

SOCIAL WORKERS generations STRONG

Undergraduate Weekly Update

March 2, 2020

National Association of Social Workers: Social Work Month in March is a time to celebrate the great profession of social work. The theme for Social Work Month 2020 is Social Workers: Generations Strong. The theme has various meanings. As we enter a new decade it is important to look back and honor the powerful, positive impact the social work profession has had on our society for generations.

A Farewell Message From Dr. Praetorius



I have so very much enjoyed serving you as the Director of Undergraduate Studies since 2015. I've been inspired by your stories, encouraged by your perseverance, and have celebrated your triumphs with joy. I am not saying *goodbye* but *see you later* as I transition from my role as Director of Undergraduate Studies into my new role as Director of Graduate Studies. I look forward to this new opportunity to serve you down the road as you pursue your MSWs at UTA. I wish each of you all the best and know your new Director of Undergraduate Studies, Karen Magruder, will take care of you!

Introducing The New Director of Undergraduate Programs: Karen Magruder



I am thrilled to have the opportunity serve as the new Director of Undergraduate Programs. A little about me: My social work practice experience includes mental health counseling, long-term care with older adults, community organizing, and international public health. I absolutely love social work and look forward to working with students who are embarking upon their own journeys! I am also a true Maverick, having earned my MSW right here at UTA. Over the last three years, I have enjoyed teaching many different course subjects at the School of Social Work, including foundation classes, policy, green social work, and direct practice in aging, healthcare and mental health. I have always been so impressed by the creativity, dedication, passion and resilience of my students and I'm excited to serve these future social workers in this new leadership capacity. I am excited to partner with students, staff and faculty to help the BSW Program and other undergraduate programs continue to grow and flourish.

What's the Buzz?



DON'T FORGET

- Spring Graduation Application Deadline – March 2nd
- Spring Break – March 9-15
- Last Day to drop a class – April 3rd
- Summer Graduation Application Deadline – July 1st



Weekly Events
3/4/2020
12 pm
Women's History Month
Lecture- Central Library 6th floor Parlor

SSW Block Party (Celebration Social Work Month)
Thursday, March 19
11:30 AM - 2:30 PM
SSW Courtyard

VA NORTH TEXAS SOCIAL WORK 2020 CAREER DAY

YOU ARE INVITED TO ATTEND THE 2020 ANNUAL CAREER DAY FOR SOCIAL WORK COLLEGE STUDENTS ON FRIDAY, MARCH 20, 2020 FROM 10:00 AM—12:30 PM VA NORTH TEXAS HEALTH CARE SYSTEM BUILDING 75—VA COMMUNITY CENTER 4500 SOUTH LANCASTER ROAD, DALLAS TX 75216

The purpose of this event is to provide nearby universities and college students an opportunity to talk one-on-one with a VA Social Worker regarding their role within the Federal Government, Agency and Community. It is our hope that this opportunity will guide each student as they plan their career goals in the field of healthcare and mental health social work.

There will be giveaways and breakfast at the event.

Students interested in the VA Social Work Fellowship should bring the following documents to Career Day:

- Letter of interest that describes (a) why you are interested in further training and in this program in particular, (b) prior exposure to recovery-oriented services for substance use disorders and/or serious mental illness, and (c) your long-term professional goals. Letters of interest are typically one page.
- A current curriculum vitae or resume.
- Three letters of recommendation, one of which must be from a practicum supervisor.
- Writing sample of your choice.

Fellowship Eligibility: • Be a US citizen • Must have completed a Master's degree from a School of Social Work accredited by the Council on Social Work Education. Applicants must graduate by the start of the Fellowship, which will begin in late August. MSW licensure preferred. [List not required.](#)

To register, please complete the registration form and email to Cartriska.Rucker@va.gov

GAY GYM CLUB

Need a workout partner? The LGBTQ+ Programs Pride Peers got you! Meet them biweekly on Tuesday evenings starting February 25th, 2020 at 6:00 PM inside of the doors of the MAC. Look for students with PRIDE t-shirts on ready to workout!

All fitness levels welcome!

Workout Meeting Times:
2/25, 3/3, 3/17, 3/31, & 4/18

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 | Ransom Hall 301
TIME | 12:15-1:00 PM
DATES | 2/28, 3/6, 3/20, 4/3, 4/17, 5/1

STUDENTS FOR GLOBAL CHANGE

A STUDENT ORGANIZATION WITH THE PURPOSE TO PROMOTE INTERNATIONAL UNDERSTANDING, EDUCATION AND RESEARCH FOR STUDENTS AT UT ARLINGTON. THIS ORGANIZATION SEeks TO UNITE UNDERGRADUATES AND GRADUATES TO ENGAGE WITH INTERNATIONAL SOCIAL ISSUES.

Interested in working with/aiding international populations? Have a passion for helping refugees and volunteering? Want to get involved in the UTA and DFIV communities? Looking for a place to have an open discussion and advocate for those affected by our current political climate? Join us!

We are currently recruiting members! Online students are also welcome! Meetings will include Zoom links. Fee-free to reach out to karla.arenas@uta.edu or Eusebius.Small@uta.edu

MARCH 27, 2020
Dallas, Texas

Immigration, Trauma and Mental Health among Hispanic and Latinos: Clergy and Law Enforcement Working Together to Promote Healthy Communities

Registration: <https://tweepsym2020.eventbrite.com>

Registration Contact: aligalgonzalez@dcccd.edu

8:30AM - 4:30PM
2616 COMMERCE ST
DALLAS, TX 75226

Who Should Attend? Counselors, Social Workers, Outreach Workers, Educators, Criminal Justice, Professionals, Prevention Specialists or students.

CEU Credits: Six (6) CEUs for: TCOLE, LISC, LCSWS, LMSWS

The Collective for Orphan Care and Education

ABOUT US
This nonprofit has been inspiring global partnerships to improve the health, education and well-being of vulnerable populations. We support women and children in gaining the knowledge, power and tools necessary to lead healthy, safe and productive lives. For more information: <http://www.cocokenya.org/home.html>

VOLUNTEER OPPORTUNITIES
If you or your organization would like to volunteer or help fundraise for this cause please contact karla.arenas@uta.edu or Eusebius.Small@uta.edu

WWW.COCEKENYA.ORG

THE LGBTQ+ PROGRAM CAN NOW ASSIST WITH CANVAS & EMAIL UPDATES FOR STUDENTS CHOSEN NAME!

Please contact [Jessica Sanchez](mailto:jessica.sanchez@uta.edu), Assistant Director of LGBTQ+ Program to get the process started.
Email: jessica.sanchez@uta.edu

ABSTRACT SUBMISSIONS ARE NOW BEING ACCEPTED UNTIL MARCH 18, 2020. [SUBMIT HERE](#)

UTA's School of Social Work & College of Nursing and Health Innovation present the **2nd Annual Research Symposium: "HEALTH ACROSS THE LIFESPAN"**

Faculty, students, and trainees presenting cutting-edge research aligned with the strategic goal of health and the human condition.

April 22, 2020 8:00 AM - 1:00PM
Bluebonnet Ballroom, University Center

DIRECT ALL QUESTIONS TO KIM DOUBRAVA: KHODGES@UTA.EDU

If you would like to preorder a t-shirt please send us an email to utasocialworkcouncil@gmail.com or contact us on the Teams chat, with your name, size, and quantity of shirts that you would like to purchase. The shirts will cost \$25 each, with the exception of sizes 2XL and 3XL. Cash or checks made out to Social Work Council will be accepted. Sizes: S, M, L, XL, 2XL (\$27), and 3XL (\$29)



YOU MATTER!

Environment

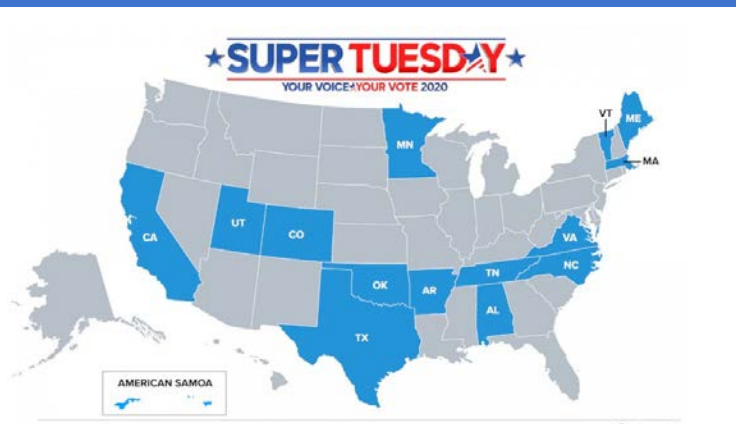
Reflecting the person in environment framework, the environments we find ourselves in can exert a powerful influence on our health and how we feel. Negative and "unpleasant" environments have a significantly negative impact on our mood and emotions and physical health and well-being, including increased in stress, anxiety, depression, and a wide range of illnesses. In contrast, positive environments promote relaxation, release stress, reduce a spectrum of negative emotions, enhance immune and cardiovascular function, relieve pain, restore attention, peace and calm, and lead to greater connection with others and heightened feelings of community. And **the most consistently positive and healing environment appears to be nature.**

What does it mean to be in a nature environment? Wonderfully, it appears to be defined and determined by the individual. Nature environments that are proven to be healing range from nature walks and sitting outside without technology, to having a view of nature from your window at work, a plant in your room or office, even a wall painted green.

Therefore, you may find nature healing by taking some distraction-free time outside, in a walk across campus, or by simply opening the blinds to your classroom windows. Ultimately, explore what nature means to you, intentionally spend time with it, and like we are beginning to feel with the warming Spring sun and see in the budding trees and flowers, you will be renewed!

Reference

Larson, J., & Kreitzer, M.J. (2016). How does nature impact our wellbeing? Retrieved from <https://www.takingcharge.csh.umn.edu/how-does-nature-impact-our-wellbeing>



Reminder

Daylight Savings Time start March 8th. Set your clocks 1 hour ahead!!

UNIVERSITY OF TEXAS ARLINGTON | SCHOOL OF SOCIAL WORK

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

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