



BSW Weekly Program Update

April 13, 2020



Important Updates

Pass/Fail

The University has announced an optional pass/fail policy. For additional information, please see:

- This [FAQ page](#)
- This [video update from the BSW Director](#)
- [Letter from the Provost](#)
- Attend the **BSW Pass/Fail Information Session on April 17, at 11am** on Teams. Email Ms. Velvet Denny (velvet.denny@uta.edu) to be added.

SSW Advising

- **Summer and fall enrollment has started!** Check your MyMav student center for your enrollment date.
- **All academic advising appointments** will be done via phone or Microsoft Teams.

BSW Advisors:

- A-C: Valerie Adame – adamev@uta.edu
- D-Me: Mark Frazier – mark.frazier@uta.edu
- Mi-Z: Keiana Green – Keiana.crain@uta.edu

BSW Field Spring 2020

UTA will allow students to reduce hours by 15% for Spring 2020. Students will now need to have the following hours to complete their field placement:

- Block students:** between 408 to 480 hours for the Spring semester.
- Split students:** between 204 to 240 for the Spring semester and Summer semester; totaling 408 to 480 total.

BSW Field Summer 2020

1. How will students complete field in the summer? **The field office is working on placing as many students as possible in face-to-face field placements for summer.**
Students completing summer field who either cannot get a physical placement OR who do not want to go to a field site for any reason (e.g., health concerns, childcare) will have alternative options for completing their hours.
2. Will reduced hours be the policy for summer field as well? **Yes.**

Graduation

May commencement ceremonies have been postponed. Spring grads will be invited to walk at a future date, TBD.

YOU MATTER!

Digital Detox

During social distancing, being technologically hyperconnected seems to be the new norm. While our technology is vital to staying socially connected and current with work and school, **digitally disconnecting, intentionally, may be vital to our health and well-being.**

Benefits from intentional technology breaks include:

- Reduced stress
- Better sleep
- Improved mental, physical, and relational health
- Improved learning and academic performance

To help you get a break, consider the following tips:

- Set specific time(s) in your day to check email, and stay away the rest
- Have a place in your house that is tech free, e.g. the bedroom or a personal quiet area
- Take a "digital detox"; use no tech or media for half a day, all day, or the entire weekend

As we move forward in this unprecedented time, **give yourself permission to "power down" in order to power up your health, well-being, and quality of life.**

References:

Gomes, M. (2018). Five Reasons to Take a Break from Screens. In Greater Good Magazine. Retrieved from https://greatergood.berkeley.edu/article/item/five_reasons_to_take_a_break_from_screens

[How to manage Anxiety and Isolation during Quarantine](#)

[UTA related COVID-19 information](#)



Course Spotlight

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

Green Social Work

Fall 2020

Topics include:

- > Environmental Justice
- > Ecological issues for children, older adults, women, minorities and low-income groups
- > Natural Disaster Response
- > Health & The Environment
- > Ecotherapy for Mental Health
- > Climate Refugees
- > Sustainable City Planning
- > Environmental Policy
- > Micro and Macro Level Advocacy Strategies

Title: Selected Topics in Social Welfare: Green Social Work
Time: M/W 4-5:20pm
Number: SOCW 4350- 001
Special Issues in Social Work-Green Social Work
Instructor: Karen Magruder, LCSW
 Assistant Professor in Practice
karen.magruder@uta.edu



TAO Tip #4: Try the TAO App

If you're interested in mental health and well-being, TAO (Therapist Assistance Online) may have just what you're looking for!

The TAO companion app, available on iPhone and Android,

- "allows you to complete some of TAO's most effective features while you're on the go.
- You'll have access to some of the treatments/pathways, mindfulness library, and logs.
- You can also enable text message encouragements, to help you stay on your path and promote accountability."

Additionally, "The TAO mobile application also provides easy access on your mobile device to some additional useful wellness tools:

- Messaging System: individualized reminders, suggestions, and encouragers focused on what works best based on our research of thousands of TAO users [and the]
- Mind Elevator: a tool that will help you evaluate and improve your thoughts

The TAO app is available on the **Apple App Store** or on **Google Play**. Alternatively, under the **My TAO Tools** tab on the TAO homepage, you can go to My Logs to learn more.

What does GPA stand for in a COVID-19 world?

The "New GPA": **Grounded, Present, and Aware**

With so many changes happening all around us, are you staying grounded, present and aware?

Follow link to [this article](#).

Virtual Events

Learning with Peers:

Social Work Student Forum

Join us for a peer-to-peer discussion led by NASW/TX Interns: April 15, 2020 from 12pm-1:30pm(CT)



[Campus Recreation](#) has teamed up with universities around the country to provide a weekly quiz show for members of the UTA community. Weekly shows will be broadcast via [Twitch](#) at 7 p.m. Wednesday nights in April.

Simply create a profile on Twitch, follow [RecWithoutBorders](#), and the show will start live at 7 p.m. For questions, please contact imsports@uta.edu.



#SpeakUpSpeakOut

SEXUAL ASSAULT AWARENESS MONTH

JOIN US FOR A FULL MONTH OF VIRTUAL AWARENESS ACTIVITIES TO KEEP YOU CONNECTED, ENGAGED & LEARNING.

COFFEE TALK DAILY FB LIVE @ 9AM COFFEE TALK IS A TIME FOR US TO CHAT ABOUT VARIOUS TOPICS RELATED TO THE WORK WE DO WITH SURVIVORS AS WELL AS TEACH MINI SESSIONS ON TOPICS RELATED TO SEXUAL ASSAULT & DOMESTIC VIOLENCE.	TUESDAY TRIVIA 4/7 & 4/21 FB LIVE @ 2PM JOIN US FOR AN INTERACTIVE TRIVIA GAME FROM THE COMFORT OF YOUR OWN COUCH. STYLING KARIOTT WILL HOST THIS EXCITING GAME WHERE YOU CAN WIN PRIZES BY ANSWERING QUESTIONS ABOUT SEXUAL ASSAULT & DOMESTIC VIOLENCE.	WATCH PARTY WEDNESDAY 4/8, 4/15, 4/22 & 4/29 FB GROUP @ 2PM JOIN US FOR A LIVE WATCH PARTY FOR A VIDEO SCREENING & DISCUSSION. 4/8: BEHIND THE POST 4/15: BECAUSE I LOVE YOU 4/22: ANATOMY OF TRUST 4/29: WHO ARE YOU
THINK ABOUT IT THURSDAY GUEST PRESENTERS ON ZOOM @ 10AM 4/9: SEXUAL ASSAULT IN THE AFRICAN AMERICAN COMMUNITY 4/16: INTRODUCTION TO TRAUMA INFORMED YOGA 4/16: SERVING LGBTQ+ SURVIVORS OF SEXUAL ASSAULT 4/23: SEXUAL ASSAULT & STRANGULATION 4/23: HOW TO MAKE A SELF CARE BOX	FOOD FOR THOUGHT FRIDAY 4/10, 4/17 & 4/24 FB LIVE @ 12PM GRAB YOUR LUNCH AND JOIN US FOR SOME LEARNING!	VIRTUAL RESUME FAIR 4/6, 4/13 & 4/20 ON ZOOM @ 12PM JOIN US TO LEARN ABOUT RESOURCES AVAILABLE IN OUR COMMUNITY.
SELF CARE & YOGA WEEK 4/14: GUIDED MEDITATION & YOGA INSTRUCTION 4/15: HOW TO MAKE A CALL DOWN JAR 4/17: HOW TO MAKE A SELF CARE BOX	4/9: SEXUAL ASSAULT WITHIN 4/10: CONSENT CHAT 4/15: SELF CARE BOX 4/16: CONSENT FOR KIDDOOS	4/6: MONTGOMERY COUNTY 4/13: HARRISBURG 4/20: LEGAL RESOURCES 4/27: MENTAL HEALTH & SUBSTANCE ABUSE

SURVIVORS SUPPORT GROUP

Group Support is offered Monday, Tuesday, Wednesday & Thursday From 12-1 PM

Online via Zoom!
<https://zoom.us/j/5117828293>

Receive support, learn coping skills, take part in healing activities & connect with other survivors.

For more information, please contact rsp@uta.edu.

HOPE HEALING SUPPORT

"This group is confidential!"

UTASW 4350-001 (Fall 2020)

CONNEXIONS

Connexions is a LGBTQ+ Peer Led Support Group open to all identities. It is a space for making connections, healing, processing and resources.

LOCATION | Online via Zoom!
Link: <https://meet.zoom.us/j/478194533>

TIME | 12:15-1:00 PM

DATES | 2/28, 3/6, 3/27, 4/3, 4/17, 5/1

LGBTQ+ UTA is a Community That Cares. #UTACARES

RESOURCES

For All Students (Online and Face to face)

The Lifeline is **FREE**, confidential, and always available. **HELP** a loved one, a friend, or yourself.



Learn the Warning Signs.

What to watch on Netflix that is Social Work-related:

- ❖ TIME: The Kalief Browder Story
 - ❖ The Death and Life of Marsha P. Johnson
 - ❖ LA 92
 - ❖ 100 Humans
- Book Recommendations:**
- ❖ The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk
 - ❖ Raising the Dragon: 10 Lessons for Inner Strength in Challenging Times by Robert J. Wicks

If you believe you have contracted COVID19, please type in 'COVID-19 Testing' and your zip code into the Texas Health and Human Services to [find a testing location closest to you](#)

Emergency Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency **may apply for financial help.**

[UTA Library Accessibility](#)

For Students originally in at least one Face to Face Course

THE UNIVERSITY OF TEXAS AT ARLINGTON COUNSELING & PSYCHOLOGICAL SERVICES



817-272-TALK (8255)
WWW.UTA.EDU/CAPS
303 RANSOM HALL

- [Social Work Webinars/Videos/Podcasts](#)
- UTA Laptop Lending Loan period has been extended to May
- Call Central Library at 817-272-3395 before arrival to confirm that laptops are available.

In Crisis? Text HELLO to 741741

CRISIS TEXT LINE | Free, 24/7, Confidential



211 S. Cooper Street, Arlington TX 76019
Undergraduate Programs
(817) 272-3613

FOLLOW US ON SOCIAL MEDIA

