

# IN THE LOOP

A WEEKLY SSW STUDENT NEWSLETTER

Fall Semester | November 25th

## Social Justice Spotlight



Food pantries on college campus play an important role in addressing food insecurity among college students. Food insecurity affects college students in many ways, impacting their physical health, emotional wellbeing, academic success, and overall college experience. UTA having recognized this need, attempts to address food insecurity through the services of Maverick Pantry, providing immediate relief and long-term solutions. This ensures that all students have access to healthy food and other resources needed to achieve their potential. The food received from the pantry is made possible through the donation of other students and community partners.

As we approach the holiday season, let us remember our fellow students and donate to the pantry as we strive to create an equitable school community.

Add the website using a button link.

<https://www.uta.edu/student-affairs/dos/resources/maverick-pantry>

Natasha Sutherland

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## ORGANIZATION SPOTLIGHT

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The African American Student Social Work Alliance (AASSWA) is currently in the process of rebuilding their organization from the ground up. They are focused on recruiting students for both leadership roles and general membership to help strengthen their presence and mission.

[Become a Member!](#)

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## OPPORTUNITIES & EVENTS

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### 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.

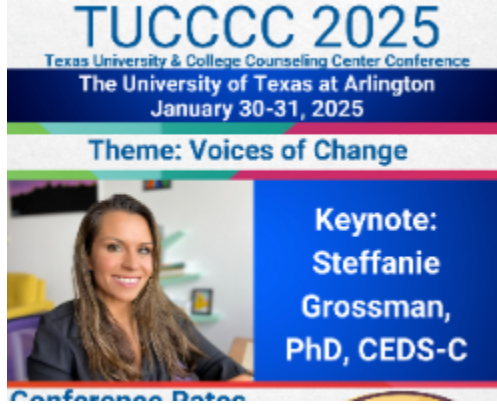
[For more information](#)



### Meet MyUTA.

On Nov 18, the new UTA access will be launched. [MyUTA](#) 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.

[Meet MyUTA](#)



### Join the Texas University and College Counseling Center Conference (TUCCCC)

At the University of Texas at Arlington from **January 30-31, 2025**. Theme "Voices of Change," this event features keynote speaker Stephanie Grossman. Registration rates are on the website. For more details, visit [TUCCCC's website here](#). To request accommodations, contact CAPS at 817-272-3671 or email [caps@uta.edu](mailto:caps@uta.edu).

Register here



### 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



### Registering for classes next semester?

Consider joining SPAN 4342: Translation in Healthcare Settings! For more information, contact Dr. Rueda-Acedo at [aliciarueda@uta.edu](mailto:aliciarueda@uta.edu).



### Graduating this semester?

Complete the exit survey and make your contribution. The link to the survey will be sent from [gradteam@uta.edu](mailto:gradteam@uta.edu). Deadline to complete the survey is Dec 31st.

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## YOU MATTER

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### *Holiday Health: Nourishing You*

The holiday season can be a time of joy and celebration. It can also be a time of sadness or overindulgence. Maintaining healthy eating habits can be challenging with countless gatherings and tempting treats. However, by making intentional choices and prioritizing yourself, you can enjoy the holidays without sacrificing your well-being.

### The Power of Nourishment

What we eat significantly impacts our overall health. Healthy eating can:

- Boost physical health: Provide essential nutrients and energy for optimal bodily function.
- Enhance social health: Foster connections with loved ones through shared meals and celebrations.
- Improve mental health: Support gut health, which plays a crucial role in producing serotonin, a neurotransmitter linked to mood regulation, cognition, and memory.
- Promote spiritual health: Mindful eating, free from distractions, can deepen your connection to yourself and your food.
- Support emotional health: While food can be comforting, using it as a reward or coping mechanism can hinder emotional well-being.

### 3 Tips for Healthy Holiday Eating.

**Eat before you go:** Don't show up to a gathering on an empty stomach. Eat something healthy in advance of the event and try setting a goal for what you do or don't want to eat or drink while you're there. **Bring a healthy dish to share:** If the host asks you to bring a dish, consider something lighter. Think veggie or fruit trays with an awesome dip. **Bring a lighter drink to share:** Creamy, sugary drinks are popular at holiday parties. Consider something lighter but still flavorful. The addition of fresh herbs and citrus fruits can work wonders.

If you want more ideas for healthy holiday dishes, have a look here. Healthy eating is a form of self-care. Remember, you can enjoy the holiday season without sacrificing your health goals.

Thanks,

Leah Neal

Undergraduate Student Leader Intern

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# STUDENT SPOTLIGHT

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## PHI ALPHA: MEMBER MOMENTS

Congratulations to JoAnna Diaz, a new member of the Phi Alpha Social Work Honor Society! JoAnna recently became one of the published authors in *Therapeutic Modalities: A Visual Resource for Clinicians and Students* under the guidance of Professor Karen Magruder, LCSW-S, as part of an Open Initiatives Grant Program. JoAnna penned the module titled: *Trauma-Informed Care: Shifting the Paradigm from "What's Wrong with You" to "What Happened to You."*



Despite years of experience in the medical and social work fields, she attributes her success and knowledge in trauma-informed care to her training at Unbound Now, an international non-profit organization that advocates for victims and survivors of human trafficking. She is currently pursuing an MSW in Mental Health and Substance Abuse and hopes to empower individuals through trauma-informed care and advocacy.

**Fantastic Work, JoAnna!**

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## ADVISING UPDATES

UTA School of Social Work Advising FAQs can be found [here](#).

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## IMPORTANT DATES

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- **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

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## STUDENT SUCCESS RESOURCE

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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](mailto:traecia.nichols@uta.edu).

### The Writing Center

In keeping with the University of Texas at Arlington's mission to advance knowledge and pursue excellence, the Writing Center partners with academic writers at all levels to explore and develop their ideas, to become aware of the needs of their readers, and to learn the rhetorical and syntactical strategies necessary for effective written communication across disciplines and across communities.

[Make an Appointment Here](#)

## SCHOOL OF SOCIAL WORK RESOURCES

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[STUDENT SUCCESS](#)

[ACADEMIC ADVISING](#)

[FIELD PLACEMENT](#)

[LICENSURE](#)

[DEAN'S LETTER FOR LICENSURE](#)

## UTA RESOURCES

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- [UTA Academic Calendar](#)
- [Webinar Library](#)
- [UTA Counseling & Psychology Services \(CAPS\)](#)
- [SAR Center](#)

- [Suicide Prevention Lifeline](#)
- [Free Windows Apps with Student ID](#)
- [Emergency Assistance Fund](#)
- [Free & Confidential HIV Testing](#)
- [UTA/Tri-C Food Pantry Distribution](#)

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