

BSW Weekly Program Update

April 20, 2020



Important Updates

Pass/Fail

The University has announced an optional pass/fail policy.

- 1. Students may opt for pass/fail up until May 22, which is 2 days after final grades post.
- 2. If you opt P/F for a course that is a prerequisite, you will have to retake for a letter grade
- 3. You should also consider impacts to GPA, graduate school applications, and financial aid

This FAQ page

For additional information, please see:

- This 4/17 video update and Q&A from the BSW Director

All courses will be online for Summer 2020

Online Instruction

- semesters. No decisions have been made about Fall 2020
- semester 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
- Disabilities. Graduate Student Assistants are expected to continue working and may come to campus as needed for their work.

should reach out to the Office of Students with

Most SSW faculty and staff will be working remotely for now until further notice. They should still be accessible to students during normal office hours.

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.
- Reminder- Last day to drop is April 28th! **BSW Advisors:** A-C: Valerie Adame – <u>adamev@uta.edu</u>
- D-Me: Mark Frazier mark.frazier@uta.edu
- Mi-Z: Keiana Crain 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.

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?
- 3. When does the field office need to know if students for
- Summer semester need an online placement? ASAP. If a student reached out to their assigned agency and have not heard anything, the student needs to contact their Field Advisor right away. 4. Many outside of the DFW area are being rejected by the
 - agencies they approach. How will they need to speak with their advisor regarding online placements? The same applies. If students have contacted multiple agencies to no avail, they need to contact their Field Advisor and they

will be assigned an online placement. **Graduation**

Spring grads will be invited to walk at a future date, TBD.

May commencement ceremonies have been postponed.

YOU MATTER!

Mindful Eating

When people talk about self-care, they invariably talk about 3 things: sleep, exercise, and diet. *Through the lens of social work, the best* diet may be self-determined, guided by individual taste, preference, and needs, and honor family and cultural tradition. From this perspective, a great dietary tool is mindful eating.

What is mindful eating? The Harvard Health Letter describes it as "a slower, more thoughtful way of eating... noticing the colors, smells,

flavors, and textures of your food; chewing slowly; getting rid of distractions like TV or reading; and learning to cope with guilt and anxiety about food." **How do you eat mindfully?** Here are a few tips:

- •Make sure you are hungry; before eating, pause, ask yourself if you're hungry; maybe you need to "feed" yourself something else, like a walk, work break, or a few minutes of restful silence •Eliminate distractions; no tv, computer, or phones when eating
- Practice mindfulness and mindfulness-based eating exercises

•Set a 20 minute timer in which you slowly eat a "normal-sized" meal

Reference:

Mindful Eating. (2011, February). Mindful eating. In Harvard Health Letter. Retrieved from https://www.health.harvard.edu/stayinghealthy/mindful-eating

TAO Tip #5: 3 Minute Mindful Eating Exercise Course Spotlight

does

insurance cover?



SOCW 4344- Health Insurance and Access to Care for

health social 1 work?



Going along with this week's self-care tip, the TAO Mindfulness Library has a great mindful eating exercise.

A recent user said, "before completing the [mindful eating] exercise I was skeptical of how a three and a half minute video was going to help me... Afterward I felt [this was] a step in the right direction for me to have a good relationship with food." If you are interested in trying TAO's mindful eating exercise, from the TAO homepage, go to My TAO Tools

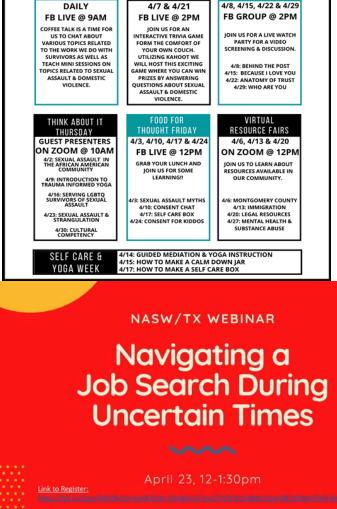
Library look, you will find the exercise: Mindful Eating. **How to manage Anxiety and Isolation** during Quarantine

and select the Mindfulness Library. In the Mindfulness

UTA related COVID-19 information

Group Support is offered Monday, Tuesday, Wednesday & Thursday Online via Zoom! From 12-1 PM

SURVIVORS SUPPORT GROUP



#SpeakUpSpeakOut

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

TUESDAY TRIVIA

4/8, 4/15, 4/22 & 4/29

DAILY

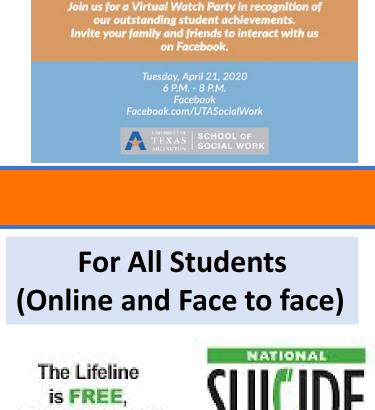
WqfYAEf-8eE2dTXD3ew Celebration of Excellence

Link to register: https://register.gotowebin

ar.com/register/7588278805736140558?fb

clid=IwAR3ZnII-

1NeNfouD7wc37POCKc5HBBn32pAJBE2M



tps://zoom.us/j/5117482691 Receive support, learn coping skills, take part in healing activities & connect with other survivors. For more information, please contact rvsp@uta.edu. *This group is confidential* TEXAS NASW/TEXAS STUDENT LEADERSHIP **INSTITUTE** Learn leadership knowledge and skills that are helpful in the social work profession. This Institute consists of 4 sessions available online.

at least 1 Discussion Board. Cost: Free for NASW members; \$20/session for Non-members Link: https://www.naswtx.org/events/ EventDetails.aspx?id=1206228&group

Undergraduate Information

Session

Wednesday, April 22 at

Texas Health and Human Services

COVID-19 Mental

If you or someone you know

Speak with a mental

health professional

depression, stress,

grief or worry 24/7.

Call the toll-free COVID-19

833-986-1919.

TEXAS **Health and Human**

Mental Health Support Line at

for help dealing with anxiety,

Health Support Line

Students will earn a leadership

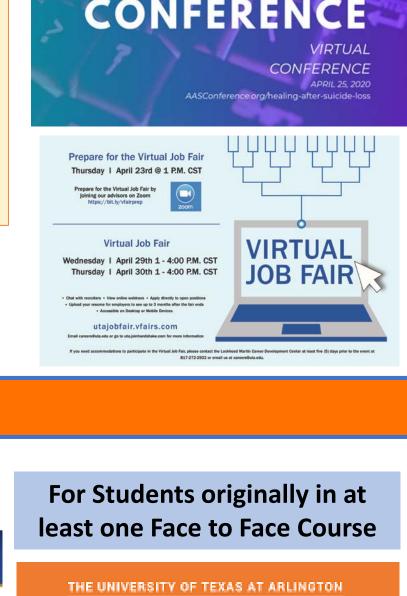
certificate upon completion of 4

sessions & Quizzes and participate in

11:00am to 12:00pm RESOURCES



CONNEXIONS



COUNSELING & PSYCHOLOGICAL SERVICES

MAVS

is feeling overwhelmed by the COVID-19 pandemic, help is available.

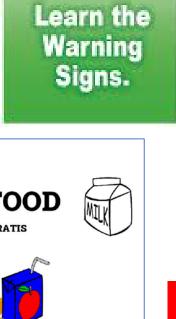


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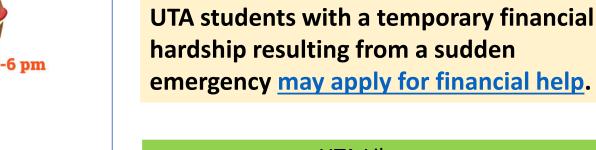
always available.

HELP









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Accessibility: https://libguides.uta.edu/c.php?

24 HOUR CRISIS LINE

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

In Crisis? Text HELLO to 741741 CRISIS TEXT LINE Free, 24/7, Confidential



(817) 272-3613

Undergraduate Programs

BOYS & GIRLS CLUBS

608 N. Elm St. Arlington, TX 76011







emergency may apply for financial help. **UTA Library**

Emergency Assistance Fund





