

## WEEKLY UPDATE

### December 6, 2021

## SOCIAL JUSTICE SPOTLIGHT

### National Human Rights Month

We recognize National Human Rights Month in December, and hope it continues after. This month is a time to honor the Universal Declaration of Human Rights, which is a document that reaches internationally stating the fundamental rights and freedoms to which all humans are entitled.

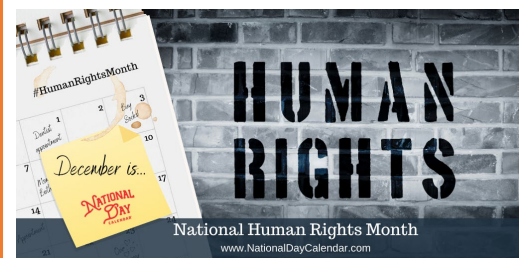
Eleanor Roosevelt said *"Where, after all, do universal human rights begin? In small places, close to home — so close and so small they they cannot be seen on any maps of the world. Unless these rights have meaning there, they have little meaning anywhere. Without concerted citizen action to uphold them close to home, we shall look in vain for progress in the larger world."*

#### Ways to Observe

- Learn about other cultures and study history
- Use #NationalHumanRights and #HumanRights on social media
- Treat everyone with respect, dignity and kindness and share that message

Learn more about National Human Rights Month [here](https://nationaldaycalendar.com/national-human-rights-month-december/).

Source: <https://nationaldaycalendar.com/national-human-rights-month-december/>



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## COURSE SPOTLIGHT

### SPECIAL ISSUES IN SOCIAL WORK SOCW 4350

Relevant social work topics generated and explored in depth according to student and professional needs.

Prerequisite: Permission of the Director.

How do pollution & climate change impact vulnerable communities?  
What can social workers do about it?

### Environmental Justice & Green Social Work

Spring 2022

**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

**All readings are free!  
No textbook to purchase!**

**Course:** SOCW 3310  
Environmental Justice & Green Social Work

**Modality:** Online- Asynchronous (with recorded lectures and optional live sessions)

**Instructor:** Karen Magruder, LCSW  
Assistant Professor of Practice  
karen.magruder@uta.edu

UNIVERSITY OF TEXAS ARLINGTON | SCHOOL OF SOCIAL WORK



## VIRTUAL CLINIC

### My (End of the Semester) Checklist

This is the time of the semester where it so often feels like there is so much to do and so little time to do it. And while there's a really important conversation about taking personal responsibility for saying no and changing that "crazy busy" part of our work and academic culture, it's the position many of us are currently in – I know I am! So, here are some things I am going to remind myself of and continue to prioritize and use the next weeks to finish the semester as well as I can.

- Take breaks from tech, computers, and screens. Doesn't a digital detox sound nice?
- Just rest! No computers, phones, books, tv, just rest!
- Start with a "To Be List" before a "To Do List". Focus on *how I want to be* before what I have to do.
- Prepare and eat a homecooked meal from scratch. This one's a must for me, daily.
- Prioritize and remind myself of what is most important to me. If I am not working on what's most important to me, others will put me to work on what's most important to them.
- Remember: "Anything *not* worth doing is *not* worth doing well." Some things just aren't a priority.
- Sleep, especially the night before a day with something important, that's particularly challenging, or if a lot of people are depending on me.
- Have "quiet time" breaks. A few minutes, intentionally, at the right times in the day, goes a long way!!
- Go for a walk, stand and stretch, and move my body in ways that feel good to me. Life requires movement. I require movement.
- Commit a random act of kindness. Doing something for another, especially when they least expect it, has so many long-lasting positive effects.
- Rest, again! It's ok, normal, and natural to be tired.
- Be grateful, and share what I am grateful for.
- Be grateful for moments of discomfort. "Life begins just outside our comfort zone."
- Spend a little time in nature! Just 20 minutes a day restores attention, greatly reduces stress, and makes me – and you – physically healthier and more resilient.
- Rest some more!.. If I am doing a lot, I – like every body – need more rest.
- Take a music break, maybe even dance a little or play air guitar. Music nourishes my mind, body, and soul!
- When in doubt, err on the side love, kindness, and generosity.
- Did I say rest?
- Simply and intentionally do one thing at a time. Multitasking and attention shifting is actually very psychologically and physiologically stressful. One. Thing. At. A. Time.
- Have fun, smile, laugh. There's joy in every moment, I just have to be open to it.
- Connect! Relationships come first. Connecting with and supporting each other will always produce better outcomes than trying to, thinking I can, or ever believing that anything at all ever works all on my own.
- Never forget: I am doing the best I can... And I believe you are too! Keep growing!

*Craig Keaton,*

MSW | Doctoral Student | Adjunct Professor





## ADVISING

- Need to meet with your 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.
- **If your advisor's appointment schedule is full, please consider emailing them for email-advising, or attend their weekly Power Hour.** Please check advising appointments every Monday when new availability opens up for the coming weeks.

Mark Wednesday 12:00-1:00 [Click here to join the meeting](#)  
 Valerie Thursday 11:00-12:00 [Click here to join the meeting](#)

### BSW Academic Advisors:

- Last names A-C/S-Z: Valerie Adame – [adamev@uta.edu](mailto:adamev@uta.edu)
- Last names D-R: Mark Frazier – [mark.frazier@uta.edu](mailto:mark.frazier@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](#)

## 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](#).
- **Click [here](#) for a recording of our Social Work Licensing Information Session, held in April 2021.**
- 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.

### Fall 2021

- **The Fall 2021 Field Application closed June 4<sup>th</sup>. No late applications will be accepted.**
- **All students have been placed.** Students should contact their [field advisor](#) if they are still awaiting placement.
- See the Fall 2021 Field Education Calendar [here](#). **InPlace fee is due on the first day of class**

### Spring 2022

- The Spring 2022 Field Application will be open Oct. 01 – Nov. 26, 2021. These dates are subject to change. See the full Spring 2022 Field Education Calendar [here](#).
- Read the Summer 2021 – Spring 2022 Field Accommodations [here](#).

## 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)

## IMPORTANT DATES

### FALL 2021

- Dec 7 Last Day of Classes
- Dec 8 Student Study Day
- Dec 9 – 15 Final Exams
- Dec 16 – 18 Commencement Ceremonies
- Dec 16 – Jan 17 Winter Break
- Jan 18 - First Day of Classes



## EVENTS

**FREE** Dental, Vision,  
and Health Services

December 11-12, 2021  
13901 Aviator Way,  
Fort Worth, TX 76177



### JOIN US IN MAKING TEXAS HEALTHIER

HSC and Remote Area Medical – RAM® – a major nonprofit provider of pop-up clinics delivering free, quality, dental, vision, and medical care to underserved and uninsured individuals – are bringing a free clinic to Fort Worth.

The free clinic will provide dental, vision, and medical services to patients on a first-come, first-served basis. All RAM services are free and no ID is required.

The University of North Texas Health Science Center is proud to partner with RAM to provide these crucial medical services to our community.

To learn more about the event, visit: [unthsc.edu/ram](http://unthsc.edu/ram)  
To learn more about RAM, visit: [ramusa.org](http://ramusa.org)

#### EVENT DETAILS

- December 11 & 12, 2021
- First-come, first-served
- All RAM services are free of cost
- No ID required

#### SERVICES OFFERED

- Adult/Pediatric Dental Services
- Adult/Pediatric Medical Services
- Adult/Pediatric Vision Services
- Women's Health Services



[Click Here for more info](#)



## GET INVOLVED

### Research Study on the Impact of COVID-19 on Latina Dreamers

- Are you a female DACA participant (Dreamer)?
- Are you currently enrolled in a 4-year college or university in Texas?
- Are you interested in discussing how COVID-19 has impacted different areas of your life?

If you answered "yes" to these questions, then you may be eligible to participate in a confidential research study exploring the experiences of Latina Dreamers during COVID-19.

If you are interested, please go to the link below or scan the QR code to complete the online screening.

[https://phsocialbook.co.qualtrics.com/jfe/form/SV\\_b2qC5qoh5YK1m](https://phsocialbook.co.qualtrics.com/jfe/form/SV_b2qC5qoh5YK1m)



If you are eligible you will be contacted within 48 hours by a member of the study team about scheduling an interview that will be conducted by Zoom. Your total time of participation will be about 90 minutes and you will receive a \$50 Amazon gift card for your time. Please feel free to share this link with friends/colleagues who may be interested in participating. Funding for this study was provided by the University of Texas at Arlington Center for Mexican American Studies (CMAS) Faculty Fellowship Program.

If you have any questions about this study, please contact the PI of our research team, Dr. Micki Washburn at [Micki.Washburn@uta.edu](mailto:Micki.Washburn@uta.edu) or at 817-259-1401. This project has been approved by the UTA Internal Review Board (IRB). For questions about your rights or to report a complaint, contact the UTA Research Office at 817-259-3223 or [regulation@research.uta.edu](mailto:regulation@research.uta.edu)



[Click Here for Screening](#)

get your  
team  
INVOLVED



WE HAVE A **PLAN** FOR YOUR CALENDAR

#### BRING A GROUP UPCOMING EVENTS:

- Fall Carnival:  
October 30, 2021
- Thanksgiving Grocery  
Giveaway:  
November 20, 2021
- Christmas Giveaway:  
December 18, 2021
- Spring Carnival:  
March 12, 2022
- Easter Basket Giveaway:  
April 16, 2022

Which event can you see  
yourself at?

#### HOST A DRIVE WE HAVE A NEED FOR:

- Candy
- Groceries
- Cooties
- Christmas Toys
- Small Toys and Trinkets
- Easter Eggs and Candy
- Easter Baskets

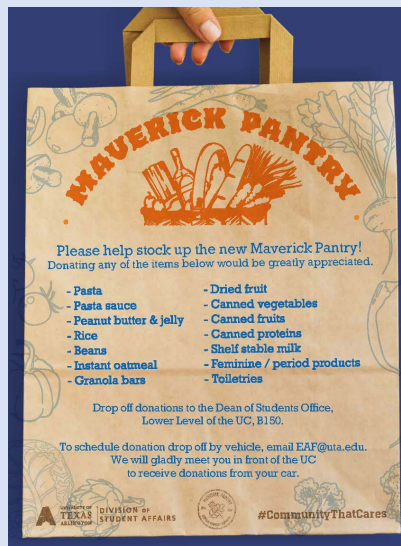
This covers all the materials  
needed for the rest of our  
events! Which need can  
you fill?

#### JOIN A CAMP

SUMMER AND  
SPRING BREAK:

- Spring Break Camp:  
March 13 to March 16  
2022
- Summer Camp:  
June and July of 2022

Join camp for a day or a  
week, which works best for  
you? Either way, book your  
dates today, they fill up  
quick!



## STUDENTS FOR GLOBAL CHANGE (SGC)

Interested in making an impact  
regarding social injustices? Advocate for  
social issues? Join Students for Global  
Change (SGC) to start making an impact!!

MEETS EVERY 3RD WEDNESDAY POF EACH  
MONTH | 5-6 PM | TEAMS VIRTUAL MEETINGS  
EVERYBODY'S WELCOME!

To participate, please register:  
<https://forms.gle/BnHefg53iB1EXqa9>



Follow us @SGCUTA- Students for Global Change



Email us at [sgc.uta@gmail.com](mailto:sgc.uta@gmail.com)

[Click Here for more info](#)

## LEARN A NEW ADVOCACY SKILL WITH SPEAK & SKILLSHARE!

IT'S FREE!



[CLICK HERE TO LEARN MORE](#)

[Click Here for more info](#)

## For Graduating Students

The North Central Texas Fort Worth Area Branch of the NASW Texas Chapter would like to gift a graduation honor cord to each graduating student who is a member of the Fort Worth Area branch or who is graduating from a university located within the Fort Worth Area branch.

Please complete this online form to request your honor cord: <https://forms.gle/rR7CYRZQz64JtbC68>



## RESEARCH

[Social Work Course Guides](#)

[Student Research Opportunity Center](#)

## FUNDING

### Greater Arlington Dr. Judith J. Carrier Undergraduate / Graduate Scholarships

#### Undergraduate Opportunities

Three \$1,500 Scholarships to the University of Texas at Arlington

#### Scholarship Requirements:

- A female undergraduate student enrolled in 12 or more credit hours at UTA or TCC-SE
- Must have completed a minimum of 12 credit hours at UTA or TCC-SE
- Minimum GPA of 3.0

Apply [here](#)

## BSSUT SPOTLIGHT

The Bachelor of Science in Substance Use & Treatment (BSSUT) "The degree will use a multidisciplinary approach to understand the biological, psychological and social aspects of substance misuse," said Scott Ryan, dean of the School of Social Work. "Its curriculum for assessment and treatment methods for substance misuse are based on evidence-informed and research-supported practices that will enable students and future professionals to understand and treat individuals, families, groups and communities while preparing graduates for careers in this field." Continue reading [here](#)

David Waters  
[david.waters@uta.edu](mailto:david.waters@uta.edu)

For more info and FAQ's [Click Here](#)

Degree Progress Worksheet [Click Here](#)

Dr. Allison Tomlinson, PhD, LCSW-S  
[allison.tomlinson@uta.edu](mailto:allison.tomlinson@uta.edu)



STAY SAFE

## COVID-19 Testing



### REQUIRED COVID-19 TESTING

Beginning Monday, Sept. 13, students, faculty and staff coming to any UTA campus in any capacity will be selected [at random for mandatory COVID-19 testing](#).

Until further notice, 20% of our campus population, regardless of vaccination status, will be selected each week for testing. Notifications will come from [covidtesting@uta.edu](mailto:covidtesting@uta.edu), and you will have seven days to get tested after being selected. If you have any questions, contact [covidtesting@uta.edu](mailto:covidtesting@uta.edu).

UTA has a number of on-campus testing options that meet the required criteria and are free. Results received from an on-campus testing option will automatically be reported to the University with no further action required on your part.

Results from off-campus testing sites will be accepted, though you will not be reimbursed for costs. Test results from an off-campus testing site will be uploaded to the COVID-19 Self Report portal in MyMav.

Remember, if you test positive, please follow the CDC's [isolation protocols](#) and submit the [Personal Diagnosis Form](#).

UTA's COVID-19 testing resources are always available to you should you need or want a test; you do not need to wait until you are selected for random testing.

## Covid-19 Vaccine

Click to [find vaccine opportunity](#).

Listen to UTA public health experts explain [why getting a COVID-19 vaccine is beneficial](#) for you and your community.

[Required COVID-19 testing and new protective measures for Fall 2021 \(English and Español\) \(uta.edu\)](#)

Classroom density, updated info from university on testing and return to campus

## Flu Shots

Health Services recommends getting vaccinated by the end of October to be protected against flu before the start of flu season. [Email](#) the Immunization Clinic with your name, date of birth, student ID number, and phone number to schedule your free flu shot.

## KNOW YOUR STATUS

No cost & confidential HIV testing

CALL OR TEXT TO SETUP AN APPOINTMENT!

PHONE: 882-478-8985  
EMAIL: [TYLER@HHMTC.ORG](mailto:TYLER@HHMTC.ORG)

Dean Ryan's  
[Statement on COVID-19 Health Disparities](#)





## [UTA Academic Calendar](#)

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



**Check Canvas for the MavsUnite Page!**  
To add please e-mail:  
[Emily Clark](#)

## [SAR Center](#)

(Formerly Office of Students with Disabilities)

### 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

#### MAVS TALK 24HR CRISIS LINE

Call (817)272-8255



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

UTA is a COMMUNITY THAT CARES



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**.



In Crisis?  
Text HELLO to 741741

CRISIS TEXT LINE |

Free, 24/7, Confidential

**Our Services**

**Peer-Led Team Learning (PLTL)**  
Ready, small group study sessions are offered to support students' understanding of course concepts and to provide a better understanding of course concepts and to provide a better understanding of course concepts.

**Supplemental Instruction (SI)**  
For students who are struggling in a course, SI provides a structured, peer-led study session that focuses on the course content and helps students develop effective study strategies.

**Tutoring**  
Tutoring is available for students who need additional support in a specific course. Tutors are trained and experienced students who provide one-on-one support.

**Academic Coaching**  
Academic Coaching is a service that helps students develop effective study strategies and time management skills. Coaches provide support and guidance throughout the semester.

**TRIO Student Support Services**  
TRIO Student Support Services is a program that provides academic, financial, and personal support to first-generation, low-income, and minority students.

**Information for Students**

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

[UTA Library Accessibility](#)

[On-Demand & Live Fitness Classes](#)



### 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).

The Lifeline is **FREE**, confidential, and always available.

**HELP** a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Learn the Warning Signs.**

### 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 Tuesday Darling: [tbd2290@mavs.uta.edu](mailto:tbd2290@mavs.uta.edu)