



TEXAS SOCIAL WORK THE WORLD TALKS ABOUT UNDERGRADUATE PROGRAMS CHANGE; WE CREATE CHANGE.

**BACHELOR OF SOCIAL WORK BACHELOR OF SCIENCE IN SUBSTANCE USE TREATMENT** 





## SOCIAL JUSTICE SPOTLIGHT

## July 24 is International Self Care Day!

On July 24, the International Self Care Foundation developed a device to raise awareness and promote living a healthy lifestyle. Ultimately, it is important to take care of oneself, physically and mentally. The International Self-Care Day, symbolizes that the benefits of self-care are experienced 24 hours a day, 7 days a week.

#### What are the different types of self-care?

- Health literacy
- Mental wellbeing
- Physical activity
- Healthy eating
- Risk avoidance
- Good hygiene

### **How to Observe**

- Try a workout class/ take a walk
- Meditate
- Read a good book
- Prioritize yourself (try to have a good sleep schedule, pay bills on time)

Sources: https://nationaltoday.com/international-self-care-day/



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## STUDENT SPOTLIGHT



Get to know our Student Leaders!

Hello! My name is Jessica Quinones. I am a firstgeneration student and will soon be the first in my family to receive a BSW degree from UTA! I am a full-time student and will graduate Spring '23. I have always loved the feeling of helping others in need! I was originally undecided about my major until I was convinced about taking a social work course. After researching what social work is and what they do, I switched my major to Social Work! My first goal is to continue my education to receive my LCSW and help others as a medical social worker. Growing up, I've been in and out of hospitals helping my grandmother, sometimes my mom, and now my grandfather. It took me a while to figure out which field I wanted to be in but after consideration, I knew I belong in the medical field as a social worker. My second goal is to become a school social worker in a higher education institution. Wherever my path takes me, I know that I will be doing my best to help others in need!

### What does being a USL mean to you?

As a student, I know it can get confusing and stressful not knowing who to go to for certain questions. It's also a bit difficult to receive answers in a timely manner. That's where I step in as an Undergraduate Student Leader! I enjoy being a point of contact that students can turn to for anything. The feeling of helping students receive answers is rewarding to me. I also love being able to give students information about resources they might miss. I hope more students get the chance of becoming USL's!

Interested in becoming a USL in the fall? Click here!

## YOU MATTER



# **Imposter Syndrome. What is it?**

Hi everyone, I hope everyone is having a great summer. I'm going to be honest with y'all, I hadn't felt "imposter syndrome" since I graduated with my BSW in December of 2020. I know that during the COVID pandemic, my form of self care was surviving. Some days it was simply getting out of bed and getting ready. I felt like I put my career plans on pause to explore different aspects of life. I don't regret doing so but being back in school has honestly made me doubt myself. Am I good at what I'm doing? The feeling of self doubt has been crossing my mind more than I'd like to admit. It has been mixed in with persistent feelings of not feeling worthy of my accomplishments and digging myself into a very lonely hole. To tell you the truth, battling imposter syndrome is tough, but taking a step back to analyze what I was feeling was my first step. To tell you the truth, this has been a scary whirlwind of emotions.

#### What is imposter syndrome?

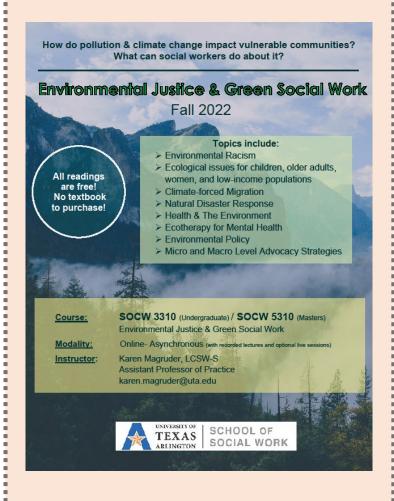
Imposter Syndrome is the feeling that you are not good at your role, heavily doubting your abilities and believing you're an imposter. It can create anxiety and cause a feeling of loneliness. It is NOT a real medical syndrome or diagnosis.

Being self aware of yourself, especially when people give you positive criticism can be helpful. Do you tend to tend to push positive feedback away? Do you convince yourself that the tasks you've accomplished are thanks to external forces? Learning that failures are "growing" experiences is important as well. It creates a mindset were one can find positive attributes even in "failed" situations. Find and share your strengths with the people around you. You are growing and becoming a better you everyday. Know that you are not alone.

Interested in writing your own "YOU MATTER" section for others? Email: Olga.carrillo@mavs.uta.edu

Sources: https://www.cwauthors.com/article/What-is-the-Imposter-Syndrome-in-academia\

### **COURSE SPOTLIGHT**



## IMPORTANT DATES

#### **SUMMER 2022**

- July 21 Last Day to Drop Classes
- August 10 Last Day of Classes
- August 13 Commencement Ceremonies
- August 22
   – First day of Fall classes
- September 5 -- Labor Day Holiday
- September 7- Census Date
- Oct. 28-- Last day to drop classes; submit requests to advisor prior to 4:00pm

### **BSSUT SPOTLIGHT**

The Bachelor of Science in Substance Use & Treatment (BSSUT) "The degree will use a multidisciplinary approach to understand the biological, psychological and social aspects of substance misuse," said Scott Ryan, dean of the School of Social Work. "Its curriculum for assessment and treatment methods for substance misuse are based on evidence-informed and research-supported practices that will enable students and future professionals to understand and treat individuals, families, groups and communities while preparing graduates for careers in this field."

Continue reading here

Shermell Osborne shermell.Osborne@uta.edu

Dr. Allison Tomlinson, PhD, LCSW-S allison.tomlinson@uta.edu\_

For more info and FAQ's Click Here

Degree Progress Worksheet Click Here



- Need to meet with your 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 <a href="here">here</a>. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.
- If your advisor's appointment schedule is full, please consider emailing them for email-advising, or attend their weekly Power Hour. Please check advising appointments every Monday when new availability opens up for the coming weeks.

#### **BSW Academic Advisors:**

- Sabrina Earle <u>sabrina.earle@uta.edu</u>
- Kyleigh Easter- kyleigh.easter@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, <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 site</u> and our <u>SSW licensure page</u>.
- Click here for a recording of our Social Work Licensing Information Session, held in April 2021.
- 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 <a href="mailto:here">here</a>. If you have any questions about the process of applying to the MSW, please contact <a href="mailto:doloresbevins@uta.edu">doloresbevins@uta.edu</a>



#### FIELD PLACEMENTS

General

- All students, agencies, and Field Instructors should use this URL for
  - InPlace: <a href="https://inplace.uta.edu/">https://inplace.uta.edu/</a>
- 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!
- Field FAQ
- Contact <u>Sharon Martin</u>, <u>LMSW</u>, <u>Field Advisor</u>, <u>with any questions</u>! You can also connect with her during her Field Power Hours every 1st & 3rd Thursday of the month from 3:00-3:30.
   <u>Click here to join the meeting</u>

Fall 2022

- The Fall 2022 Field Application is now open.
- Application Deadline is June 24, 2022.
- See the Summer 2022 Field Education Calendar for Block and for Split here.

InPlace fee is due on the first day of class

Spring 2023

- The Spring 2023 Field Application is open October 03, 2022.
- Application deadline is November 25, 2022
- See the Spring 2023 Field Education Calendar for Block and for Split <u>here.</u>

InPlace fee is due on the first day of class



## **GET INVOLVED**

### The School of Social Work Virtual Clinic

Need additional support? The School of Social Work Virtual Clinic offers FREE services. Support groups are offered virtually, weekly to BSW students. Please email SSWVirtualClinic@uta.edu for more information.











## **EVENTS**





School of Social Work Building B, Room 107 211 S. Cooper St., Arlington, TX 76019

ease join us for sandwiches and refreshments prior to the 3:00 pm Commencement Ceremony!

#### SSW Community of Caring

Join us in a brave space for the UTA Sschool of Social Work community (students, staff, faculty) to support one another as we face local and global injustices. This month focuses on Roe V. Wade.

O Friday, July 15 at 10:00am to 11:00am ☐ Virtual Event



## ACADEMIC **OPPORTUNITIES**

# IPE Distinction Certificate

Interprofessional education (IPE) is "when students from two or more professions learn about, from and with each other" (WHO, 2010).

Have you participated in IPE activities while attending UTA?

Want to be recognized for your hard work?

Apply for an IPE Distinction Certificate!

#### REQUIREMENTS:

- MUST HAVE COMPLETED AT LEAST TWO IPE ACTIVITIES WHILE ATTENDING UTA
- MUST BE ABLE TO DISCUSS THE IPE ACTIVITIES IN WHICH. YOU PARTICIPATED
- SUBMIT A COPY OF YOUR RESUME THAT INCLUDES THE IPE ACTIVITIES
- . SUBMIT AN EXAMPLE COVER LETTER EXPLAINING HOW IPE HAS HELPED YOU TO PREPARE FOR A 10B

To fill out an application **CLICK HERE!** 

**APPLICATIONS ARE DUE: July 15, 2022** 

Questions? Contact: Professor Tracy Orwig tracy.orwig@uta.edu

Introducing the 1st Annual

## **SOCIAL WORK AND LAW**

National Symposium

Strengthening Pathways and Partnerships to Advance Empowerment, Justice, and Change

ONE DAY VIRTUAL EVENT

FRIDAY | SEPTEMBER 30, 2022

### CALL FOR PROPOSALS

The 1st Annual Social Work and Law National Symposium exists to harness energy, passion, and wisdom to advance the field of forensic social work and the capacity of forensic social work of practitioners. This is a future forward event bringing together educators, researchers, community practitioners, justice-oriented leaders, and students for synergistic learning collaborations.

We seek dynamic presenters to lead engaging workshops and interactive discussions focused on advancing knowledge, skills, and abilities around forensic social work practice including the intersection of social work and law as related to this year's theme, "Strengthening Pathways and Partnerships to Advance Empowerment, Justice, and Change."

DEADLINE FOR RECEIPT OF PROPOSAL IS JUNE 15, 2022 See attached for submission instructions.

FOR INQUIRIES AND PROPOSAL SUBMISSION:

#### CALL FOR EXHIBITORS

Exhibition for the Social Work and Law Symposium is a virtual platform to provide information about an advocacy campaign, inspirational idea, cutting-edge research, services as well as personal and professional stories pertinent to the national audience. Prospective exhibitors will be solely responsible for the facilitation of their esssion and maintaining event

Exhibit types include visual displays in the form of posters, banners, pamphiles, storied images, flyers, expressive arts (e.g., drawings, paintings, peopley, etc.). doos, and other types of information. Exhibits should be accompanied by a clear statement of purpose. Exhibitor should be prepared to respond to aftendee questions during their 10-minute session.

Prospective exhibitors must submit proposals that are consistent with the virtual orientation of the symposium and this year's theme, Strengthening Pathways and Partnerships to Advance Empowerment, Justice, and Change.

#### SUBMISSION

General Guidelines: Proposals are to include the following information for consideration. Student submissions are encouraged.

- consideration. Sudent sudmissions are encouraged.

   Title of session

   Name, title, affiliation, and contact for each presenter (include phone number of lead presenter)

   Session type

   Learning area and learning objectives

   Learning area and learning objectives

   Describe interdisciplinary, cross-professional or student collaboration (if applicable). Del emphasis, and relevance of the topic (50 words)

   Description of the topic (200-300 words)

   Summary of interactive elements and technical requirements (150-200 words)

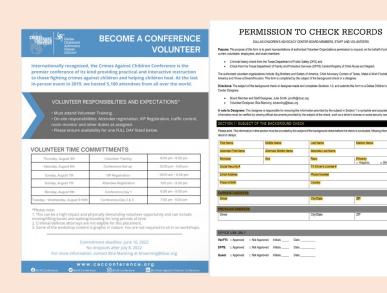
- Biographical statement for each presenter

Proposals should be saved as PDF files and submitted to Symposium Review Committee by email (SWLSymposium@gmail.com) no later than June 15, 2022. Notifications about participation will be delivered by July 1, 2022. Registration will be available by July 15, 2022. All accepted presenters must register to confirm virtual attendance no later than August 1, 2022.

COSTS: Regular \$45 before August 1, Regular \$55 after August 1 Student registration is Free. CEUs included. Certificates available at a cost of \$5 per certificate upon request.

# **VOLUNTEER OPPORTUNITES**









### RESEARCH

Social Work **Course Guides**  Student Research **Opportunity** Center







### Covid-19 Vaccine

Contact covidvaccine@uta.edu with any questions. If the dates and times of these clinics don't work for you, the COVID-19 vaccine is free and widely available in Arlington and surrounding communities. To find a vaccine or booster near you, enter your zip code into the CDC's COVID-19 vaccine finder.

Click Here for more information.

Required COVID-19 testing and new protective measures for Spring 2022 (English and Español) (uta.edu)

Classroom density, updated info from university on testing and return to campus

### **KNOW YOUR** STATUS

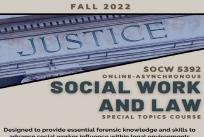
CALL OR TEXT TO SETUP AN APPOINTMENT!

## Dean Ryan's

**Statement on** COVID-19 **Health Disparities** 



Are you a student in recovery from substance use? If so, you may be eligible to offer feedback on a new VR based tool for substance use treatment. Click here for more information.



INSTRUCTOR
Dr. Sherece Shavel, Assistant Professor of Practice

EMAIL FOR MORE INFORMATION sherece.shavel@uta.edu

#### As a phoenix rises from the ashes





#### **Research Participation Opportunity**

Volunteers needed for an exploratory survey of childhood experiences and well-being in transition-age youth.



#### youngadultwellbeing.questionpro.com

Thank you for your interest and participation! We understand that your time is valuable. Participants who complete the survey will be entered into a raffle for one of ten \$20 Amazon gift cards.



## **UTA Academic Calendar**

### **Evidence-Based Practice Research Guide**



**Check Canvas** for the MavsUnite Page! To add please e-mail:

**Emily Clark** 

## SAR Center

(Formerly Office of Students with Disabilities)











**UTA Library Accessibility** 

**On-Demand & Live Fitness Classes** 



### **Rental Assistance Program**

The Tarrant County Rental Assistance Program assists residents who have been impacted by the COVID-19 pandemic. For more details, email renthelp@tarrantcounty.com or call 817-850-7940.



#### **Emergency Assistance Fund**

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

Get Microsoft 365, The Wall Street Journal and Other Apps FREE with your student email!

How to gain access to SSW writing resources: Advising & Student Success Canvas

#### **UTA/Tri-C Food Pantry Distributions**

Currently distributing groceries on Thursdays only, from 9-11:45 a.m. and 2-4:45 p.m. To receive these grocery bags you must send an email to utafoodpantry@gmail.com to request a pickup time. Include student name, last four digits of UTA ID, requested grocery pickup time, choice of vegetarian, chicken, or any meat groceries.

If you have any questions or content suggestion for the newsletter, please contact Olga Carrillo: Olga.carrillo@mavs.uta.edu



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