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.

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!
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
- Last names D-R: Mark Frazier – mark.frazier@uta.edu

FIELD PLACEMENTS

- 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.

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 Licensure 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.

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

Fall 2021

- The Fall 2021 Field Application closed June 4th. 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.
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
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
For more info and FAQ’s Click Here
Dr. Allison Tomlinson, PhD, LCSW-S
allison.tomlinson@uta.edu

Dean Ryan’s Statement on COVID-19
Health Disparities

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, and you will have seven days to get tested after being selected. If you have any questions, contact 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.

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
Check Canvas for the MavsUnite Page! To add please e-mail: Emily Clark

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

THERAPIST ASSISTED ONLINE (TAO)
Visit TAOconnect.org

MAVS TALK 24HR CRISIS LINE
Call (817)272-0255

Visiting UTA? Need help finding support services? Text "HELLO" to 741741 to speak with a counselor.

RESOURCES

UTA Academic Calendar
Evidence-Based Practice Research Guide

SAR Center
(Formerly Office of Students with Disabilities)

Dreamers Welcome

In Crisis? Text HELLO to 741741

MaVStalk
24 HR CRISIS LINE
817-272-0255
www.uta.edu/caps

If you have any questions or content suggestion for the newsletter, please contact Tuesday Darling: tbd2290@mavs.uta.edu

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.

"The rights of every man are diminished when the rights of one man are threatened."
-John F. Kennedy