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/
Hello Mavericks, I hope y’all have had a great weekend! 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.

Olga Carrillo
MSW Student | Graduate
www.pushkin.fm

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!
**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 Licensing 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.

- 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**

- 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!!!
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
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)
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, LCPPA, 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.**

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<th>MSW Specialties</th>
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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