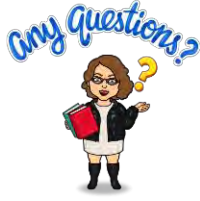




UNIVERSITY OF  
**TEXAS**  
ARLINGTON

SCHOOL OF  
SOCIAL WORK

**MASTER OF SOCIAL WORK**



## WEEKLY UPDATE

February 1, 2021

### SOCIAL JUSTICE SPOTLIGHT

#### February is Black History Month!

What we now celebrate as Black History Month originally began as Negro History Week in 1926. Carter G. Woodson launched Negro History Week after realizing that African Americans were severely underrepresented in the narrative of American history. The second week of February was initially chosen because it encompasses both Frederick Douglass' and Abraham Lincoln's birthdays. Fifty years later, in 1976, President Gerald Ford expanded the week-long celebration into the entire month of February, remarking that "In celebrating Black History Month, we can seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." The theme of this year's theme is "The Black Family: Representation, Identity, and Diversity."

**Resource:** <https://time.com/4197928/history-black-history-month/>



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## STUDENT ORGANIZATION SPOTLIGHT

### GSL Program

The [Graduate Student Leadership \(GSL\)](#) program is designed to build community between MSW students and facilitate the exchange of accurate and timely information. Each MSW student in the program is assigned to a GSL, a fellow student who has received training on leadership, communication, and information on the School of Social Work and MSW program. Reach out to your GSL if you have any questions or need support!



Phi Alpha Honor Society is for social work students who are high achievers. So, what are the benefits of membership?

- Recognition of academic excellence
- Social work's internationally recognized honor society
- Social work's largest honor society
- Students have met high standards
- Respected by employers, social workers, and college admissions
- National presentation opportunities
- Lifetime membership
- Membership certificate, graduation cords, and lapel pin

Do you qualify for membership?

**REQUIREMENTS FOR BSW STUDENTS**

- Declared social work as your major
- Achieved sophomore status
- Completed at least 9 hours of social work courses
- Ranked in the top 35% of your class

**REQUIREMENTS FOR MSW AND PHD STUDENTS**

- Completed 23 semester hours of social work courses (Traditional Admission)
- Completed 15 semester hours of social work courses (Advanced Standing Admission)
- Ranked in the top 35% of your class
- Advanced standing students may count hours waived in semester hours completed

Want to apply?

You can apply for membership by clicking on this link to the UTA Organizations webpage and then scrolling down the list of organizations until you see Phi Alpha. Applications will be accepted through February 28, 2021.

[https://www.uta.edu/academics/schools\\_colleges/social\\_work/about/studentorgs](https://www.uta.edu/academics/schools_colleges/social_work/about/studentorgs)



GET SUPPORT

## USE YOUR UTA [HEALTH SERVICES!](#)

- Some services are offered at no charge and others at a discounted rate for face to face students.
- All students are also eligible to purchase inexpensive [health insurance](#) through UTA.
- This will cover services at UTA Health Services or with other providers.

*You are stronger than you know, braver than you believe, and smarter than you think.*



YOU MATTER

### Weight of the World

I was sitting, doing a breathing exercise this morning, and I had a realization. It's nothing new, but it was a new insight to have a felt, personal sense of. But before I go on, I need to go back a few years...

Several years ago, I got very interested in mindfulness. I studied everything I could, and based on overwhelming evidence, I began to practice. I followed guided meditations. I ate mindfully. I did body scans. I used walking meditations. And I practiced, moment to moment, simply being more present "with curiosity and acceptance". I got so much from the many things I was practicing, but over time I noticed that I seemed to be drawn most to what I began calling "informal mindfulness".

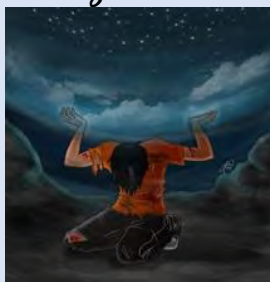
From my perspective, informal mindfulness was anything I could do in a few minutes and without an elaborate setup: a quick check in, an intentional breath or two, or a moment of silence and no distractions transitioning from one daily activity to the next. While I did and still do find these practices useful, what I didn't realize is that I was using them to rationalize not slowing down or even stopping the fast, go-go-go pace of my inner and outer worlds.

This morning I woke up and immediately got to my to-do list. I felt a hurried pace to check things off, so I could slow down and relax later. After a few tasks, I made breakfast, sat down to eat, and felt so much stress and strain in my body and mind. So, I decided to take a few moments to breathe (informal mindfulness, right?). Within just a few breaths, I had a visceral sense of how my informal practice, at least at this moment, was just another way to rush through life! Therefore, I consciously made the decision to stop everything and devote myself fully, for as long as needed, to my breathing practice.

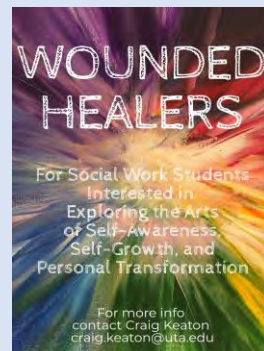
Sitting with my breath, feeling my body, I realized that I've taken on the weight of the world, but it never asked me to and doesn't need me to. There's not more I need to do in this moment. With or without my stress and strain, the world will keep on moving. I can just be.

Taoist philosopher Lao Tzu said that "nature does not hurry, yet everything is accomplished." If you are or have been interested in mindfulness or meditation but you feel like you just don't have the time, I invite you to consider that time might be the most important thing you can give yourself, especially if you feel like you don't have it. Slow down, stop, let go of the weight of the world and see, feel, and experience that, with or without your stress and strain, the world will keep on moving and everything will be accomplished.

*Craig Keaton, MSW | Doctoral Student | Adjunct Professor*



*If you like You Matter posts and want to explore them more deeply, please consider joining us for a Wounded Healers meeting. You can find us on Teams!*



## MONTHLY MEETINGS 2021

<b>FEB 05</b>	<b>TREATING DEPRESSION</b> For our first meeting of the Spring, Jaymie Taylor MS from the Area Agency on Aging will be presenting the PEARLS program which seeks to help older adults living with depression.
<b>MAR 05</b>	<b>PERSPECTIVE AND PALLIATIVE CARE</b> We will hear from Michael Bennett, MSW, RSW for a glimpse of his experiences, contributions to the field of Social Work, and his connection to palliative care.
<b>APR 16</b>	<b>SERVICES FOR SENIORS</b> Who is there for aging adults when they need help? Listen to us as Lyn Scott, MSW discusses Guardianship Services, Inc., a truly essential organization.
<b>MAY 22</b>	<b>SPRING SOCIAL</b> Join us as we celebrate the end of the semester!

**ALL MEETINGS VIA MICROSOFT TEAMS**  
To join these meetings, go to the link below and click on the link to join the Teams meeting. Also, join our Facebook group for more information.  
<https://www.facebook.com/uta.socialwork>



## ADVISING

- All academic [advising appointments](#) will be done via phone or Microsoft Teams.
- **Census date is February 3<sup>rd</sup>. Students cannot add or swap classes after this date. If you drop a course after Census date, you'll receive a grade of W on your transcript.**
- Don't need a full advising appointment but have general questions? Join your advisor for their weekly Power Hour!

Toy Howard      Monday 10-11  
[Click here to join the meeting](#)

Valerie Adame      Tuesday 11-12  
[Click here to join the meeting](#)

Maresia Davis.      Wednesday 11-12  
[Click here to join the meeting](#)

Cleondria Marable      Thursday 11-12  
[Click here to join the meeting](#)



## FIELD PLACEMENTS

- InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL. <https://inplace.uta.edu/>
- [InPlace Training](#) and [Logbook Training](#) can be found here!
- The [Spring Field Calendar](#) lists important dates for current field students, as well as summer field application dates. Summer field applications open March 1.
- [Field forms are available here!](#)
- [Field FAQ](#)
- [Spring 2021 Field Accomodations Q&A](#)
- If you are having technical difficulties with InPlace please email [sswfield@uta.edu](mailto:sswfield@uta.edu) and include a screenshot of the issue.
- For the *Spring 2021 semester*, CSWE has extended the reduction in field hours. Therefore, UTA SSW will continue with the reduced required minimum of 204 hours for Split students and a minimum of 408 hours for Block students for the Spring semester. For further information regarding accommodations for the Spring 2021 semester, please visit the Field webpage by following this [link](#).

## FIELD POWER HOURS

**This is an opportunity for you to check in and ask questions, similar to Office Hours for faculty!**

- Foundation MSW
  - Field Advisor: Natalie Mangham
  - 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month, 3-4
  - [Click here to join the meeting](#)
- CAP & Children & Families
  - Field Advisor: Monica Brown
  - 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month, 3-4
  - [Click here to join the meeting](#)
- Mental Health
  - Field Advisor: Hector Ramos
  - 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month, 3-4
  - [Click here to join the meeting](#)
- Aging & Health
  - Field Advisor: Sharon Martin
  - 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month, 3:30-4
  - [Click here to join the meeting](#)





## VIRTUAL EVENTS OF THE WEEK

**Multidisciplinary Perspective on the Disproportionate Impact of COVID 19: A Case Study**

**Earn CEUs**

**Join the Discussion!**

**Friday, February 5  
2 P.M. - 3:45 P.M.**

**LIVE** **Zoom**

Watch Here: [fb.com/UTASocialWork](https://fb.com/UTASocialWork) Register Here: <https://bit.ly/3l0yBMf>

UNIVERSITY OF TEXAS AT ARLINGTON SCHOOL OF SOCIAL WORK COLLEGE OF NURSING AND HEALTH INNOVATION

Continued Professional Development Hours (Social Work CEUs) pending submission.  
\*Contact hours for this activity will be provided for registered nurses.  
The University of Texas at Arlington College of Nursing and Health Innovation is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

OFFICE OF INTERNATIONAL EDUCATION

**STUDY ABROAD FAIR**

FIND OUT ABOUT HUNDREDS OF STUDY ABROAD PROGRAMS AVAILABLE THROUGH UTA!

**TUESDAY, FEB. 2  
WEDNESDAY, FEB. 3  
11 a.m. - 2 p.m.**

JOIN VIA TEAMS [STUDYSABROAD.UTA.EDU](https://studysabroad.uta.edu)

**Virtual Coffee & Tea with Dr. P**

**video chat?**

**Wednesdays, 2-3pm**

Please drop in on Teams to visit with me. This is your time every week to share concerns, questions, suggestions, and triumphs. I look forward to seeing you! [Join Microsoft Teams Meeting](#)

**DRINKS A DIALOGUE**

**SOCIAL WORK STUDENTS! GRAB YOUR FAVORITE BEVERAGE AND JOIN US VIRTUALLY! HEAR PROFESSORS CHAT ABOUT THOUGHT-PROVOKING SOCIAL WORK TOPICS & EXPERIENCES.**

**THIS SESSION WILL FEATURE SOCIAL WORK PROFESSORS ENGAGED IN A LIVELY DISCUSSION ABOUT ETHICS AND DEMONSTRATING ETHICAL BEHAVIOR IN PRACTICE ...WITH THEIR TASTY BEVERAGES IN HAND!**

**Join Dr. Fantus, Dr. Roper, and Professor Orwig on February 5 at 4PM on Microsoft Teams.**

Interested? Click [here](#) to join the meeting!  
Save the date for future sessions: 3/5, 4/2, and 5/7.

Dr. Kristin Roper, PhD, LICSW  
Dr. Susan Fantus, PhD  
Dr. Tracy Orwig, LICSW

**2021 EVENT CALENDAR**

**FEB 1 - FEB 12**

**Feb 1, 2021 10:00-10:30  
BAILEY vs Dallas County: Justice for Corey**  
Dr. Corey Bailey

**Feb 1, 2021 10:30-11:00  
Lift Every Voice and Sing**  
The Black Caucus presents a special event featuring a performance of the song "Lift Every Voice and Sing" by the Black Caucus members.

**Feb 2, 2021 10:30-11:00  
Assertive or Angry: The Black Woman's Burden**  
Dr. Tracy Orwig

**Feb 3, 2021 10:30-11:00  
February Power Hour**  
Special Event in 10:30

**Feb 3, 2021 10:30-11:00  
Colorism: A Family Narrative**  
Dr. Tracy Orwig

**Feb 4, 2021 10:30-11:00  
Black Healing Matters**  
Dr. Tracy Orwig

**Feb 4, 2021 10:30-11:00  
Re-Make History: Black Inventors**  
Dr. Tracy Orwig

**Feb 5, 2021 10:30-11:00  
Black Veterans Panel**  
Dr. Tracy Orwig

**Feb 8, 2021 10:30-11:00  
Black Lives Matter in Academia and What You Can Do**  
Dr. Tracy Orwig

**Feb 9, 2021 10:30-11:00  
UTA My Way**  
Dr. Tracy Orwig

**Feb 10, 2021 10:30-11:00  
THE LAVINIA MASTERS ACT**  
Dr. Tracy Orwig

**Feb 10, 2021 10:30-11:00  
Book Club**  
Dr. Tracy Orwig

**Feb 11, 2021 10:30-11:00  
Black Hair-itage Hair Care Workshop**  
Dr. Tracy Orwig

**Feb 11, 2021 10:30-11:00  
ASO Cook Off**  
Dr. Tracy Orwig

**Feb 12, 2021 10:30-11:00  
Black Hair-itage Panel**  
Dr. Tracy Orwig

TEXAS MULTICULTURAL AFFAIRS

**Find Your Perfect Match: MSW Specialty Info Session**

**Tuesday February 2nd at 6:30pm**  
online via Teams  
[Click here to join the meeting](#)

Pursuing your MSW? Not sure which specialty is the best fit for you? Hear from faculty and students about the benefits of selecting each specialty:

- Aging
- Children & Families
- CAP (Community, Administration, & Policy)
- Health
- Mental Health & Substance Abuse

Attendees will have a chance to win Amazon.com gift cards!

UNIVERSITY OF TEXAS AT ARLINGTON

**14th ANNUAL COMMUNITY SERVICE LEARNING (CSL) CONFERENCE**

**Communicating HOPE**

**Delivering Essential Information in a Public Health Crisis**

**A virtual conference featuring:**

**Friday February 5, 2021 12:15-3:30pm CST**

**Opening Keynote Speaker:**  
Ali Khan, PhD, MPH, MBA  
National Association of Broadcasters, US Public Health Service

**Closing Keynote Speaker:**  
Lisa Fitzpatrick, PhD, MPH, M  
Community and Clinical Professor  
The George Washington University  
School of Predictive and Health Sciences

**Register at: [www.texashumanities.org/CSLconference](http://www.texashumanities.org/CSLconference)**

UT Health  
The University of Texas at Arlington

**Unity Council Town Hall Meeting**

Co-hosted by the United Way of Tarrant County and the Greater Arlington Chamber of Commerce

**6 p.m. Monday, February 1, 2021**

  **United Way of Tarrant County**

Watch online at [www.arlingtontx.gov/cms/one.aspx?pageId=15052707](http://www.arlingtontx.gov/cms/one.aspx?pageId=15052707)

Or: AT&T Uverse channel 99 and Spectrum channels 16 & 15.1

You are invited to listen to brief updates from the Chairs of the Policing, Economic Disparities and Housing subcommittees and give your input on racial equity in Arlington.

**Love For Our Elders**

**Saturday, February 6, 2021  
10:00a-11:00a**

**RVSP on MeetUp**


**Join us to write a letter to an elder in need!**



**THE CENTER FOR MEXICAN AMERICAN STUDIES PRESENTS**

**Dr. Erin Murrah-Mandril**  
Assistant Professor, Department ENGL

**In the Mean Time**  
Temporal Colonization and the Mexican American Literary Tradition  
ERIN MURRAH-MANDRIL



Talk by the author followed by question and answer

\*Co-Sponsored with the Department of ENGL

**Wednesday, February 3rd  
12:00 PM - 1:00 PM**

Virtual Presentation via Microsoft Teams

FOR MORE INFORMATION PLEASE CONTACT (817)-272-2933 OR EMAIL [DBOTELLO@UTA.EDU](mailto:DBOTELLO@UTA.EDU)





## FUNDING

### Cognella Cares Student Scholarship

- This program awards undergraduate students from any academic discipline for writing essays on timely and relevant topics that impact higher education, student life, and society at large.
- To apply, submit an 800 – 1,500 word essay on one of these topics: pandemics and the future of online learning; policing, social justice, and solutions; or truth, credibility, and "fake news."
- **The deadline for submissions is 7:00 pm (CT) on February 28, 2021.** One winning essay will be selected per topic, and \$1,000 scholarships will be awarded to three deserving students in March.

Part-time Bilingual  
Project Hope  
Coordinator **Wanted!**

Other Scholarships  
Currently Available



The jobs posted to this [website](#) are restricted to those which are related to Social Work or Social Services.

# WE'RE HIRING

THE CITY OF  
FORT WORTH

## ARE YOU LOOKING FOR A FULL TIME OR PART TIME JOB?

THE CITY OF FORT WORTH IS LOOKING FOR  
MOTIVATED INDIVIDUALS WHO ARE  
INTERESTED IN WORKING WITH KIDS, FRONT  
DESK OPERATIONS & FACILITY CLEANLINESS.



## RESEARCH



[Student Research Opportunity Center](#)

Social  
Work  
Course  
Guides



## STAY SAFE

### UTA's COVID Vaccine Resource Page

### Dean Ryan's Statement on COVID-19 Health Disparities

If you believe you have contracted COVID19, please type in 'COVID-19 Testing' and your zip code into the Texas Health and Human Services to [find a testing location closest to you](#)

#### *Have you tested positive?*

#### *Had close contact with someone with Covid?*

1. **Complete [mandatory reporting form](#)**
2. If needed, you can:
  - Ask professors for deadline leniency
  - Contact your [USL](#), Program Director and/or Academic Advisor for additional support and guidance.



#### **Face Covering Protocol:**

To create the safest possible environment on campus, UTA implemented a mandatory face-covering protocol, effective until further notice. For more information, click [here](#).

### **MANAGING STRESS AND ANXIETY DURING COVID-19** UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

#### THERAPIST ASSISTED ONLINE (TAO)

Visit [TAOconnect.org](#)



#### THRIVE APP



Download "Thrive at UT" on App Store or Google Play

#### MAVS TALK 24HR CRISIS LINE

Call (817)272-8255



Visit [uta.edu/caps](#) for more information

UTA is a...  
COMMUNITY THAT CARES



## [UTA Academic Calendar](#)

## [Evidence-Based Practice Research Guide](#)

### [Licensure Information](#)

The board recently made additional changes to the TX social work licensing process. Students in their final semester can now apply directly to ASWB to take the exam, and then apply to the board for a license after passing the exam and graduating. More info can be found [here](#).

### [SAR Center](#)

(Formerly Office of Students with Disabilities)



Boys & Girls Clubs of Greater Tarrant County will be distributing meals, food and snacks. Curbside meal distribution will occur Monday - Friday 4:00-5:30pm.

#### Distribution Locations

<b>Eastside Branch</b> 4851 Ramsey Ave Fort Worth, TX 76105	<b>Main Branch</b> 608 North Elm St. Arlington, TX 76011	<b>Panther Branch</b> 1500 Hemphill Fort Worth, TX 76104
<b>Martin Branch</b> 3123 Avenue G Fort Worth, TX 76105	<b>NW Branch</b> 2000 Ellis Ave Fort Worth, TX 76104	

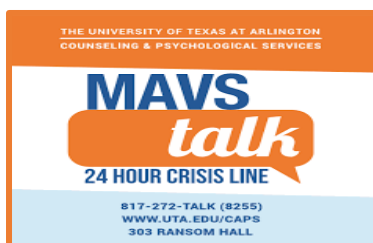
#### All Are Welcome!

- Meals available to any child ages 18 years or younger (membership not required)
- Meals will be distributed as long as food supplies last
- Each car is eligible to receive individually packaged meals and snacks as available to the organization
- Weekly at-home learning resources provided with each meal

#### Contact Us!

For more information or questions contact:  
LaToya Greyer  
Lgreyer@ggctc.org

First Come, First Served!



### [UTA Library Accessibility](#)



In Crisis?  
Text HELLO to 741741

CRISIS TEXT LINE |

Free, 24/7, Confidential

### Webinar Library

Isabella Hong, an MSW Alum, graciously compiled a list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance. Special thanks to Jose B. Yerena, LCPC, who has taken over updating the list on a weekly basis! **Please note that it is necessary to ask your supervisor permission for these to count towards any required field hours.** [Social Work Webinars List](#) [Basic Function of Teams](#)



Check Canvas for the Mavs Unite Page!  
To add please e-mail: [Chantinia Chansler](#)



### Rental Assistance Program

The [Tarrant County Rental Assistance Program](#) assists residents who have been impacted by the COVID-19 pandemic. For more details, email [renthelp@tarrantcounty.com](mailto:renthelp@tarrantcounty.com) or call [817-850-7940](tel:817-850-7940).



### Emergency Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency [may apply for financial help](#).

[Get Microsoft 365, The Wall Street Journal and Other Apps FREE with your student email!](#)

How to gain access to SSW writing resources: [Advising & Student Success Canvas](#)

### [UTA/Tri-C Food Pantry Distributions](#)

Currently distributing groceries on Thursdays only, from 9-11:45 a.m. and 2-4:45 p.m. To receive these grocery bags you must send an email to [utafoodpantry@gmail.com](mailto:utafoodpantry@gmail.com) to request a pickup time. Include student name, last four digits of UTA ID, requested grocery pickup time, choice of vegetarian, chicken, or any meat groceries.

If you have any questions or content suggestion for the newsletter, please contact Meghan Sheridan: [mls9929@mavs.uta.edu](mailto:mls9929@mavs.uta.edu)



SCHOOL OF  
SOCIAL WORK

211 S. Cooper Street, Arlington TX 76019  
Social Work Program  
(817) 272-3613

*"Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history."*

- Carter G. Woodson, *The Mis-Education of the Negro*

FOLLOW US ON SOCIAL MEDIA

