



UNIVERSITY OF
TEXAS
ARLINGTON

**SCHOOL OF
SOCIAL WORK**

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

WEEKLY UPDATE

September 20, 2022

SOCIAL JUSTICE SPOTLIGHT

September 28th is National Good Neighbor Day!

On September 28th we celebrate National Good Neighbor Day!

National Good Neighbor Day celebrates opportunities for neighbors to get to know each other more. This celebration encourages others to BE a good neighbor rather than just HAVING a good neighbor. Good neighbors can grow with each other. This could include lending a hand, offering a cup of sugar, showing gratitude within their neighborhood, or even watching the other neighbors' children and pets.

What can you do to celebrate National Good Neighbor day?

Resource: <https://nationaltoday.com/national-good-neighbor-day/>

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BSW STUDENT SPOTLIGHT



Hi, everyone. My name is Laina, and I am a senior at UTA! I began my journey in the BSW program in Fall 2021 after taking a year off from school. I was unsure what I wanted to study when I went back to school, but I knew I wanted to help people. I initially thought I wanted to become a nurse, but I worked as a nursing assistant for nearly two years during the pandemic which taught me that there are a multitude of ways to help others outside of nursing. I was introduced to social work in a few different ways, but the most significant was working alongside social workers in the hospital. I got to see first-hand the differences they made for our patients. These individuals showed me the importance of patient advocacy and sparked my interest in working to improve the lives of others. I am currently an Undergraduate Student Leader (USL) intern for UTA's School of Social Work. This is my first semester as a USL, and I am looking forward to getting to know other social work students and gaining knowledge about community outreach!



YOU MATTER

The Secret to Making Friends as an Adult

Hello Mavericks, I hope y'all have had a great week end! This week I found myself searching through asking a few of my personal friends this question.... How do you make friends as an adult? When I pondered this myself, I thought "I connect with people through school and work!". But is that the only way I know how to socialize? I then remembered my life after I graduated with my BSW and took a year to continue into the Masters program. I noticed that the friends I had made during my undergraduate career were often just a memory. I had then picked up a job that required very little social interaction or group settings. This had made my process of making friends difficult. I found myself lonely and a bit out of place at this time in my life.

The "Happiness Lab" Podcast by Dr. Laurie Santos puts into perspective that "friendships don't just happen as much as we like to believe". In the podcast she states, "Loneliness is a far more common and far more serious problem than we think. It affects one in five Americans and takes a toll on our bodies and minds. To thrive we need to several types of social interactions – both casual and more intimate." But how do we achieve them? We need a mixture of the three types of loneliness such as intimate loneliness- lacking a close confidant, relational loneliness- when we experience the absence of friendships, and collective loneliness- when we don't have the benefit of identity in a group. A few tips they gave was join a workshop or volunteer (where you can find people who share the same values as you).

Give the podcast a listen and learn about the "Secret to Making Friends as an Adult" by building community.

Olya Carrillo

MSW Student | Graduate

www.pushkin.fm



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

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 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

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

lms1135@mavs.uta.edu

Shermell.Osborne@uta.edu

SCAN HERE



Thank You

SSW Lending Closet

INTERESTED IN MACRO SOCIAL WORK?

STUDENT ASSOCIATION FOR
MACRO SOCIAL WORK (SAMSU)
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

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 10th from 12-1pm** in the University Center
(Palo Pinto Room)



Gender Women and Sexuality Studies
(GWSS)

When? Oct. 12th 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!

UTA Counseling and Psychological Services
DIVISION OF STUDENT AFFAIRS

Hispanic/Latinx Heritage Month!

September 15th-October 15th

Beans & Rice
Canned Fruits (i.e.,
mango, guava, peaches)
Salsa
Mole Bases
Canned pickled chiles
Tortillas (i.e., corn &
flour)
Cooking oils & Spices
(i.e., cumin, oregano,
chile powder)
Tostadas



All donations can be dropped off to the
Maverick Pantry located at 520 S.
Center St.
Questions? Email: EAF@UTA.EDU

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
6th FLOOR ATRIUM

5pm - Indigenous Food Tasting
& Native Now Art Exhibit
6pm - 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 Rindin@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.

CHECK OUT OUR WEEKLY GROUPS: 1/5

MONDAY

QTPOC SUPPORT
GROUP
12:00PM-1:00PM

TUESDAY

SURVIVOR
SUPPORT GROUP
1:30PM-2:30 PM

WEDNESDAY

COME SEE US
OUTSIDE OF
RANSOM HALL!

THURSDAY

UNPACKING ANXIETY
THROUGH ART
10:30AM-11:30 AM
UP FIRST
1:30PM-2:30 PM

FRIDAY

ENJOY YOUR
WEEKEND!

RESOURCES

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



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 for more information

UTA is a COMMUNITY THAT CARES



SAR Center

(Formerly Office of Students with Disabilities)

KNOW YOUR STATUS

No cost & confidential HIV testing

CALL OR TEXT TO SETUP AN APPOINTMENT!

PHONE: 817-272-8255
EMAIL: 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

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.



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 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 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



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."
- Winston Churchill

In Crisis?
Text HELLO to 741741

CRISIS TEXT LINE |

Free, 24/7, Confidential

FOLLOW US ON SOCIAL MEDIA

