

## YOU MATTER

The past week has been tumultuous and nerve-wracking for many. It is important to remember, though, that care for others should begin with care for yourself. Give yourself time to breathe, reflect on what you need, and then move forward. Be proud of the work you have done, and be steadfast in your ability to do the work ahead. Whenever you may need additional support, UTA offers free counseling sessions and additional mental health resources through our Counseling and Psychological Services program, whose information can be found at the end of this newsletter. If you or anyone you know are in immediate harm or need urgent attention, please call the MavsTalk Crisis Line, which is open for calling 24/7. Their number is 817-272-8255.

## **OPPORTUNITIES & EVENTS**



### Become a Graduate Student Leader

GSLs serve as advocates and communication facilitators for MSW students, fielding questions about all of aspects of the graduate experience, including advising, field, registration, orientation, scholarships, deadlines, program policies, and more. They can track down accurate answers to questions quickly by reaching out directly to program administrators and connecting students to services and resources. Student's questions and concerns are resolved within minutes or hours of posting.

Become a GSL



### Become a Undergraduate Student Leader

Are you a BSW student with interest in advocacy and community building? Join the USL team where you can serve as an advocate for BSW students, facilitate the exchange of accurate and timely information, and connect students with services and resources that will enhance their undergraduate student experience.

### Become a USL



#### The Social Work Council invites you to a Wellness Fair

This event will be an engaging experience for students and faculty who attend. It allows SWC members and other interested students to squeeze in some last-minute volunteer hours. We are hoping for around 15-20 volunteers to help run events and support other organizations.

### Sign up to volunteer



### Macro Career Panel

Are you interested in learning about the wide range of career opportunities in macro social work?

Join us for an interactive event on November 14th at 4:00 P.M. EST

Click here to register



#### Phi Alpha Honor Society Toy Drive

Please donate new, unwrapped toys for children of all ages (infants to teens)

Drop-off Location: School of Social Work Admissions, Advising, and Communications, room 203. For online students you can also participate using the Amazon wish list!

**Amazon Wishlist** 

# **Social Justice Spotlight**

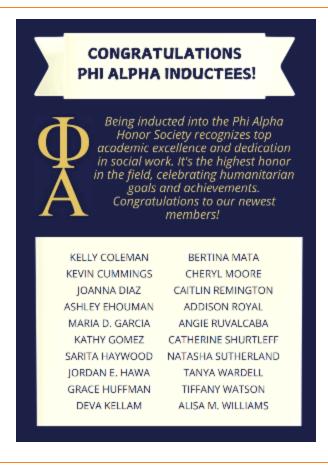


"Supporting Veterans: As we enter Veterans Day today, on November 11th, it's essential to shine a light on the pressing issue of veteran homelessness. According to the U.S. Department of Housing and Urban Development, approximately 33,000 veterans experience homelessness on any given night. Organizations like the National Coalition for Homeless Veterans (NCHV) are at the forefront of addressing this crisis, providing vital resources such as housing assistance, job training, and mental health services. They also advocate for legislative changes aimed at preventing homelessness among veterans and ensuring that those who have served our country receive the support they deserve.

As future leaders and advocates, we can play a role in this movement by raising awareness and supporting initiatives that empower veterans. To learn more about how you can help and to access valuable resources, visit the NCHV website here at nchv.org."

Jasmine Dean
Undergraduate Student Leader Intern
School of Social Work

## STUDENT SPOTLIGHT



## **ADVISING UPDATES**

UTA School of Social Work Advising FAQs can be found here.

### **IMPORTANT DATES**

- Nov. 4 Jan. 12: Registration begins for Spring 2025
- Nov. 7 14: Phi Alpha Holiday Toy Drive
- Nov. 13: Last day to order your regalia and commencement memorabilia
- Nov. 28 29: Thanksgiving Holiday
- Dec. 3: Last day of classes
- Dec. 5: SSW PhD Virtual Information Session
- Dec. 5 11: Final Exams
- Dec. 11: Last day to earn field hours
- Dec. 13: Fall 2024 Graduation Ceremony

## STUDENT SUCCESS RESOURCE



My name is Traecia Nichols, I am the Student Success Coordinator for the School of Social Work. In my role I work with students who are facing crises and need help accessing university and community resources. This section will consist of resources that are available to you as a student. If you are in need of resources or have any questions or concerns, please contact me at <a href="mailto:traecia.nichols@uta.edu">traecia.nichols@uta.edu</a>.

### Counseling and Psychological Services

CAPS assists students in increasing self-awareness, addressing mental health and emotional concerns, and making positive changes in their lives.

You are eligible for up to 6 free individual counseling sessions each semester, with a \$10 charge for each additional visit.

Please call 817-272-3671 to schedule a telehealth counseling visit or phone consultation.

Learn more about the CAPS

# **SCHOOL OF SOCIAL WORK RESOURCES**

STUDENT SUCCESS

**ACADEMIC ADVISING** 

FIELD PLACEMENT

**LICENSURE** 

DEAN'S LETTER FOR LICENSURE

# **UTA RESOURCES**

- UTA Academic Calendar
- Webinar Library
- <u>UTA Counseling & Psychology Services (CAPS)</u>
- SAR Center
- Suicide Prevention Lifeline
- Free Windows Apps with Student ID
- Emergency Assistance Fund
- Free & Confidential HIV Testing
- <u>UTA/Tri-C Food Pantry Distribution</u>

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