The University has announced an optional pass/fail policy:

1. Students may opt for pass/fail until May 22, which is 2 days after final exams.
2. If you opt for pass/fail for a course that is 'repeatable', you cannot change it to a letter grade.
3. You should consider this impact to your high school transcript, college application, and financial aid.
4. This form to opt for pass/fail will be available by the second week of May.
5. If you choose to opt for pass/fail after the second week of May, you cannot change back to a letter grade.

For additional information, please see:
- This FAQ
- TVET update and FAQ from the UMB
- Financial Aid FAQ
- Registrar

Online Instruction
- All courses will be online this Fall Semester.
- Instructor assignments are currently being created in Masonite.
- For students taking online classes this fall, digital learning, teaching, and testing in teams and online.
- Students who need an accommodation letter should reach out to the Office of Students with Disabilities.

Graduation
May graduation commencements have been postponed. Liking grade will be invited to walk at a future date, TBD.
- Join us at 1 p.m. on Monday, May 17 for our online commencement. To view the Class of 2020 Virtual Commencement, please register here: bit.ly/2Y53hUh
- Graduates will be featured in the slideshow if you upload your photo or short video using the following format: subject@uta.edu

Financial Aid P/F
- This semester, we will be offering a pass/fail policy to students.
- To request a pass/fail, please contact your Financial Aid advisor.
- Students completing summer field who either cannot get a placement OR who do not want to go to a field site may apply for financial help.

5/17: BSW Weekly Program Update

(1) Do nothing. (2) Do one thing at a time. (3) Simply and intentionally do one thing at a time.

Course Spotlight
Military School

Virtual Events

Student Organization Spotlight

Student Organization Spotlight

Insecurity for Non-Traditional Students

Insecurity for Non-Traditional Students

Insecurity for Non-Traditional Students

You may not have your teaching plans for summer finalized yet, so your patience is appreciated.

Student Organization Spotlight

Apply: Resources for classes online, digital learning, career networking, interview help, job search

FOLLOW US ON SOCIAL MEDIA

YOU MATTER!

Two things at a time: For cooking, for exercising or for working on two different projects, it is better to focus on one task at a time.

Supercharge Your Stress Response: Here are some tips to supercharge your stress response.

- Be active: Physical activity can help reduce stress and increase your overall sense of well-being.

- Get enough sleep: Sleep is crucial for overall health and well-being, and can help reduce stress.

- Practice mindfulness: Mindfulness is a technique that involves focusing your attention on the present moment and acknowledging your thoughts and feelings without judgment.

- Manage your time: Effective time management can help reduce stress and improve productivity.

- Support network: It is important to have a support network of friends, family, and colleagues who can provide emotional support and encouragement.

- Seek professional help: If stress becomes overwhelming, it is important to seek professional help from a mental health professional.

- Breathe: Deep breathing exercises can help reduce stress and promote relaxation.

- Get outside: Spending time in nature can help reduce stress and improve overall well-being.

- Listen to music: Listening to relaxing music can help reduce stress and promote a sense of calm.

- Practice gratitude: Expressing gratitude can help reduce stress and improve overall well-being.

- Eat healthy: Eating a balanced diet can help reduce stress and improve overall health.

- Engage in hobbies: Engaging in hobbies or other interests can help reduce stress and promote relaxation.

- Stay positive: Maintaining a positive outlook can help reduce stress and improve overall well-being.

- Avoid alcohol and drugs: Alcohol and drugs can exacerbate stress and other mental health issues.

- Connect with friends and family: Spending time with loved ones can help reduce stress and promote a sense of belonging.

- Practice self-care: Taking care of your physical and emotional needs can help reduce stress and improve overall well-being.

- Find a support system: It is important to have a support system of friends, family, and colleagues who can provide emotional support and encouragement.

- Seek professional help: If stress becomes overwhelming, it is important to seek professional help from a mental health professional.