October 27th is National Navy Day!

On October 27th we celebrate National Navy Day!

On this day, we celebrate those who served the United States’ Navy. The United States Navy (USN) is a branch within the Armed Forces. The Navy currently stands as the largest populated force within the US Military.

Throughout the Revolutionary War, the Navy branch have grown and maintains 40 naval bases in the United States.

Let us recognize Navy Day by visiting a museum that is filled with history about the branch. Discover more about the training, fleets, and where they sail around the world.

Want to know more? Click Here
Hi, my name is Amari Dillon and I’m from New Orleans, Louisiana. I am 21 years old, and I have 3 siblings. I am a junior and a transfer student, this is my third semester attending UTA. I chose social work because growing up I saw kids and knew kids that weren’t getting treated well at home and weren’t able to speak up or do anything about it. I want to help kids get out of those tuff situations and put them into better ones. I want to be the voice for those who can’t be speak up for themselves.

Kind regards,

Amari Dillon

The Mind Controls the Body

In order to keep your mind active, then you must stay active! Anything you decide to do starts right between your ears. When starting goals, plant your seed within the mind and water it with small goals. Do not quit when discouraged. That’s where discipline comes in. If you are reading negative things, watching negative news, and hearing negative things from bad friends then it drags you down. Again, it all boils down to DISCIPLINE. What you see, hear, smell, or taste, then that will be the “champion” within your mind.

There are two mindsets that a person may have. They are:

- Fixed Mindset
- Growth Mindset

According to Carol Dweck, "A FIXED MINDSET believe their qualities are fixed traits and therefore cannot change. While a person with a GROWTH MINDSET have an adamant belief that their learning and intelligence can grow with time and experience.”

Nothing comes easily. It takes discipline to make things happen. Patience is a virtue and pride comes before the fall. You simply decide that you won’t do the things that are bad for you.

Here are a few tips to remember for a growth mindset:

- Never look back. Tomorrows gone. Look Ahead!
- Always think YOUNG!!!
- Be honest with yourself! Recognize the REAL YOU!

Andwelah Givens
BSW Student Undergraduate
Intern - the University of Texas at Arlington
**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

**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 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 2023**

- 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. 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

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!!
Are you interested in attaining your Masters of Social Work after graduating with a BSW? Would you like to have more fields to become a social worker? On November 5th at 11:00am, there will be an MSW session for BSW students who want to pursue a higher education. If you would like to know how to apply for the program, the MSW Information Session is a good place to stop by. According to the event, it is “an overview of the career field, explain the quick admissions process, and discuss the academic program structure.”

This is a great way to help understand what you must do in order to start your MSW program before graduating with your Degree.

If you would like to learn more information about this event, CLICK HERE.
Volunteer Opportunity

JOIN US IN MAKING TEXAS HEALTHIER

After a successful event in 2021, The University of North Texas Health Science Center and Remote Area Medical - a nonprofit that provides free, pop-up medical clinic services to those who are underserved and uninsured - are excited to partner again this year to provide free dental, vision and medical services to the Dallas/Fort Worth Area!

**VOLUNTEER DETAILS**

**DATE**
December 3 & 4, 2022

**LOCATION**
Kay Bailey Hutchison Convention Center

To learn more, visit [unthsc.edu/ram](http://unthsc.edu/ram)

Students, practicing professionals and general volunteers needed!

Sign up using the QR code below.

Register to volunteer at [ramuse.org](http://ramuse.org)

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Field Placement Opportunity for Catholic Social Work Students

**LOOKING FOR STUDENTS WHO ARE:**
- Practicing Catholic
- Local (the school is in Arlington, close to UTA)
- Interested in social work in schools or with children and families

Block and Split Placements available depending on start date.

If you are interested in a field placement within a Catholic K-8 school, please reach out to Dr. Regina Praetorius.

[rtpraetorius@uta.edu](mailto:rtpraetorius@uta.edu)

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Study Abroad: Kenya

**Application Deadline:**
March 2023

**Program Overview**
- Interactive Learning
- Train with 3 experts in the field
- Earn 3 Course Credits
- Taught at UTA and in Kenya
- Meets most UTA degree plans
- Enhance understanding of education in an international context

**Program Date:**
Summer 2023

**Program Details**

- Visit the Kibera slums; largest slum in Africa and 3rd largest in the world
- Explore the Thriving Tsavo National Park
- Experience the City of Nairobi

**Estimated Costs**
- Housing & Meals
- Training & Tuition
- Healthcare
- Airfare/Transportation

**Eligibility**
- Must be a UTA Student
- Must be in good Judicial Standing

**Highlights**

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**Doggy Daze is Back!**

Doggy Daze is returning for a fun-filled Fall semester!

Stop by and de-stress with the cutest pups Arlington has to offer!

September 14
October 12
November 9

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**School of Social Work**

Welcomes you to the Honors College
Info Session

**October 27**
Thursday

3pm-5pm Room B107

Learn more about the Honors program while engaging with other students and organizations.

Light refreshments will be served!
**UTA Academic Calendar**

**Evidence-Based Practice Research Guide**

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

THERAPIST ASSISTED ONLINE (TAI)
Visit TAOconnect.org

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

MAVS TALK 24HR CRISIS LINE
Call (817) 272-8215

Visit uta.edu/caps for more information

**SAR Center**
(Formerly Office of Students with Disabilities)

**KNOW YOUR STATUS**
No-cost, confidential HIV testing
CALL OR TEXT TO SET UP AN APPOINTMENT!
Visit hivstatus.utexas.edu

**MAVS TALK**
24 HOUR CRISIS LINE
817-272-TALK (8255)
WWW.UPS.EDU/CAPS
311 NABERS HALL

**Mental Health Resources**
UTA Counseling and Psychological Services (CAPS)
Therapist Assisted Online (TAI)
Thrive App
Mavs Talk 24 Hour Crisis Line

**RESOURCES**

- **UTA Academic Calendar**
- **Evidence-Based Practice Research Guide**
- **SAR Center** (Formerly Office of Students with Disabilities)
- **KNOW YOUR STATUS**
- **MAVS TALK**

**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 anyone 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 or call 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 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**

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