

YOU MATTER

Hey there, amazing students!
Ready to embark on a journey of relaxation and rejuvenation?
Welcome to our **Weekly Self-Care Adventure**—a fun and exciting way to explore different self-care activities each week. Whether you're looking to unwind, get creative, or boost your energy, we've got something for everyone!

This week, we'll introduce a new self-care theme with simple activities you can try. No pressure, just fun! Feel free to share your experiences or photos with us. Let's make self-care a delightful part of our routine!

This Week's Theme: Move & Groove [

Activity: Dance to your favorite playlist for 15 minutes.

Bonus: Join a virtual workout class or try a new exercise.

Let's celebrate taking care of ourselves together! Feel free to adjust the activities or themes based on what you think will resonate best with you.

Jasmine Dean

Undergraduate Student Leader Intern

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



Meet MyUTA.

On Nov 18, the new UTA access will be launched. <u>MyUTA</u> is a one stop destination to manage your day-to-day UTA experience. MyUTA will replace the UTA Mobile App integrating all essential tools and resources directly from UTA directly in MyUTA.



Get set to register.

Spring registration has started, ensure you meet with your advisor, confirm your spring courses, get your holds cleared and check your date to enroll. Visit <u>uta.edu/advising</u> for more information.



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



Graduating this semester?

Complete the exit survey and make your contribution. the link to the survey will be sent from gradteam@uta.edu. Deadline to complete the survey is id Dec 31st.



Join the Office of International Education and the Department of Global Engagement in Celebrating International Education Week from Nov 18 - 22, with a series of on campus events, international food fair and more. Visit <u>go.uta.edu/iew</u> for more information.



Get ready for Career Week, November 18-22! There will be in-person events to connect with the Career Development Center (CDC) team, ask questions, and prepare for career success.

Don't miss out on this opportunity to connect and boost your career readiness!

Social Justice Spotlight



SEXUAL & REPRODUCTIVE HEALTH AND RIGHTS ARE HUMAN RIGHTS

Having bodily autonomy is a human right, encompassing the right to choose what we can and cannot do about our own reproductive health, without coercion. It's important to know that even with new legislation preventing access to abortions and other life-saving procedures, there are still reproductive health resources that are available to you. Be aware of what resources are accessible. Planned Parenthood has STI Testing and treatment, birth control options, gender-affirming care, and other healthcare services. Planned Parenthood works to make these resources readily available even to those who are low-income by offering different payment and insurance options. Find more information about them here:

https://www.plannedparenthood.org/planned-parenthood-greater-texas

Isabela Reyes
Undergraduate Student Leader Intern

STUDENT SPOTLIGHT



Blair Dedwylder is a dedicated undergraduate student in the BSW program at UTA, where she is also a member of the Honors College. With minors in Diversity Studies and Law and Legal Studies, Blair shows her commitment to social justice and community engagement. Serving as Vice President of both The Queer Social Work Association and the Social Work Council, Blair plays an essential role in leading initiatives that promote inclusivity and support within the UTA community. Beyond campus, she is a community organizer for the Sunrise Movement for Tarrant County and an active member of the Tarrant County Young Democrats. Her work includes canvassing for local elections, advocating for polling sites at UTA, leading environmental campaigns for clean air through less fracking, and organizing efforts to introduce public transportation to Arlington. With a current course load of 18 hours and plans for 21 next semester, Blair remains focused on making UTA, Arlington, and Tarrant County more environmentally conscious, accessible, equitable, and inclusive for all residents.

Isa Reyes.

Undergraduate Student Leader Intern

ADVISING UPDATES

UTA School of Social Work Advising FAQs can be found <u>here</u>.

IMPORTANT DATES

- Nov. 4 Jan. 12: Registration begins for Spring 2025
- 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
- Now-Jan 12: Registration is open for 2025

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 traecia.nichols@uta.edu.

Financial Aid and Scholarships

Paying for college ca be a challenge due to the high and rising cost of tuition, fees, textbooks, housing, and other expenses associated with higher education.

To make your college education more affordable many institutions and organizations offer scholarships. Learn more about UTA scholarships and aid resources. Visit Scholarship and Financial Aid website for more information

Financial Aid and Scholarships

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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