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 promote African American culture, history, and community empowerment.

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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 well-being.

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

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

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

Creative Activities: creative activities such as painting, journaling, or listening to music can provide a therapeutic outlet for self-expression 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
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](https://inplace.uta.edu/). If you have any questions about the process of applying to the MSW, please contact [leslie.reyna@uta.edu](mailto:leslie.reyna@uta.edu).

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](mailto: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](https://inplace.uta.edu/) to join the meeting.

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**Important Dates**

**Summer 2023**

- June 19: Juneteenth Holiday
- June 26th: Census Day
- July 4th: Independence Day
- August 9th: Last day to drop
Want to personalize your space? UTA Libraries is here to teach you an easy activity to do just that for free!!! Learn to make a wall hanger out of yarn and learn about the color wheel, principles of design, using materials you find around the house.

**Date and Time:**
Thursday, June 15 at 12:30pm to 1:30pm

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

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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
**Career Opportunities**

**Summer & Fall Course Spotlight**

**UTA School of Social Work**

**TITLE IV-E STIPEND FOR SSW STUDENTS**

The Child Welfare Stipend is provided through the Title IV-E Program to enhance child welfare practice by exposing the workforce with micro, BSW, and MSW educated practitioners.

**ARE YOU INTERESTED IN?**

- CHALLENGING & REWARDING WORK
- Opportunities throughout Child Welfare Agencies
- Various levels of supervision and leadership
- Educational and professional development

**FINANCIAL AID**
- Federal work-study and scholarship opportunities
- Child Welfare "Tuition Waiver"

**BONUS STUDENT:**
- $800

**HOW TO APPLY**

1. **GET IN TOUCH**
   - Email: cmw@uta.edu to contact a Title IV-E Stipend Coordinator to discuss stipend opportunities and if it is a good fit for you.

2. **STIPEND APPLICATION**
   - Complete the online application and provide documentation of Title IV-E Federal Program Participation.

3. **PRELIMINARY INTERVIEW**
   - Participating in preliminary interviews with the Title IV-E Program Coordinator.

4. **FINAL INTERVIEW & SELECTION**
   - Successful interview with the Title IV-E Program Coordinator.

**VISIT US TODAY**

**Summer & Fall Course Spotlight**

**Environmental Justice & Green Social Work**

**Fall 2023**

**Topics include:**
- Environmental Racism
- Ecological issues for children, older adults, women, and low-income populations
- Climate-forced Migration
- Natural Disaster Response
- Health & The Environment
- Ecotherapy for Mental Health
- Environmental Policy
- Micro and Macro Level Advocacy Strategies

**Course:**
SOCW 3310/5310

**Modality:**
Online- Asynchronous (with recorded lectures and optional live sessions)

**Instructor:**
Karen Magruder, LCSW-S
Assistant Professor of Practice
karen.magruder@uta.edu

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**DIVR/WOMS 2315-001 Summer Session 1**

**INTRO TO LGBTQ+ STUDIES**

**MonTueWedThu 1 - 3 p.m.**

**Dr. Jessica Sanchez**

Satisfies Language, Philosophy, and Culture core requirement!
- LGBTQ+ History
- Civil Rights
- Queer Representation

**Don't Wait! ENROLL NOW!**
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:
txe9187@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?
CLICK HERE FOR THE USL APPLICATION:
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