

## Building a Sustainable Tomorrow

July 11th, 1990, marked the anniversary of the day when the world’s human population was estimated at five billion people. The United Nations designated July 11th of each year as the World Population Day to highlight different critical issues related to women’s health. Today the UTA School of Social Work proudly joins the global community in celebrating World Population Day. As passionate advocates for social justice and equitable well-being, we recognize the significance of this day in raising awareness about population-related issues. Through collaborative efforts and a commitment to social change, we aim to create a future where every individual’s rights and well-being are valued and protected. On this World Population Day, we celebrate the power of education, research, and advocacy in shaping a more inclusive and equitable world for all.

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Amari Dillon
Hi, my name is Amari Dillon. I am a senior and a transfer student. I chose social work because I want to be the voice for those who cannot speak up for themselves. I am excited to meet you all throughout the semester and be as much help as I can be!

Identifying Emotional Triggers
Triggers are specific events, conversations, or experiences that elicit negative emotions as well as feelings of past pain that affect the present moment. They often lead to intense emotional outbursts and activate fight or flight responses. Negative emotions such as anger, envy, betrayal, rejection, helplessness, feeling ignored, feeling unwanted, or having achievements downplayed can be triggering. Here are practical steps to identify your triggers:

- **Notice internal changes**: Pay attention to shifts in your thoughts, emotions, or physical sensations when you encounter challenging situations.
- **Name the emotion or feeling**: Identify and label the specific emotion that arises when triggered (e.g., anxiety, betrayal).
- **Understand triggers**: Take time to reflect on and journal your thoughts, exploring the underlying causes and patterns of your triggers.

By prioritizing these steps, you can cultivate self-awareness, nurture your overall well-being, and develop effective strategies for managing your emotions. Remember, your mental health matters, and identifying triggers is a crucial aspect of your journey to self-care.
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

Summer 2023

- July 21st Last day to drop
- July 27th Summer movie series
- August 9th Last day of class
- August 10th Final exams
- August 11th Final exams

Field Placement Summer 23

- 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 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

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

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.
Upcoming Events

Calling all Veterans!
Seeking to connect with other veterans in the SSW?
Join us as we come together to discuss our experiences in the UTA SSW and brainstorm improvements for the future.

JOIN US FOR OUR VIRTUAL UTA SSW VETERANS MEETUP
Wednesday, July 12th at 8 pm on TEAMS
Meeting ID: 289 948 491 394
Passcode: VBf5e7

Brought to you by the GSL’s

YOU'RE INVITED

Crip Camp
A Disability Revolution

Thursday, July 27th

Summer Movie Series

Event Details
6 - 8 PM
ROOM: 104 & 105
501 W Mitchell St
Arlington, TX 76010

Joining Online? Click Here!
Follow-up discussion on disability rights and advocacy.
Crip Camp Trailer

Food will be served!

DEAF COFFEE CHAT

Last Thursday of Every Month
5:00 pm - 7:00 pm
Second Sunday of Every Month
3:00 pm - 8:00 pm

INCLUSION COFFEE
101 E ABRAM SUITE #110
ARLINGTON, TX 76010

ASL fluency not required, but hands must be up!

Questions? Contact Lei-Sea Sky:
leiseasky@gmail.com

For any questions, contact the Center for Rural Health and Nursing at:

crhn@uta.com

Opioid Endemic & Sex Trafficking Awareness in Rural Texas

Guest speakers will discuss the opioid endemic during the event’s morning sessions and sex trafficking in rural Texas during afternoon sessions.

Breakfast and lunch provided.
Contact hours available for attending this event.

JULY 21, 2023
8 am - 4 pm
SEIR Building, Room 194

Click here to register now!
Career Opportunities

Summer & Fall Course Spotlight

Become a MavTemp

Are you looking for scholarship opportunities?
You've come to the right place!

1. Enter this link into your browser: https://buff.ly/3qWHSAS
2. Login with your UTA credentials.
3. Find a scholarship you may be a good candidate for and apply!

Applications are now open until Friday, July 14th at 11:59

For more info click here for MavTemp

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

For more info visit ugtexar.edu/socw
Volunteers Opportunities

ATTENTION BSW STUDENTS!

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

USL VOLUNTEERS
• WORK DIRECTLY WITH BSW PROGRAM DIRECTORS
• SERVE AS ADVOCATES AND COMMUNICATION FACILITATORS FOR BSW STUDENTS
• CONNECT STUDENTS TO SERVICES AND RESOURCES

DEADLINE: AUGUST 11TH

For more information Click Here or may contact Anna Fagan

WEBSITE: https://utaedu.questionpro.com/s/TakeSurvey?tt=L8ldNOK2BLkECHrPeIW9eQ%3D%3D

Hot Weather Safety Tips

HOW TO STAY SAFE IN THE HEAT

- STAY HYDRATED AND DRINK PLENTY OF FLUIDS
- AVOID THE SUN AND STAY IN AN AIR-CONDITIONED AREA
- NEVER LEAVE CHILDREN OR PETS UNATTENDED IN VEHICLES
- WEAR PROTECTIVE CLOTHING AND SUN PROTECTION
- KNOW THE SIGNS/SYMPTOMS OF HEAT EXHAUSTION/STROKE

Source: National Weather Service

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Study on the New School of Social Work Building

Seeking Participants – We Want You!

• We are seeking students to share their experiences with the new School of Social Work building.
• We want to know more about how you feel in the building, how accessible it is, and how trauma-informed it is.
• By participating in the survey, you will be entered into a raffle to win a $10 Pie 5 gift card.
• You can take the survey on any electronic device (e.g., computer, cell phone, tablet, etc.), and it should only take about 5 minutes to complete. The first page of the survey will be the consent form. Please read it carefully, and by clicking “Accept” you will be electronically signing the form.
• You can access the survey here: https://utaedu.questionpro.com/s/1/AWypGrZsba7

About the Researchers and the Project

• Megan Westmore, LMSW and Dr. Regina Pratesimo, PhD are researchers from the School of Social Work at the UT-Arlington.

How Do I Become a Part of This Project?

• You are eligible to participate if you are at least 18 years old, a current UTA social work student, and have taken at least one in-person class in the new School of Social Work.
• Please contact us if you have any questions:
  Email: meganrose.westmore@uta.edu

Link to the survey: https://utaedu.questionpro.com/s/TakeSurvey?tt=L8ldNOK2BLkECHrPeIW9eQ%3D%3D
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

WEBINARS ON SOCIAL WORK WRITING (GUIDE)
- Write that policy paper
- Write that case study
- APA Style for Social Work
- Professional writing for field. CLICK HERE.

AVAILABLE RESOURCES

Counseling & Psychological Services (CAPS)
CAPS assists students in increasing self-awareness, addressing mental health and emotional concerns, and making positive changes in their lives. Link

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

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

Free Transportation
Link

FOLLOW US ON SOCIAL MEDIA

THE WORLD TALKS ABOUT CHANGE; WE CREATE CHANGE.