National Wellness Month

National Wellness Month, celebrated August 1st, is an excellent time to remember how important it is to take care of ourselves, especially during the busy school year. When we're caught up in studying and work, we often forget to focus on our well-being. Making time for exercise, relaxation, and healthy eating can really make a difference in how we feel and perform. By taking care of ourselves, we can handle stress better, be more productive, and create a positive and supportive environment for everyone on campus. So, let's prioritize wellness and make this school year a happier and healthier one!
Get to know your USL

Karla Padilla

Hi everybody! My name is Karla, and this is my first semester serving as a USL and third semester at UTA. I am a senior graduating in the summer of 2024. I was a transfer student from TCC and graduated with my A.A.S. Transferring from another college can be difficult, but I found so many great resources and help through my USL during my first semester at UTA, so I wanted to give that same experience to others. After graduation, I do want to pursue my MSW in Fall 2024 with a concentration in Health. In my free time I love to try new foods, listen to crime podcasts, and go on walks with my dogs. I can't wait to start this journey of serving constituents and becoming a resource for others. I hope everyone has a great semester!

How To Prioritize

As we come near the end of the summer semester and prepare for the fall season, it's essential to stay focused on what's ahead. One fantastic tool to help you achieve this, is the Eisenhower Matrix. The principles were created by Dwight D. Eisenhower, and it is an excellent way to prioritize tasks by urgency and importance.

1-DO.
What do you need to accomplish today or tomorrow at the latest?

2-DECIDE.
Which tasks need to be put in your calendar? This is the most essential in achieving great time management.

3-DELEGATE.
These tasks are urgent, but not as important as others. Who can do them for you?

4-DELETE.
This quadrant helps to eliminate bad habits and unnecessary tasks. Deleting these tasks will allow you to focus on the first and second quadrant.
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.

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

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

- August 9th Last day of class
- August 10th Final exams
- August 11th Final exams
- August 21st First Day of Fall Classes

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
Upcoming Events

UNIVERSITY OF TEXAS AT ARLINGTON
School of Social Work
Invites you and your family to a
Commencement Celebration
in recognition of your outstanding student achievements
Saturday, August 5th, 2023
2:00pm-4:00pm
School of Social Work Building
501 W Mitchell St., Arlington, TX 76019
Please stop by for refreshments, photos, job fair and pinning ceremony.

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

YOU ARE INVITED TO ATTEND
FIRST-GEN BRUNCH & ALUMNI MIXER
Saturday August 26th 10AM-12PM
University Center, Bluebonnet Ballroom
Are you the first in your family attending a 4-year University? Join us at the third annual First-Generation College Student Brunch & Alumni Mixer! Enjoy food, music, prizes, and meet successful First-Gen Graduates/Alumni who discovered the secrets to college life and more!
REGISTER NOW! SPACE IS LIMITED

You’re invited to understand your credit score.
Learn how your credit score is calculated and get insights on how to build your credit.
Friday, August 4, 2023
1:00 PM - 2:00 PM CST
Chase - Downtown Arlington
500 E Border St, Floor 1
Arlington, TX 76010
Space is limited, please RSVP by August 4 at www.surveymonkey.com/r/QTMF2W4C
Due to Covid-18, guests may be required to show proof of vaccination and/or wear a mask.
Deposit products provided by JPMorgan Chase Bank, N.A. Member FDIC.
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Are you looking for scholarship opportunities?

You've come to the right place!

1. Enter this link into your browser:
   https://buff.ly/3qWM5AS
2. Login with your UTA credentials.
3. Find a scholarship you may be a good candidate for and apply!
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

Link: https://utaedu.questionpro.com/a/TakeSurvey?tt=L8ldNOK2BLkECHrPeIW9eQ3D%3D

Need more information??
Email: intern@mvsls.uta.edu
Aida: AXXR63E@MAVS.UTA.EDU
Anadja: AXXM3404@MAVS.UTA.EDU
Tami: TXC9187@MAVS.UTA.EDU
May: MVLH58@MAVS.UTA.EDU

Volunteers Needed

Help 4,000 students settle into their new campus homes
Thursday, August 17
8:30 AM - 5:00 PM
Register for a two-hour shift by Monday Aug. 14
Volunteers will be provided a free t-shirt

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 traumatic it is.
• By participating in the survey, you will be entered into a raffle to win a $10 Pie 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/AWpGzSb9

About the Researchers and the Project
• Megan Westmore, LMSW and Dr. Regina Prateris, 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/a/TakeSurvey?tt=L8ldNOK2BLkECHrPeIW9eO3D%3D

Hot Weather Safety Tips

How to Stay Safe in the Heat

Source: National Weather Service

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

Link to the survey: https://utaedu.questionpro.com/a/TakeSurvey?tt=L8ldNOK2BLkECHrPeIW9eO3D%3D
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 traecia.nichols@uta.edu
Sincerely,
Traecia

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. CLICK HERE.

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

Summer Tutoring
Students can book appointments for One-on-one tutoring. By using TutorTrac

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

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

Evidence-Based Practice Research Guide

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

Follow us on social media