
- able to commit at least 4-8 hours weekly
- have good public speaking skills
- enrolled as a UTA undergraduate or graduate student
- attend mandatory training
- attend mandatory bi-weekly meetings

Apply on Handshake!  
Job #7777657

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**Dream Advocate**

Are you passionate about providing resources to undocumented, DACA, and/or mix-status students? You must:
- maintain CGPA of 2.5 or higher
- able to commit at least 4-8 hours weekly
- have good public speaking skills
- enrolled as a UTA undergraduate or graduate student
- attend mandatory training
- attend mandatory bi-weekly meetings

Apply on Handshake!  
Job #7777861
Upcoming Events

AN EVENING OF BLACK EXCELLENCE

Class of 2023

PLEASE JOIN US

WEDNESDAY | MAY 10TH | 6 PM
UTA LONESTAR AUDITORIUM (MAC)
300 W. NEDDERMAN, ARLINGTON, TX 76019

SPONSORED BY:
UTA Office for Cultural Engagement and Social Change
Center for African American Studies

EVENT OPEN TO UNDERGRADUATE & GRADUATE STUDENTS
PLEASE CONTACT CAAS@UTA.EDU OR 817-272-9642 FOR INQUIRIES

SCAN TO REGISTER
ALL SALES END
MAY 3RD @ 12 PM

UNIVERSITY OF TEXAS AT ARLINGTON
School of Social Work
Invites you and your family to a
Post-Commencement Reception
in recognition of your outstanding student achievements

Friday, May 12th, 2023
Immediately after Commencement
School of Social Work Building
501 W Mitchell St., Arlington, TX 76019

Please stop by for refreshments, photos, and a tour of the new School of Social Work building!

Mav Grad Celebration is a fun and family-friendly event where UTA’s graduating students can celebrate with their peers, friends, and family. This free event will feature food, drinks, a drone show, music by The Inspiration Band, photo opportunities, and festive activities.

Thursday, May 11 at 6:00pm to 9:00pm
Brazos Park

TAO COPING CLINIC

FREE | ZOOM
THURSDAYS | 3/30 - 05/26 | 9AM- 10AM
If you need accommodations to participate, please contact CAPS at 817-272-3671.
https://forms.office.com/r/HEKxSKHLUA
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 need anything of resources or have any questions or concerns, please contact me at traecia.nichols@uta.edu

Sincerely,

Traecia

EMERGENCY ASSISTANCE FUND

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

Website: [https://www.uta.edu/student-affairs/dos/advocacy/emergency-assistance](https://www.uta.edu/student-affairs/dos/advocacy/emergency-assistance)

- For Questions about EAF: Contact Dean of Students Office Email: dos@uta.edu
- To make any Donation or Gift: Contact Jim Livernois: Director of Annual Giving Email: livernois@uta.edu Phone: 817-272-6864

If you have any questions or content suggestion for the newsletter, please contact Tamika Hayes  TXC9187@MAVS.UTA.EDU