

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.

All courses will be online for Summer 2020

Online Instruction

- semesters. Summer/Fall instructors are being assigned now
- Professors will have the option of holding live, virtual sessions during the class times posted
- (synchronous). Professors may also follow an asynchronous model where students are not required to log in during that time slot. Questions? Ask your professor what their plan is.
- No decisions have been made about class the format for Fall 2020 as of yet.
- **Remote**: Resources for classes online, digital tutoring, tech devices, and more at
- oit.uta.edu/utaremote. Students who need an accommodation letter
- should reach out to the OSD.
- Most faculty and staff will be working remotely until further notice but should be available.

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 <u>adamev@uta.edu</u>
 - D-Me: Mark Frazier mark.frazier@uta.edu
 - Mi-Z: Keiana Green Keiana.crain@uta.edu

UTA will allow students to reduce hours by 15% for

BSW Field Spring 2020

Spring 2020. Students will now need to have the following hours to complete their field placement:

Spring semester. Split students: between 204 to 240 for the Spring

Block students: between 408 to 480 hours for the

semester and Summer semester; totaling 408 to 480 total.

1. How will students complete field in the summer?

BSW Field Summer 2020

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!

How to manage Anxiety and

Isolation during Quarantine

information

UTA related COVID-19

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
- ☐ Set specific time(s) in your day to check email, and stay away the rest

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

☐ Have a place in your house that is tech free, e.g. the bedroom or a personal quiet area

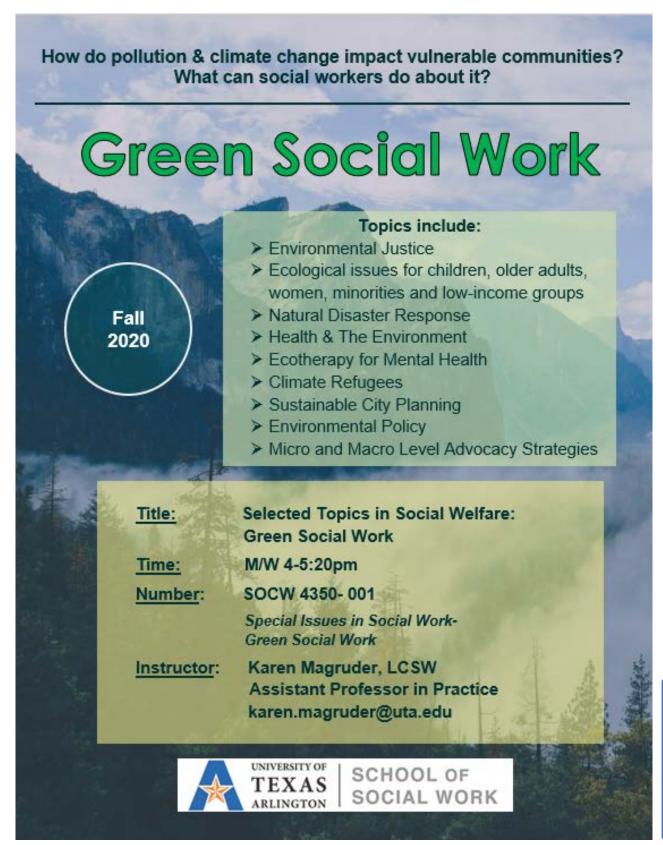
- ☐ Take a "digital detox"; use no tech or media for half a day, all day, or the entire weekend
- As we move forward in this unprecedented time, give yourself permission to "power down" in

from https://greatergood.berkeley.edu/article/item/five reasons to take a break from screens

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





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:

suggestions, and encouragers focused on what

☐ Messaging System: individualized reminders,

- 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

staying grounded, present and aware? Follow link to this article. **Virtual Events** Campus Recreation has teamed up with universities

With so many changes happening all around us, are you

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,

at 7 p.m. For questions, please contact imsports@uta.edu.



Social Work Student Share

Graduating Class of 2020

Learning with Peers:

April 15, 2020 from 12pm-1:30pm(CT)

Social Work Student Forum

oin us for a peer-to-peer discussion led by NASW/TX Interns:

JOIN US FOR A LIVE WATCH PARTY FOR A VIDEO SCREENING & DISCUSSION. NTERACTIVE TRIVIA GAME FORM THE COMFORT OF VARIOUS TOPICS RELATED TO THE WORK WE DO WITH YOUR OWN COUCH. UTILIZING KAHOOT WE SURVIVORS AS WELL AS 4/8: BEHIND THE POST 4/15: BECAUSE I LOVE YOU 4/22: ANATOMY OF TRUST 4/29: WHO ARE YOU WILL HOST THIS EXCITING OPICS RELATED TO SEXUA SAME WHERE YOU CAN W ASSAULT & DOMESTIC PRIZES BY ANSWERING VIOLENCE. QUESTIONS ABOUT SEXUA VIOLENCE. THINK ABOUT IT THURSDAY RESOURCE FAIRS 4/3, 4/10, 4/17 & 4/24 4/6, 4/13 & 4/20 ON ZOOM @ 10AM FB LIVE @ 12PM ON ZOOM @ 12PM **GRAB YOUR LUNCH AND** JOIN US TO LEARN ABOUT RESOURCES AVAILABLE IN JOIN US FOR SOME 4/9: INTRODUCTION TO TRAUMA INFORMED YOGA 3: SEXUAL ASSAULT MYTHS 4/10: CONSENT CHAT 4/17: SELF CARE BOX /24: CONSENT FOR KIDDOS 4/13: IMMIGRATION 4/20: LEGAL RESOURCES 4/27: MENTAL HEALTH & 4/23: SEXUAL ASSAULT & STRANGULATION SUBSTANCE ABUSE 4/14: GUIDED MEDIATION & YOGA INSTRUCTION 4/15: HOW TO MAKE A CALM DOWN JAR 4/17: HOW TO MAKE A SELF CARE BOX

For All Students

(Online and Face to face)

1-800-273-TALK (8255)

wicideprevention if eline.org

Learn the

Warning

Signs.

The Lifeline

is FREE.

confidential, and

always available.

HELP

a loved one,

a friend,

or yourself.

Community crisis centers

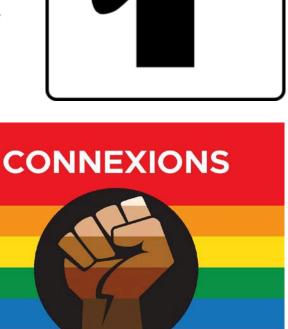
answer Lifeline calls.

SURVIVORS SUPPORT GROUP Group Support is offered Monday, Tuesday, Wednesday & Thursday Online via Zoom! From 12-1 PM /zoom.us/j/511748269

around the country to provide a weekly quiz show for

follow RecWithoutBorders, and the show will start live





Connexions is a LGBTQ+ Peer Led Support Group

open to all identities. It is a space for making

connections, healing, processing and resources

12:15-1:00 PM

2/28, 3/6, 3/27,

4/3, 4/17, 5/1

Link: https://widener.zoom.us/j/470104533

LOCATION | Online via Zoom!

the COVID-19 pandemic, help is available. * * * * * * * * * * * * * * *

If you or someone you know is feeling overwhelmed by

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. **Health and Human**

If you believe you have contracted COVID19,

please type in 'COVID-19 Testing' and your zip

code into the Texas Health and Human Services

Emergency Assistance Fund

UTA students with a temporary financial

emergency may apply for financial help.

UTA Library Accessibility

hardship resulting from a sudden

to find a testing location closest to you

COUNSELING & PSYCHOLOGICAL SERVICES **MAVS**

THE UNIVERSITY OF TEXAS AT ARLINGTON

For Students originally in at

least one Face to Face Course

talk 24 HOUR CRISIS LINE 817-272-TALK (8255) WWW.UTA.EDU/CAPS 303 RANSOM HALL Social Work Webinars/Videos/Podcasts

> period has been extended to May Call Central Library at 817-272-3395 before arrival to

• UTA Laptop Lending Loan

available. In Crisis?

confirm that laptops are

Text HELLO to 741741

❖ LA 92 **Book Recommendations:**

What to watch on Netflix that is

TIME: The Kalief Browder Story

The Death and Life of Marsha P.

100 Humans

Social Work-related:

Johnson

- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk
- ❖ Riding the Dragon: 10 Lessons for Inner Strength in Challenging
- Times by Robert J. Wicks

Undergraduate Programs

(817) 272-3613

SCHOOL OF TEXAS

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Free, 24/7, Confidential



CRISIS TEXT LINE



211 S. Cooper Street, Arlington TX 76019

SOCIAL WORK