



BSW Weekly Program Update

April 27, 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.

For additional information, please see:

- This [FAQ page](#)
- [This](#) 4/17 video update and Q&A from the BSW Director
- Financial Aid P/F [infographic](#)

SSW Advising

- **Reminder-** Last day to drop is **April 28th!**
- **Summer and fall enrollment continues!**
- **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 Crain (formerly Keiana Green) – Keiana.crain@uta.edu

Field Advisors:

- Sharon Martin is the field advisor for all BSW students

Online Instruction

- **All courses will be online** for Summer 2020 semesters.
- **No decisions** have been made about Fall 2020 semester as of yet.
- **Instructor assignments** are currently being posted in MyMav
- **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 Office of Students with Disabilities.

Graduation

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

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.
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.

BSW Field Fall 2020

Fall field applications have been postponed. The field office will notify students of the updated deadline.

Summer Registration

1. Will you be offering any more summer classes?

The schedule is mostly set. However, we are monitoring the waitlists and will add classes and/or add seat capacity if/when there is enough demand, as demonstrated by the waitlists.

2. Are summer classes online? Some say OFF WEB and some have days/times listed?

Yes, *all summer classes are online*. The professors have the *option* of hosting class (virtually) live during the days/times listed, so you should plan to be available during this time slots just in case. Once the instructor is assigned, you can reach out to them to inquire as to whether they plan to hold class synchronously (at that time) or asynchronously (students have flexibility with when to login/complete work within each week). Please keep in mind that instructors may not have their teaching plans for summer finalized yet, so your patience is appreciated.

YOU MATTER!

Mindful Exercise

Mindfulness has received a lot of attention related to meditation and awareness, relieving stress, improving one's relationship with food and diet, finding peace and relaxation, and as a way of gently coming back to the body and being present. So, what about applying those intentions and principles to exercise, fitness, and physical health? Mindful exercise can be as simple as tuning into your physical body and paying attention and responding to your body's own signals for movement and exercise. Then, when exercising, being mindful of and attentive to what you're physically feeling, where are you feeling it, and responding to your body's changing physical needs as you move and exercise. Regardless of what you are doing, mindful exercise is about reconnecting with your body, being reminded that your body is yours, how you use it is up to you, and that you and your body deserve and work better with attention, curiosity, acceptance, and care.

Faculty Spotlight

Graduating students! Have you had a special professor that made a difference? Please vote using [this](#) quick, easy, and anonymous survey to help us **identify our most outstanding faculty members** for SSW, UTA and UT System teaching awards!

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

[UTA related COVID-19 information](#)

TAO Tip #6

To help with mindful movement and physical exercise, TAO has several great mindfulness exercises that may both bring you back to your body and help you feel better about and in your body.

In TAO, go to the Mindfulness Library and the following exercises may help you feel better attuned to your body's cues for exercise or simply to feel more comfortable about exercising: Notice Yourself, Mindfully Walking, Meditation for Pain, or Meditation on Body Acceptance.

Virtual Events

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://widener.zoom.us/j/470104533>

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 EUTCARES

#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. UTLING RANDOM WE 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: MARYAM OF TRUST 4/29: WHO ARE YOU
THINK ABOUT IT THURSDAY GUEST PRESENTERS ON ZOOM @ 10AM 4/9 SEXUAL ASSAULT IN THE RESILIENT AMERICAN COMMUNITY 4/16 INTRODUCTION TO TRAUMA INFORMED YOGA 4/16 SERVING LETTERS SURVIVORS OF SEXUAL ASSAULT 4/23 SEXUAL ASSAULT & TRANSLATION 4/30 CULTURAL COMPETENCY	FOOD FOR THOUGHT FRIDAY 4/3, 4/10, 4/17 & 4/24 FB LIVE @ 12PM GRAB YOUR LUNCH AND JOIN US FOR SOME LEARNING! 4/3: SEXUAL ASSAULT MYTHS 4/10: CONSENT CHAT 4/17: SELF CARE BOX 4/24: CONSENT FOR MIDDOS	VIRTUAL RESOURCE FAIRS ON ZOOM @ 12PM 4/6, 4/13 & 4/20 JOIN US TO LEARN ABOUT RESOURCES AVAILABLE IN OUR COMMUNITY. 4/6: MONTGOMERY COUNTY 4/13: IMMIGRATION 4/20: LEGAL RESOURCES 4/27: MENTAL HEALTH & SUBSTANCE ABUSE
SELF CARE & YOGA WEEK	4/14: GUIDED MEDITATION & YOGA INSTRUCTION 4/15: HOW TO MAKE A CALM DOWN JAR 4/17: HOW TO MAKE A SELF CARE BOX	

SURVIVORS SUPPORT GROUP

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

Online via Zoom! <https://zoom.us/j/511782891>

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

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

HOPE
HEALING
SUPPORT

"This group is confidential"

UTA IS A COMMUNITY THAT CARES

Join the conversation...
Mavs Hour

Who: All UTA students are welcome!
What: An opportunity for Mavs to find social connection and support in times of physical distancing
When: Wednesdays (times rotate weekly)
Where: Microsoft Teams (link provided via Mavs Unite Announcement)
Why: Because physical distancing shouldn't be socially isolating.

THE UNIVERSITY OF TEXAS AT ARLINGTON

Following UTA's Principles of Community, Mavs Hour is a safe space of respect, support, and connection for Maverick students during this time of COVID-19.

Want to help improve campus mental health services?

Be a part of a research study on the effectiveness of Therapist Assisted Online (TAO)

We are studying how well TAO works for those who use it in our campus community. We will be holding individual interviews or focus groups to ask questions regarding your experience.

Interviews or focus groups will take approximately 1 hour of your time and take place on UTA campus. A meal will be provided.

You can participate if you are:

- a student at University of Texas at Arlington
- age 18 or older
- using Therapist Assisted Online (TAO)
- can provide consent to participate

Research is being conducted by Dr. Regina Praetorius, LMSW-AP, School of Social Work, University of Texas at Arlington, rp1@uta.edu

Improving Opioid Misuse Prevention Literacy between Older Adults and Health Care Providers

Video Link: <https://youtu.be/9m7NYDUICzc>

PDF Link: https://www.samhsa.gov/sites/default/files/programs_campaigns/nation_prevention_week/marnpwwebinar_final.pdf

The Big Event Volunteer Sign Up

Volunteer and make a difference by taking part in The Big Event 2020!

Texas Armed Services Scholarship Program

The Texas Legislature created the Texas Armed Services Scholarship Program (TASSP) to encourage students to participate in Reserve Officers' Training Corps (ROTC) programs at civilian colleges.

To request an application call **817-459-2800**

NASW/TEXAS STUDENT LEADERSHIP INSTITUTE

Learn leadership knowledge and skills that are helpful in the social work profession. Students will earn a leadership certificate upon completion. Cost: Free for NASW members; \$20/session for Non-members

RESOURCES

[Social Work Opioid Work Force Stipend](#)

[Application for \\$10,000 Stipend for Intern Training in Substance Use Disorders](#)

[Resources for Dreamers at UTA](#)

The Lifeline is **FREE**, confidential, and always available.

HELP a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

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CARE-501P-0129

FREE FOOD
COMIDA GRATIS

MONDAY-FRIDAY 4-6 pm

BOYS & GIRLS CLUBS OF GREATER ARLINGTON COUNTY
608 N. Elm St. Arlington, TX 76011

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**.

TEXAS Health and Human Services

Emergency Assistance Fund

UTA students with a temporary financial hardship **resulting from a sudden emergency** [may apply for financial help.](#)

UTA Library
Accessibility: <https://libguides.uta.edu/c.php?g=1013811>

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

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

