October 12th is National Freethought Day! On October 12th we celebrate National Freethought Day!

On this day, we are encouraged to think freely! This includes our thoughts of science, opinions on politics, poetry meaning, reasons, and ideas. Additionally, freethought day promotes concrete logic and evidence-based decision making. It provides an open dialogue to share opinions.

National freethought day dates all the way back to the Salem Witch Trials in 1692. This was when questionable evidence of the accused “witches” started to arise within the trials. Therefore, Governor Phips of Massachusetts omitted “spectral evidence” within the court. This decision saved many accused settlers’ during the trials.

Want to know more? Click Here
**Focus on relationships instead of consumption**

This is Step 6 in Deepak Chopra’s 10 Steps to Wholeness. The statement is clear; no ambiguity whatsoever. Perhaps if we polled a random sampling of our community, 95% would say something to the effect, “Well, duh, of course that’s true!” Because we value our relationships. Right?

I believe, in theory, we do. We are aware that relationships impact every aspect of our lives; I don’t know anyone who, literally, lives alone on an island. Yet valuing our relationships is not the essence of this statement; rather it is a call to action.

If we examine the word ‘focus’, what meaning springs to mind? The thought for me is ‘camera’. If we want to get a beautiful picture, we must take the time necessary to ensure the object is in focus. Certainly, we can point-and-shoot and maybe it will be okay, maybe one out of a thousand times it will be ‘pretty darn good’. But we cannot expect to get an awesome picture if we do not spend the time necessary to ensure the object is “in focus”.

In comparison, the same applies to our relationships. It takes focus, which requires time and attention. It calls us to action; a deliberate expending of our energy. We know this experientially. When we focus on our relationships, they flourish. When we spend time developing and nurturing our relationships, we compound our investment. Through our connection, we feel whole, happy, fulfilled. We feel true joy.

In contrast, when we focus on consumption the outcome is far different. In the short-term, the new house, new car or new gadget will bring us joy; no doubt. But the feeling is short-lived, and it can be very short, hence the conception of the phrase “buyer’s remorse”. Often, the focus on consumption only exacerbates the emptiness we feel inside and increase stress through increased credit card debt; and where is the joy in that?

Bronnie Ware wrote a powerful article titled “Top 5 Regrets of the Dying”. Ware worked in palliative care for years and found there was a common focus of those who were reaching the end of their time in this space, i.e., dying was imminent. In one way or another, relationships wove through the regrets. We have heard people say, “live this day as if it were your last” and this article brought depth to the meaning of this statement.

Now…this moment…we have an opportunity. What is your focus?

Warm Regards,

Dayton Ann Williams, MBA, PMP
MSW Student, Direct Practice in Mental Health & Substance Misuse, UTA
Pronouns: she, her, hers

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As a first-generation college student, I'm currently a senior BSW student with a minor in Substance use Treatment. I'm a returning student to higher education. I took a break to raise my two kids Efren and Teresa. I always said I would return to get my associates degree. Which I did, and I then transferred to UTA to pursue my degree in social work. I've met a great group of friends that have encouraged me and helped me along the way. I've attended great classes with awesome professors and look forward to the rest of the journey.

Upon graduation I plan to start working on my MSW and obtain my LCDC. There are no limits to what I can do with my degrees. I've always enjoyed helping others and receiving my degrees at UTA will allow me to do so.

-Patricia Cano Saunders
**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.

**FIELD PLACEMENTS**

- All students, agencies, and Field Instructors should use this URL for InPlace: [https://inplace.uta.edu/](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](mailto:Sharon.Martin@uta.edu), 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](https://www.aswb.org) 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)

**Spring General**

- 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](#).
IMPORTANT DATES

FALL 2022

• 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

Interested in Becoming a USL?
Click here! You can also contact Precious Bell or Laina Scivally
Click here for the USL Application

Get Scholarships TODAY!!!
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

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Job Opportunities

Bhojani for Texas Job Opportunity

WE’RE HIRING!

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

Click HERE for more Information!
LUNAFEST Film Festival & Reception
When: Friday, October 21 Films from 7 – 9 p.m. Reception until 10 p.m.
Where: Lone Star Auditorium @ MAC, UTA
What: Short films by and about women.
Tickets: $5 for students, $8 for general admission. Refreshments at reception included.
Click Here for more information!

The Gender, Women and Sexuality Studies program presents...

Stepping Out
October 12 11:30 – 1:30

Drinks & Dialogue
Join Dr. Marcela Saya for an exciting conversation on Immigration and Social Work Implications as it relates to engaging in Policy Practice!
When: Oct. 19th at 12 PM

Gerontology Organization
Monthly Meeting
Consider joining GO
To Join GO:
https://utacaregionales.org/

Connect to the TEAMS Meeting
TEAM Meeting LINK

You’re Invited!
COCE KENYA’S 2ND ANNUAL
GROWING LITERACY VIRTUAL 5/10K RACE
OCT 8-14
SIGN UP TODAY!
HTTPS://BIT.LY/3IV9TY
SAR Center
(Formerly Office of Students with Disabilities)

UTA Academic Calendar

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.

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

RENT
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.

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 Maria Cruz mxc5965@mavs.uta.edu

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

We Make A Living By What We Get, But We Make A Life By What We Give.”
- Winston Churchill