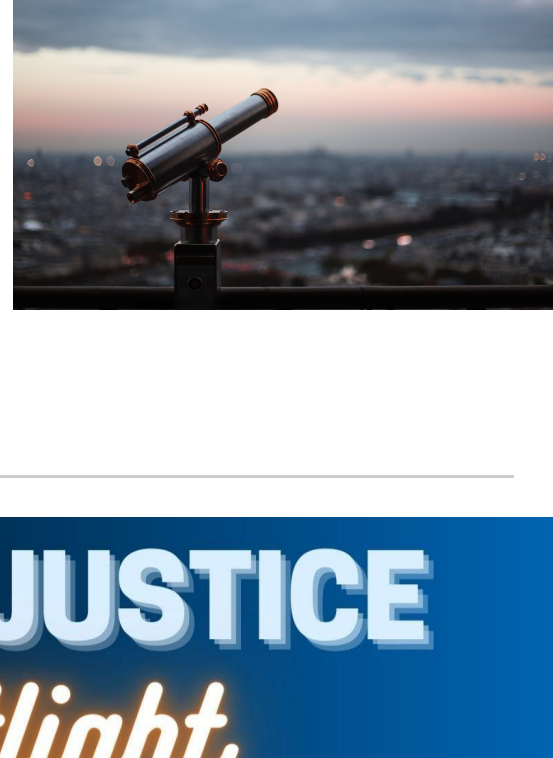
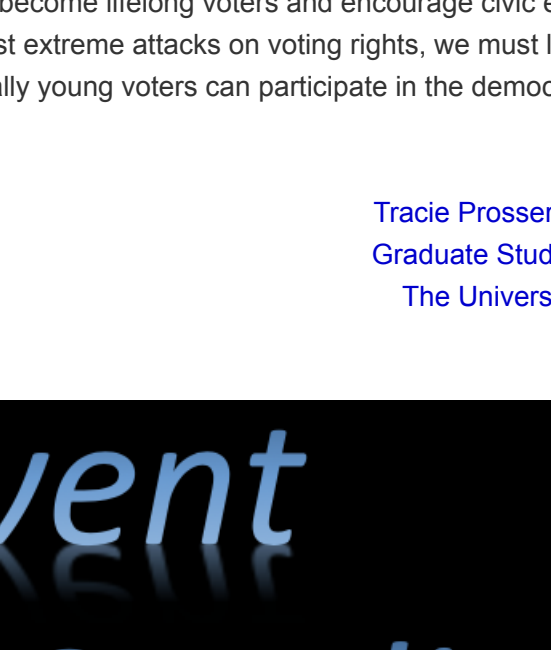


Inside this Issue

- **Social Justice Spotlight** *Important*
- **Advisor Updates** *Important*
- **Field Updates** *New*



SOCIAL JUSTICE Spotlight



Maverick students on November 5, 2024, make your voices and choices heard by remembering the right to vote is the cornerstone of our democracy and that it's not only a civic right, but a human right. If we want our democracy to thrive, we must protect and promote everyone's right to vote. Voting is a human right and it is important to empower the next generation to become lifelong voters and encourage civic engagement. As we continue to fight against extreme attacks on voting rights, we must legislate to ensure all eligible voters, especially young voters can participate in the democratic process and have their voices heard.

Tracie Prosser/Leah Neal
Graduate Student Leader Intern
The University of Texas at Arlington

Event Spotlight

freshcheckday.com/uta
CENTRAL LIBRARY MALL
1540 LOCKARTCH: Mervin's Activity Center First Gym
Wednesday • 11:00AM - 2:00PM
October 9, 2024

freshcheckday

checkin'-in with college students

A MENTAL HEALTH **Check-in** WITH INTERACTIVE BOOTHS **Free Food** PRIZES & MORE!

UTA Counseling and Psychological Services

CMAS ACADEMIC & LEADERSHIP WORKSHOP SERIES PRESENTS:

LINKED IN WITH GABRIELA RODRIGUEZ



Unlock new opportunities for professional growth by joining our LinkedIn workshop, where you'll learn about strategies to enhance your online presence & network effectively. Don't miss out on this chance to elevate your career!

OPPORTUNITY TO GET A FREE PROFESSIONAL HEADSHOT TAKEN! DRESS PROFESSIONALLY!

Swift Center*, Room 125
Wednesday October 2nd, 12:30 - 2:00 pm



*Must attend workshop to be eligible for free professional headshot!
*Swift Center located at: 1022 UTA Blvd (West Campus)

Questions? Contact: jose.ayalarodriguez@uta.edu

VOTER REGISTRATION EVENT

MAVS Get Out The Vote

SPONSORED BY UTA SCHOOL OF SOCIAL WORK IN PARTNERSHIP WITH MOVE TEXAS

OPEN FROM 9AM-3PM SEPTEMBER 9TH-13TH ELECTION DAY IS ON NOVEMBER 5

FREE SNACKS

- Register to vote
- Update your name and/or address on your voter registration
- Check voter status
- Get Answers to FAQ

For more information about the event contact:
Dr. Morgan Peñy-John
morgan.peñyjohn@uta.edu

For more information on the movement:
http://votegissocialwork.org/

Web: http://73068WWeb.com

National HSI Week, [click here to learn more...](#)

YOU MATTER!



Self Care after grief...

While grief can be difficult and challenging, it is not something that should be avoided or expedited. By allowing ourselves to process the loss, we should take a moment to practice self-care. During the grief process, we often feel moments of pain, sorrow, sadness, anxiety, and loneliness which makes the process more difficult and even unbearable at times. By recognizing and acknowledging how grief has affected your daily life and routine is a form of self-care. The more you are able to express and recognize what you are feeling, the easier it becomes to accept the loss. During moments of grief, self-care can assist in navigating that loss. Self-care and grief tends to never go hand in hand, however, placing others before self will make it impossible to achieve a positive and healthy outcome. Self-care can play a crucial role in navigating through those challenging times. Taking a moment to practice some of the different ways of self-care will assist in your well-being and make the grieving process a little bit easier. Listed below are a few ways to practice self care....

Seek Support

Never feel as if you are a nuisance to anyone. By seeking support from your family members, friends, support groups, and professional counseling, you are not navigating through your grief alone. We know how grief can be overwhelming at times, but help is available.

Self Kindness

Although grief can be complex to many, it's okay to treat yourself with grace and kindness on your difficult days. And trust me, there will be difficult days. When it comes to your feelings, try not to be so judgemental. It's okay. Your feelings are validated.

Journal

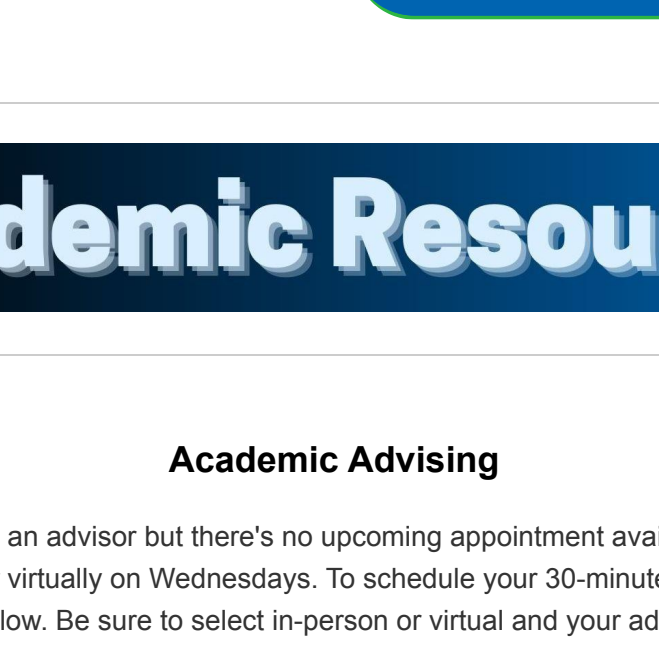
By allowing yourself a safe place to reflect is one of the greatest tools to have when it comes to expressing your feelings. Journaling has been found to be a creative form of self-care in almost any type of situation. But for grief, it allows you to get your personal thoughts together while making sense of what you're going through. There are multiple things that you could write in your journal to assist you with self-care. (Pictures, Mementos)

Music

For many of us, music is a great way to practice self-care. It's known to be meditative and relaxing. Allowing yourself to have music in your existence during this grieving period, you are elevating your mind and spirit to ease your grief, even if it's for a short period of time.

Love and Light,
Tracie Prosser
Graduate Student Leader Intern
The University of Texas at Arlington

Student Spotlight



Jasmine, is planning on pursuing UTA's MSW advanced program after completion of her field placement as a undergraduate intern. After graduation with her BSW, Jasmine will continue her education by pursuing her LCSW, while continuing to work in Telehealth, and immersing in international social work. Jasmine hope to work with couples and children, as well as pursuing her musical ventures. She also has aspirations of working with couples and children. Congratulations Jasmine Dean, you are our student of the week.

Ashley Moody
Undergraduate Student Leader Intern
The University of Texas at Arlington

Advising Updates

Peer Advisors & Fall Advising Dates are currently being updated

IMPORTANT DATES

Oct. 25-Last day to drop classes; submit requests in MyMav prior to 4:00pm
Nov. 4-Registration begins for Spring 2025
Nov. 5-Election Day

Opportunities

Partner Breakfast

OPEN TO UTA FACULTY, STAFF, ADMINISTRATORS, AND NON-PROFIT COMMUNITY AGENCIES

- HEAR INSPIRING SERVICE LEARNING EXPERIENCES
- NETWORK WITH AREA VOLUNTEERS TO GREAT SERVICE LEARNING PARTNERSHIPS

FRIDAY, SEPTEMBER 6, 2024
8:00-11:00AM
1ST FLOOR, TRINITY HALL
1000 OWEN BOWEN DRIVE, UTA

RSVP HERE

UPCOMING EVENT:

SERVICE LEARNING ANNUAL COMMUNITY PARTNER BREAKFAST

Friday, September 6, 2024
8:00am-11:00am
1st Floor, Trinity Hall
1000 Owen Bow Drive
University of Texas at Arlington

Join us for an exciting and engaging morning at our annual Community Partner Breakfast! This event promises a blend of inspiration, networking, and camaraderie as we come together to celebrate service-learning experiences and foster valuable partnerships with area nonprofits.

Open to all UTA Faculty and Staff!

RSVP

[More Social Work Opportunities from CSWE Compass](#)

Book of the Week

Why We Disagree About Inequality

The authors show how each worldview provides a different understanding of human nature, morality, social change, and the wisdom of the past. They argue that, before Americans can find lasting solutions to today's seemingly intractable societal challenges, they will need to recognize that each side possesses a wisdom the other lacks. Only then can we achieve the common ground and consensus we seek. So, while we argue that the root cause of disagreements over social issues is not party affiliation but rather a divide in people's moral and philosophical beliefs about what constitutes a good and just society, lets aim to address the complex social problems with a shared understanding of their causes and consequences.

Tracie Prosser
Graduate Student leader Intern
The University of Texas at Arlington

Student Success Resource

Nutrition Services

Did you know UTA offers nutrition services for a small fee?

One-on-one nutrition counseling with a registered, licensed dietitian is available for the following:

- Weight management
- Weight/fat loss
- Weight/muscle gain
- Sports nutrition
- Medical nutrition therapy
- Skin nutrition
- Eating disorders/disordered eating
- Wellness/preventive nutrition
- Basic nutrition education

Nutrition Consultation is \$25.00 per session with a minimum to start of 2 sessions (initial + follow-up).

Additional sessions are available as needed for \$25 each session; and as agreed upon by the client and dietitian.

Schedule your Nutrition Consultation today by submitting a [request form](#).

OR

Join wellness information sessions, Food for Thought, for a free presentation the first Wednesday of October and November at noon to 1pm. Join in person or online. Click below for more information.

[Learn more about "Food for Thought"](#)

Academic Resources

Academic Advising

Need to meet with an advisor but there's no upcoming appointment available? Drop-in either in person or virtually on Wednesdays. To schedule your 30-minute drop-in time, click the button below. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

No drop in appointments available? [Visit this page](#) to find your advisor's power hour where you can always drop in and ask questions, no appointment needed.

[Schedule your appointment here](#)

Field Advising

This is an opportunity for you to ask questions, similar to Office Hours for faculty!

BSW and BSSUT Students

- Field Specialist: Vanessa Caraveo
- 1st & 3rd Thursday | 3pm - 4pm
- [Join your field advisors' power hour here](#)

Advanced Children & Families, Advanced CAP, Advanced Aging & Advanced Health

- Field Specialist: Monica Brown
- 1st & 3rd Wednesday | 4pm - 5pm
- [Join your field advisors' power hour here](#)

Advanced Mental Health/Substance Misuse

- Field Specialist: Sharon Martin
- 1st & 3rd Thursday | 3pm - 4pm
- [Join your field advisors' power hour here](#)

[View all field specialists and power hours here](#)

Licensing

- If you're in your final semester and want to get started on applying to ASWB to take the LBSW or LMSW licensing exam, [click here](#) to request the Dean's Letter for Licensure, which UTA will send to ASWB. More info can be found on [the ASWB site](#) and our [SSW licensure page](#).
- There's lots of great updated information about licensing in the Student Success and Advising Course on Canvas—Check it out!
- Interested in the LCDC? Scroll to the end of this [Licensure](#) webpage and click on the Texas LCDC Licensing 2021 PDF for a chart that shows how different education levels can prepare you for the LCDC.

UTA Resources

- | | |
|--------------------------------------|------------------------------------|
| UTA Academic Calendar | Suicide Prevention Lifeline |
| Evidence-Based Research Guide | Emergency Assistance Fund |
| Webinar Library | Rental Assistance Program |
| UTA Counseling & Psychology Services | Survivor Support Group |
| SAR Center | Free & Confidential HIV Testing |
| Free Windows Apps with Student ID | UTA/Tri-C Food Pantry Distribution |
| SSW Writing Resources | CAPS |

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."
- John F. Kennedy

Follow UTA School of Social Work on:

