

SOCIAL JUSTICE SPOTLIGHT

Juneteenth: Freedom & Justice

Juneteenth commemorates the emancipation of enslaved African Americans in the United States. It marks the day of June 19, 1865, when Union General Gordon Granger arrived in Galveston, Texas, and announced the end of slavery, two and a half years after the Emancipation Proclamation. Juneteenth holds historical significance as a day of remembrance, reflection, and celebration, honoring the resilience and achievements of African Americans while acknowledging the ongoing struggle for racial equality. moreover, Juneteenth is celebrated through various events and activities that promotes African American culture, history, and community empowerment.

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Get to know your USL

Anadja Magoueno Tamofo (intern)

Hi everyone, my name is Anadja, and I am a senior BSW student at the University of Texas at Arlington. I am passionate about making a positive impact on the lives of others. I love to serve, and I am dedicated to utilizing my skills and knowledge to support you all. Please do not hesitate to email me with any questions, comments, or concerns.





Relaxation Techniques

As the summer semester unfolds, it is crucial to understand and recognize the importance of incorporating relaxation techniques throughout your day.

Prioritizing relaxation techniques to name a few, mindfulness meditation and deep breathing into your daily routine can enhance your overall academic performance and wellbeing.

<u>Mindfulness meditation:</u> a practice that helps focus the mind, reduce anxiety, and promote mental clarity.

<u>Deep breathing exercises:</u> diaphragmatic breathing or box breathing, can quickly calm the nervous system and provide a sense of relaxation.

<u>Physical activities:</u> cardio, walking, weight training or yoga not only fosters physical well-being but also cultivates mindfulness and stress reduction.

<u>Creative Activities:</u> creative activities such as painting, journaling, or listening to music can provide a therapeutic outlet for selfexpression and relaxation.

Practicing relaxation techniques for at least 20 minutes or a few minutes helps with stress reduction, improved focus and concentration, enhanced mental health and increased productivity.

Go Mavs!

Anadja Tamofo Undergraduate Student Leader Intern 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 <u>here</u>. Be sure to select inperson 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, <u>click here</u> to request the Dean's Letter for Licensure, which UTA will send to ASWB. More info can be found <u>on the ASWB</u> <u>site</u> and our <u>SSW licensure page</u>.
- Interested in the LCDC? Scroll to the end of this <u>Licensure</u> 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 <u>here</u>. If you have any questions about the process of applying to the MSW, please contact **leslie.reyna@uta.edu**

Important Dates

Summer 2023 •June 19 Juneteenth Holiday

- •June 26th Census Day
- •July 4th Independence Day

•August 9th Last day to drop

FIELD PLACEMENT Summer 23

- All students, agencies, and Field Instructors should use this URL for InPlace: <u>https://inplace.uta.edu/</u>
- 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.
- <u>InPlace Training</u> and <u>Logbook Training</u> can be found here!
- If you are having technical difficulties with InPlace please email <u>sswfield@uta.edu</u> and include a screenshot of the issue.
- Field forms are available here!
- <u>Field FAQ</u>
- Contact <u>Sharon Martin</u>, 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

Upcoming Events



Graduate School Workshop



OFFICE OF GRADUATE STUDIES



For more information click here

Date and Time:

Thursday, June 15 at 12:30pm to 1:30pm

Location

Central Library, Studio Classroom, 109 702 Planetarium Pl, Arlington, TX 76019

Join EXCEL Campus Activities for a movie under the stars with free popcorn, drinks, and more!

Date and Time

Thursday, June 15 2023 at 9:00 PM CDT to Thursday, June 15 2023 at 11:00 PM CDT

Location Brazos Park 601 S W St, Arlington, TX 76010



Volunteers Opportunities



ATTENTION BSW STUDENTS!

USLS NEEDED

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

JOIN OUR TEAM

SCAN HERE TO APPLY:



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

The Undergraduate Student Leadership is a program that assists BSW students by providing information throughout the semester. USLs help provide answers to the students' questions with direct communication with administrators.

ARE YOU INTERESTED IN BECOMING A USL FOR FALL 2023? <u>CLICK HERE FOR</u> <u>THE USL APPLICATION:</u>

UTA Academic Calendar

Evidence-Based Practice Research Guide

AVAILABLE RESOURCES

WEBINARS ON SOCIAL WORK WRITING (GUIDE)

- Write that policy paper
- Write that case study
- APA Style for Social Work
- Professional writing for field. <u>CLICK HERE.</u>

Summer Tutoring Students can book appointments for One-on-one tutoring By using <u>TutorTrac</u> Counseling & Psychological Services(CAPS)

CAPS assists students in increasing self-awareness, addressing mental health and emotional concerns, and making positive changes in their lives. <u>Link</u>

Student Access & Resource Center(SARC)

The SAR Center provides academic accommodations to students with all disabilities. Link

MAC SUMMER HOURS (JUNE 5 - AUGUST 19) MONDAY - FRIDAY 6 AM - 10 PM SATURDAY CLOSED SUNDAY 2 PM - 10 PM

STUDENT SUCCESS COORDINATOR



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 <u>traecia.nichols@uta.edu</u> Sincerely, Traecia

Emergency Assistance Fund

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



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





501 W Mitchell St, Arlington, TX 76019 Social Work Program (817) 272-3613

THE WORLD TALKS ABOUT CHANGE; WE CREATE CHANGE.

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