



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



# WEEKLY UPDATE

October 04, 2022

## SOCIAL JUSTICE SPOTLIGHT

### October 6<sup>th</sup> is National Cerebral Palsy Day!

#### On October 6<sup>th</sup>, we celebrate National Cerebral Palsy Day!

On this day, we recognize people with Cerebral Palsy. Over 17 million people have Cerebral Palsy Nationwide. In North America, about 500,000 children have it. This is the most common physical disability within children. Cerebral Palsy is a non-progressive neurological disorder that is the result of lack of oxygen of the brain.

How can we spread Awareness of Cerebral Palsy Disorder?  
Here are the six key areas to focus on.

- |                     |              |                 |
|---------------------|--------------|-----------------|
| Public Awareness    | Civil Rights | Quality of Life |
| Medical/Therapeutic | Educational  | Contribution    |

Resource: <https://www.cerebralpalsy.org/about-cerebral-palsy/types-and-forms>

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Kristen Kerr

Hello! My name is Kristen Kerr (she/her/hers) and I am a senior in the BSW program graduating in May 2023. I aspire to become a community social worker in which I help impoverished communities and people who are struggling with mental illnesses. I am currently starting my split internship at the Maverick Pantry. I help all the students, faculty, and staff here at UTA who face food insecurity. I have definitely become more open-minded because you never know what people are facing. I hope to open my own food pantry one day and give back to my community.

After I get my BSW, I also plan to continue my studies and get my MSW right after. In my spare time, I absolutely love to volunteer and learn new skills. I take pride in the work I do and make sure I always help others, especially people who rely on it. Social work was a calling to me, and I enjoy every second of it!



### Diet Culture, Nutrition, Intersections, and Social Work

What is a diet? What are calories? What are considered carbohydrates, fat, cholesterol, and starch food? When we become Social Workers, how can we balance health while helping clients with their problems?

In today's world, diet culture is all around us. This includes movies, music, advertisements, magazines, culture, and even in the stores. Even celebrities such as Dwayne Johnson are encouraged to endorse supplement companies such as *Zoa* to promote it as healthy. But it is far from the truth. In fact, Diet is defined as what ever food you eat daily. This also include how much calories you eat, and how much it is burned off by exercise.

There are many people who eat less than they should eat. By eating less food, they can lose weight quickly but lack energy and strength to do anything. There are many times that they overeat and gain more weight due to undereating. Crash diets are not healthy. Without the proper nutrition, we become sick and are unable to help a client.

Therefore, how can we maintain good health while helping clients? First, we must knowhow much calories that we are able to sustain. Second, is to manage the micronutrients that is consumed daily. Lastly is that if you are active and go to the gym, check how much calories that you've burned throughout being active. Two food apps that can help provide your goals are: MyFitnessPal and LoseIt app. Both are free to the public and can help you find your nutritional goals!

*Andwelah Givens*

**BSW Student | undergraduate**



## ADVISING

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](mailto:leslie.reyna@uta.edu)



## FIELD PLACEMENTS

### General

- **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](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 to join the meeting](#)

### Spring

- **The Spring 2023 Field Application Opens October 3rd. Apply ASAP once Inplace accepts Applications.**
- **All students have been placed.** Students should contact their [field advisor](#) if they are still awaiting placement.

### Spring 2023

- The Spring 2023 Field Application will be open Oct. 03 – Nov. 25, 2022. These dates are subject to change. See the full Spring 2023 Field Education Calendar [here](#).

## USL Opportunity!!!

# USLS NEEDED!

### ATTENTION BSW STUDENTS!

The School of Social Work is recruiting Undergraduate Student Leaders (USLs)

Application are open now!



### INTERESTED IN APPLYING?

#### CONTACT US:

Precious Bell or Laina Scivally

[precious.bell@mavs.uta.edu](mailto:precious.bell@mavs.uta.edu)

[lms1135@mavs.uta.edu](mailto:lms1135@mavs.uta.edu)

## Interested in Becoming a USL?

[Click here!](#) You can also contact

[Precious Bell](#) or [Laina Scivally](#)

[Click here for the USL Application](#)

## Scholarship Opportunities

Get Scholarships [TODAY!!!](#)

**mav**  
**ScholarShop**  
UNIVERSITY OF TEXAS AT ARLINGTON

Sign In

Opportunities

### All Opportunities

Show Filters

Welcome to Mav ScholarShop. UTA's online scholarship system! Mav ScholarShop is a one-stop shop designed to give you the most comprehensive access to UTA's generous scholarship offerings.

#### Your Scholarship Opportunities

As a current or newly-admitted student, Mav ScholarShop has created a student profile for you – also referred to as a general application – based on your MyMav information. Your profile is then matched nightly with open scholarship opportunities across campus.

• You may be automatically matched with scholarships for which you meet the criteria, and your profile will be available to the awarding department for review. This is not a guarantee of a scholarship. These automatic scholarships will be listed as "None" under the Action column meaning no further action is required on your part.

OR

• You may be a good candidate for a scholarship but more information is required. "Apply" will appear under the Action column, and you will have to complete an application specifically designed for that scholarship. These are "Recommended" scholarship opportunities and are not a guaranteed award.

#### All Available Scholarship Opportunities

To browse all available scholarships, click "All" under "Opportunities". Save yourself valuable time and read the scholarship descriptions carefully to determine if you would be a good candidate for the scholarship.

To view scholarship opportunities filtered according to your profile, click "Recommended" under "Opportunities". Recommended does not mean that you will definitely qualify, but it may be a good option for you. To apply directly for a Recommended opportunity, you must complete and submit the additional application associated with that opportunity.

#### Get Started

• Log in. Log in to [Mav ScholarShop](#) using your Net ID and password. You can return to this website at any time to review your profile and any new scholarship opportunities.

• Follow up. Scholarship deadlines vary, so log in often to view any new scholarships or to check on pending scholarships.

## IMPORTANT DATES

### FALL 2022

- Oct. 3– Field Applications OPEN
- Oct. 28-- Last day to drop classes; submit requests to advisor prior to 4:00pm
- Nov. 23- No classes scheduled
- Nov. 24- Thanksgiving Holiday
- Nov. 25- Thanksgiving Holiday – Field Applications Close
- Dec. 6- Last day of classes
- Dec. 7- Student Study Day (no classes)

[SSW Lending Closet](#)

## CALLING SOCIAL WORK ALUMNI!



BSW & MSW students would like you to donate your cap, gown, and hood to the Lending Closet at UTA! If you would like to donate, please reach out to the contacts below.

### CONTACT US:

[Precious.Bell@mavs.uta.edu](mailto:Precious.Bell@mavs.uta.edu)

[lms1135@mavs.uta.edu](mailto:lms1135@mavs.uta.edu)

[Shermell.Osborne@uta.edu](mailto:Shermell.Osborne@uta.edu)

SCAN HERE



# Thank You

SSW Lending Closet

## INTERESTED IN MACRO SOCIAL WORK?

STUDENT ASSOCIATION FOR  
MACRO SOCIAL WORK (SAMSW)  
OCT 3, 2022 @ 7PM



Fall Meetings: 7-8pm via  
Teams

October 3 (First Monday)  
November 7 (First Monday)  
December 5 (First Monday)

Peer Support &  
Professional Development  
for CAP Concentration,  
MSW Leadership  
Certificate, and BSW  
students

Click or Scan to Register!



For questions, email  
monica.canizares@mavs.uta.edu

## Job Opportunities

### Bhojani for Texas Job Opportunity

# WE'RE HIRING!

HOURLY DEMOCRATIC ORGANIZERS

Join us in making history as we work to elect the first  
Muslim and South Asian member of the Texas Legislature!

We are looking to hire passionate and talented Organizers.  
Each team member will work up to 40 hours per week and  
will be paid \$20 an hour.

**BHOJANI**  
DEMOCRAT FOR HD-92

WOMEN, PEOPLE OF COLOR, AND LGBTQIA+  
APPLICANTS ARE STRONGLY ENCOURAGED TO APPLY.

To apply: Please send your resume and cover letter to [Team@bhojanifortexas.com](mailto:Team@bhojanifortexas.com)

Click [HERE](#) for more Information!

## Fall 2022 IPE Activity

Domestic Violence Simulation-  
"In Her Shoes" Date: October  
4th-18th Format: Asynchronous  
Online Focus: In Her Shoes series  
is designed for experiential  
learning about domestic  
violence. Students will be  
debriefed after the activity and  
supportive resources are  
provided. "In Her Shoes Sign Up  
Fall 2022.xlsx IPE Domestic  
Violence Simulation-"Escalation"  
Date: October 6th at 7pm  
Format: Synchronous online and  
in person Focus: This 38-minute  
film follows the story of a college  
couple from the sweet  
beginnings of their relationship  
to the tragic end. The film  
examines the warning signs of an  
abusive relationship. Students  
will be debriefed after the  
activity and supportive resources  
are provided. Sign up link:  
Escalation Sign Up.xlsx  
Newsletter each other to enable  
effective collaboration and  
improve health outcomes"  
(WHO, 2010).

Click [HERE](#) to learn more



# Upcoming Events within UTA



## GWSS and CAAS Events

Center for African American Studies  
(CAAS) Events

October Power Hour: **Monday, October 10<sup>th</sup> from 12-1pm** in the University Center  
**(Palo Pinto Room)**



Gender Women and Sexuality Studies  
(GWSS)

**When? Oct. 12<sup>th</sup> 11:30am to 1:30pm**

**What?** Relationship Violence and Sexual Assault Prevention event

LGBTQ+ Program & the Program for Cultural Engagement and Social Change

**Where?** Library Mall (Central Area)

#freshcheckdayschool  
freshcheckday.com/school

**BRAZOS PARK**  
RAIN LOCATION: Maverick Activity Center

Wednesday • 11:00AM - 2:00PM  
**October 06, 2022**

**freshcheckday**  
checkin'-in with college students

A MENTAL HEALTH *Check-in WITH* INTERACTIVE BOOTHS  
**Free Food PRIZES & MORE!**

UTAH Counseling and Psychological Services  
DIVISION OF STUDENT AFFAIRS

UTAH SCHOOL OF SOCIAL WORK

THE WOMAN KING  
**SCREENING & PANEL**

FEATURING UTA PROVOST TAMARA BROWN,  
PROFESSORS KIVA HARPER AND BETHANY WOOD

THURSDAY OCT 6TH 6-9 PM  
@ LOOK DINE-IN CINEMAS ARLINGTON  
5727 WEST I-20  
ARLINGTON, TX 76017

FREE ENTRY FOR YOU AND 1 GUEST  
FREE POPCORN + DRINK  
MOVIE STARTS AT 6PM  
ATTENDANCE CAPPED AT  
FIRST 100 PEOPLE TO RSVP

RSVP BY 10/5 [HERE](#) OR BY QR CODE:

UT ARLINGTON  
**INDIGENOUS PEOPLES DAY**  
OCTOBER 10TH, 2022

GRAND OPENING OF THE UTA LAND ACKNOWLEDGEMENT COURTYARD (NORTH OF CENTRAL LIBRARY)  
3pm - Being Indigenous at UTA: Student & Alumni Forum  
4pm - Ribbon Cutting Ceremony & Monument Unveiling

JOIN US AT THE CENTRAL LIBRARY 6<sup>th</sup> FLOOR ATRIUM  
5pm - Indigenous Food Tasting & Native Now Art Exhibit  
8pm - Native Circles: Sustaining Ties to Homeland - Dr. Farina King (Diné), Horizon Chair of Native American Ecology and Culture, University of Oklahoma

All events are free & open to the public.  
ASL interpreters will attend.  
Please contact [fridgin@uta.edu](mailto:fridgin@uta.edu) for additional accommodation inquiries and needs.  
Free Parking: F12, F11, Lot 38

Sponsored by Native American Student Association, Office of Diversity Equity & Inclusion, College of Liberal Arts, Art & Art History Department, Honors College, UTA Libraries, Landscape Architecture Program, Office of Cultural Engagement and Social Change, and Office of Administration and Economic Development.

UTA Police Department Presents...

**National Night Out 2022**

Free food | Giveaways | 360 Camera | And Much More!

October 4th, 2022 from  
5:30PM-7:30PM  
Brazos Park

Donate to the Maverick Pantry for extra tickets to the lucky draw!

## [UTA Academic Calendar](#)

## [Evidence-Based Practice Research Guide](#)

### MANAGING STRESS AND ANXIETY DURING COVID-19

UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

#### THERAPIST ASSISTED ONLINE (TAO)

Visit [TAOconnect.org](http://TAOconnect.org)



#### THRIVE APP



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

Visit [uta.edu/caps](http://uta.edu/caps) for more information

#### MAVS TALK 24HR CRISIS LINE

Call (817)272-8255



UTA is a...  
COMMUNITY THAT CARES



## [SAR Center](#)

(Formerly Office of Students with Disabilities)

## Survivor Support Group

Hosted by Tiffany Bland, Confidential Advocate

EVERY TUESDAY 1:30 PM - 2:30 PM

301 Ransom Hall

### Texas Health and Human Services COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, help is available.

Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

Call the toll-free COVID-19 Mental Health Support Line at 833-986-1919.



## KNOW YOUR STATUS

No cost & confidential HIV testing

CALL OR TEXT TO SETUP AN APPOINTMENT!

PHONE: 822-678-6965  
EMAIL: [TYLERB@MHMRTC.ORG](mailto:TYLERB@MHMRTC.ORG)

THE UNIVERSITY OF TEXAS AT ARLINGTON  
COUNSELING & PSYCHOLOGICAL SERVICES

## MAVS talk 24 HOUR CRISIS LINE

817-272-TALK (8255)  
WWW.UTA.EDU/CAPS  
303 RANSOM HALL

### Webinar Library

Isabella Hong, an MSW Alum, graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance. Special thanks to Jose B. Yerena, LCPAA, who has taken over updating the list on a weekly basis! **Please note that it is necessary to ask your supervisor permission for these to count towards any required field hours.**

[MSW Specialties](#)

[Social Work Webinars List](#)

[Basic Function of Teams](#)



### 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](mailto:renthelp@tarrantcounty.com) or call [817-850-7940](tel: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](mailto: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 Maria Cruz [mxc5965@mavs.uta.edu](mailto:mxc5965@mavs.uta.edu)



SCHOOL OF  
SOCIAL WORK

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

*"We Make A Living By What We Get, But We Make A Life By What We Give."*



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- Winston Churchill