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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Get to know our Student Leaders!

Hello! My name is Jessica Quinones. I am a first-generation 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/
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](#)

Sherrell Osborne
[shermell.Osborne@uta.edu](mailto:shermell.Osborne@uta.edu)

Dr. Allison Tomlinson, PhD, LCSW-S
[allison.tomlinson@uta.edu](mailto:allison.tomlinson@uta.edu)

For more info and FAQ’s [Click Here](#)

Degree Progress Worksheet [Click Here](#)
ADVISING

• 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 here. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first-come first-serve 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 – sabrina.earle@uta.edu
• Kyleigh Easter- kyleigh.easter@uta.edu

FIELD PLACEMENTS

• All students, agencies, and Field Instructors should use this URL for InPlace: https://inplace.uta.edu/
• The InPlace fee is $67 per year or $130 for a lifetime. Each student will need 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

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.
• 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 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 Master’s 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 doloresbevins@uta.edu

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 here. InPlace fee is due on the first day of class

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
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.
ACADEMIC OPPORTUNITIES

IPE Distinction Certificate
Interprofessional education (IPE) is “when students from two or more professions learn about, from and with each other” (WHO, 2000).

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 prepare for a job

To fill out an application
CLICK HERE!

Applications are due: July 15, 2022
Questions?
Contact: Professor Tracy Orwig
torwig@uta.edu

CALL FOR PROPOSALS
The 1st Annual Social Work and Law National Symposium invites junior, middle, and senior level social work practitioners to submit 15-minute academic presentations for the 2020 Symposium. Presenters are encouraged to submit relevant content for the 1st Annual Symposium. The Symposium will take place on September 30, 2020.

DEADLINE FOR SUBMISSION: June 15, 2022
For more information on submitting a presentation, contact: drf@uta.edu

CALL FOR EXHIBITORS
Exhibit for the Social Work and Law National Symposium is a virtual platform to provide information about an advocacy campaign, inspirational ideas, cutting-edge research, services as well as personal and professional stories pertinent to the national audience. Presenting exhibitors will be solely responsible for the facilitation of their session and maintaining event connections.

Exhibit types include visual displays in the form of posters, banners, pamphlets, video clips,PowerPoint displays, audiovisuals, and other types of information. Exhibitors should be prepared to respond to attendee questions during their 15-minute session.

SUBMISSION General Guidelines:
- Proposals are to include the following information for consideration: Student presentations are encouraged.
  - Title of session
  - Name, title, affiliation, and contact for each presenter (include phone number and e-mail)
  - Abstract (100-200 words)
  - Learning objectives
  - Reference material (at least 10 references)
  - Descriptive of the topic (300-500 words)
  - Summary of interactive elements and technical requirements (500-100 words)
  - Biographical statement for each presenter

Proposals should be submitted via the Symposium Review Committee. E-mail the Symposium Review Committee at symsymposium@uta.edu with abstract by June 15, 2020. Notification about participation will be determined by mid-July 2020.

Volunteer Opportunities
Are you interested in applying? If so, contact Ashley Schmidt or Esther Rocha.

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VOLUNTEER OPPORTUNITIES
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

Dean Ryan’s Statement on COVID-19 Health Disparities

Know Your Status
No cost & confidential HIV testing
Call or text to setup an appointment!

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.

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

If you have any questions, please contact the research team at katherine.tobren@uta.edu or caroline.tobren@uta.edu
RESOURCES

UTA Academic Calendar

MANAGING STRESS AND ANXIETY DURING COVID-19
UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

THERAPIST ASSISTED ONLINE (TAO)
Visit TAOconnect.org

MAVS TALK 24HR CRISIS LINE
Call (817)272-8255

THRIVE APP
Download "Thrive at UT" on App Store or Google Play

Visit uta.edu/caps for more information

UTA is a COMMUNITY THAT CARES

Connections Tutoring Lab
UTA School of Social Work

NOW OPEN

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

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.

SAR Center
(Formerly Office of Students with Disabilities)

Evidence-Based Practice Research Guide

In Crisis? Text HELLO to 741741

DREAMERS WELCOME

UTA Library
Accessibility

On-Demand & Live Fitness Classes

The world talks about change; we create change.

"You must not be fearful about what you are doing when it is right"
— Rosa Parks

Follow us on social media

211 S. Cooper Street, Arlington TX 76019
Social Work Program
(817) 272-3613

The Lifeline is FREE, confidential, and always available.
HELP a loved one, a friend, or yourself.
Community crisis centers answer LifeLine calls.

211 S. Cooper Street, Arlington TX 76019
Social Work Program
(817) 272-3613

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

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

Evidence-Based Practice Research Guide

You must not be fearful about what you are doing when it is right"— Rosa Parks

Follow us on social media