

Take Steps to Protect Yourself and Others From Covid-19

1. Clean Hands Often
2. Avoid Close Contact
3. Stay Home If Sick
4. Cover Coughs and Sneezes
5. Wear a facemask if sick
6. Clean and Disinfect

For UTA related COVID-19 information, visit <https://www.uta.edu/announcements/coronavirus>



Undergraduate Weekly Program Update

April 6, 2020

What is MAVS Unite?

We realize that you may be in need of a variety of assistance and a place to build community with fellow Mavericks. The MAVS Unite project is designed to provide you with just that. We would like to know what resources you would like; these resource will be gathered in a CANVAS page called MAVS Unite and will be updated frequently. Please respond to this [survey](#) to let us know your needs.

A TOTALLY VIRTUAL SEXUAL ASSAULT AWARENESS MONTH IS HEADING YOUR WAY!

Some events require registration. The registration links are located under the calendar in this email.

#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. UTILIZING KAHOT! WE WILL HOST THIS EXCITING GAME WHERE YOUR OWN 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 ON ZOOM @ 10AM 4/2: SEXUAL ASSAULT IN THE AFRICAN AMERICAN COMMUNITY 4/9: INTRODUCTION TO TRAUMA INFORMED YOGA 4/16: SERVING LGBTQ SURVIVORS OF SEXUAL ASSAULT 4/23: SEXUAL ASSAULT & STRANGULATION 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 KIDDOS	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		

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.

SURVIVORS SUPPORT GROUP

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

Online via Zoom! <https://zoom.us/j/511763261>

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

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

HOPE HEALING SUPPORT

Social Work Council Executive Board

Click the link to see info about the April 3rd meeting:

<https://teams.microsoft.com/l/meetup-join/19%3a16e0aef05fcb49b3b84ffc112fc6eb04%40thread.skype/1585581038065?context=%7b%22id%22%3a%225cdc5b43-d7be-4caa-729e3b0a62d9%22%2c%22oid%22%3a%22b7bba287-a085-4fcf-8376-338409efcbfb%22%7d>

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://zoom.us/j/479184533>
TIME | 12:15-1:00 PM
DATES | 2/28, 3/6, 3/27, 4/3, 4/17, 5/1

Yoga as a Practice for Cultivating Resilience and Well-Being - April 9

Join the Illinois ACEs Response Collaborative on Thursday, April 9th, 10 AM CDT in part III of our webinar series on preventing burnout in healthcare, in which yoga therapist Aggie Stewart will discuss how yoga can be utilized as a self-care and employee wellness practice.

[Register Now](#)

YOU MATTER!

Self-Reflection #1: Feeling Like Yourself

Self-reflection can be used for so much more than school assignments, discussion boards, or field supervision. 17th Century Spanish Jesuit Baltasar Gracian said, "self-reflection is the school of wisdom." And as clinical psychologist, Paul T. P. Wong points out, "time spent in self-reflection is never wasted – it is an intimate date to yourself."

This week consider taking some time for yourself beyond school and work, and think about all that makes you who you are. To help you, consider the following reflection question:

What activities help you feel most like yourself?

Take your time with this one... Don't feel the pressure to answer right away... Just put the question in your mind, and let the answers come... Finally, don't settle for only the first answers... Recognize what comes to you first, and then let yourself go deeper and deeper and really get to know yourself. After all, as fashion designer Diane von Furstenberg said, "You're always with yourself, so you might as well enjoy the company."



TAO Tip #3: Relaxation

With the many streams of stress we are currently facing, finding ways to relax is so important. Thankfully, TAO (Therapy Assistance Online) has a great series of lessons on this very topic, including lessons on

- identifying barriers to relaxation
- body, breathing, and mindfulness-based exercises for achieving greater relaxation

To access the relaxation lessons, when in TAO's homepage, click on My Pathways. From there, select Calming Your Worry – Adult. Here, you will find Module 2: Relaxation and Anxiety Reduction. In this module, explore the four sessions and spend time practicing the lessons that help you most.



IMPORTANT UPDATES

Online Instruction

- Face-to-Face courses will transition into online classes starting March 23 and the rest of the semester. Students should receive instructions to access their classes on online platforms within the next week. Classes are to remain online until further notice.
- Instructors have received trainings on making the courses accessible to students. Students are advised to contact their course instructors first should they have trouble with online accessibility.
- Students who need an accommodation letter should reach out to the Office of Students with Disabilities.
- On-campus events will be cancelled for the remainder of the semester.
- Graduate Student Assistants are expected to continue working and may come to campus as needed for their work.
- 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 starts April 6! Check your MyMav student center for your enrollment date.
- All academic advising appointments will be done via phone or Microsoft Teams. Students who have scheduled on-campus advising appointments will receive a Teams invitation for their virtual meeting time.

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

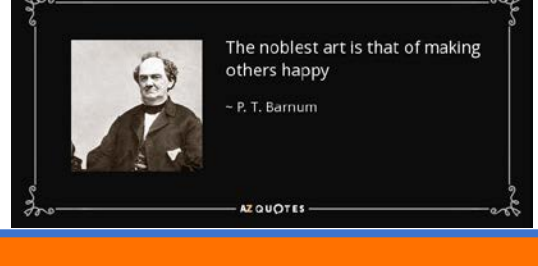
BSW Field Placement:

- Face-to-face field seminar sections will convert to online platforms beginning March 23 and the rest of the semester. Please look for access instructions from your field liaison.
- If you are willing and able to go to your field placement site, you may do so.
- If you cannot, please contact both your field liaisons and your field instructors to arrange alternative assignments to complete your internship. You must get approval from your field liaison BEFORE getting credits for the alternative assignments.
- Contact the Field Office only if you cannot make arrangements with your field liaisons and instructors.

**Due to the COVID-19 outbreak, the 2nd Annual Health Across the Lifespan Research Symposium that was scheduled for April 22nd will be postponed. It will be rescheduled to a later date once things settle down and we know more.

We thank those who already submitted abstracts, and we will plan to keep those abstracts submitted on file; however, if you prefer for us not to keep your abstract on file, just let us know. We will also plan to reopen the abstract submission link once a new date is set.

Sorry for any inconvenience this may cause.



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.

Community crisis centers answer Lifeline calls.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
<https://suicidepreventionlifeline.org>

Learn the Warning Signs.

Students who are face to face normally can opt-in to the services offered by [The Lockheed Martin Career Development Center](#) by paying an optional \$32 fee. More information is on the website: <https://www.uta.edu/careers/students/Virtual%20Services.php>

Emergency Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency may apply for financial help. Go to (<https://www.uta.edu/student-affairs/about-student-affairs/giving-to-student-affairs/giving-emergency-assistance-fund>) for more information.

Self-Care:

- Paint by Number
- Create art projects for seniors in SNF or Assisted Living
- Create a routine/schedule to follow while doing online classes

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: <https://www.211texas.org/>

For Students in at least one Face to Face Course

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

UTA IS A Community That Cares

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

In Crisis? Text HELLO to 741741