BeautySchoolsDirectory.com recently completed an extensive research project on body image that includes figures and statements on how body image studies have changed over time, how COVID-19 has affected body image, the effects of social media on body image, and more. The updated statistics, facts, and findings were pulled from recently published books, articles, podcasts, webinars, and thousands of their readers over the past 4 months.

This information may be of particular interest to social work students studying or specializing in body image and eating disorders. Here are a few interesting statistics from the project:

- Body dissatisfaction is at an all-time high with 83% of women and 75% of men reporting that they were dissatisfied with their bodies in 2018.
- Worldwide, 85% of women and 79% of girls skip important activities due to body dissatisfaction.
- 70% of girls with a poor view of their bodies won’t be as vocal about expressing their opinions.

Read more here: https://www.beautyschoolsdirectory.com/blog/body-image-statistics

Educate Yourself About Body Image Issues!

I acknowledge the grave harm brought by colonialism to this land, especially the systematic attempts to erase indigenous and African identities through violence, slavery and racist segregation laws.
A Healthy Foundation

Recently on a Mavs Hour student support call, a student asked me how they could work on improving their overall health. With 15+ years of experience working as a holistic health coach and only a few minutes to answer their question, I had to get right to the most essential components. Here’s a summary of the essentials I’ve learned over the years:

Use your strengths: I had a mentor that said, “there’s nothing wrong with you that what’s right with you can’t fix.” Recognize and honor your personal power. You are capable of more than you give yourself credit for. Use your strengths to grow through your challenges and make those challenges more personal strengths.

Master the basics: Use the foundational functions of your body to care for and build your health. (1) Think – it’s been said that a person has more than 60,000 thoughts a day. Care for your mind and thoughts. (2) Breathe – You can only go a few minutes without breathing before you’re in real trouble. Breathing exercises are incredibly powerful for health and wellness because your breathing is such a vital function. (3) Sleep – It’s 3rd on this list. Need I say more? (4) Hydrate – You can’t live more than a day or two without water. Drink more water! (5) Eat – You come from nature. Make real, whole, fresh foods a priority whenever possible. (6) Move – You have a body that was made to move in a great range of ways, shapes, and forms. The best exercise is the one you can and will do regularly. (7) Be Social – You are a social creature. Relational-cultural theory posits that all growth occurs in relationships. Seek out and stay connected with your people and nurture, genuinely, the relationship you have with yourself and others.

Respect your individuality: You are special. There is no one just like you. Me-search is the best form of research. While you work on mastering the basics mentioned above, seek to find and follow your own way and do what works best for you!

Craig Keaton
MSW | Doctoral Student | Adjunct Professor

Interested in joining a Veteran and Military Connected group of students? The MAY VETS are here to get you support and connections to help navigate college life!

Check out UTA’s on-demand and live classes like HIIT the Deck, Mixxed Fit, Zumba, NASA Nap, Yoga, and Sit & Stretch:

Graduate Student Leader (GSL) Program
Would you like to gain leadership skills, build your resume, and network with your peers, UTA faculty and staff? Want to make a difference in the School of Social Work by building community, facilitating communication, and serving as a mentor and advocate for your fellow students? Consider applying for the Graduate Student Leader (GSL) program! Applications close on April 16th at 5pm.

Rental Assistance
Rental assistance is available for up to 6 months through Arlington Housing Authority for Arlington residents who are behind on their rent due to the pandemic if they meet certain criteria such as income, need is directly related to the pandemic, currently behind on rent, and a few others. The application is at www.arlingtonhousing.us and funding IS still available for the program.

Did you know as a student veteran you may qualify for free meals? Meals for Vets is a program that provides student veterans with free meals in the early years.

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!
F I E L D  P L A C E M E N T S

- The Fall Field application is tentatively scheduled to be open April 12th-Jun 4th.
- InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL: https://inplace.uta.edu/
- The InPlace fee is $67 per year or $130 for a lifetime. Each student will need to plan to pay the InPlace fee on the first day of class for that semester they are starting field.
- InPlace Training and Logbook Training can be found here!
- Field forms are available here!
- Field FAQ
- If you are having technical difficulties with InPlace please email ssfield@uta.edu and include a screenshot of the issue.
- The COVID-19 field hours accommodation will continue for Summer 2021
  - Block students must complete a minimum of 408 hours for Summer 2021
  - Split students must complete a minimum of 204 hours for Summer 2021
- Block field will only be offered in the 14-week Summer Session. Block Field will begin May 17, 2021.
- Split field will only be offered in the 11-week Summer Session. Split Field will begin June 7, 2021.
- The Block Field 14-week Summer Session & Split Field 11-week Summer Session dates have been updated on the Field website calendar.
- Are you a CAP student ready for your advanced field placement? Check out the Funding section for paid opportunities!

G R A D U A T I O N

- Our School of Social Work Ceremony will be combined with College of Architecture, Planning and Public Affairs, Division of Student Success and the Honors College. The ceremony will be held on Friday, May 14 at 9:00 a.m. at Globe Life Field.
- The Virtual Commencement will take place on Sunday, May 16th at 5:00pm CST through an on-demand website that will have auto-generated name calling, graduate slides, and videos from university officials. We do not yet know which day the Social Work commencement will be. We will share additional details as soon as we receive them.
- The deadline to apply to graduate in May passed on March 1.
- To apply late, contact your advisor. (There is a $60 late fee.) All students planning to graduate this spring must apply to graduate using MyMav. You must apply to graduate regardless of whether you will walk at a commencement ceremony.
- Applying to graduate is necessary to have your degree conferred AND in order to receive your diploma. Fee is $40.
- In-person, virtual commencement programs planned for May
  - UT Arlington will host in-person commencement ceremonies at Globe Life Field from May 13-16 to celebrate its spring 2021 and all 2020 graduates, while preserving virtual commencement ceremonies for those who prefer an online celebration. The spring commencement exercises will mark the first time UTA has hosted in-person ceremonies since December 2019, as all 2020 ceremonies were canceled due to the COVID-19 pandemic.
  - All 2020 and spring 2021 graduates should RSVP with their intention to participate in an in-person or virtual commencement ceremony. To do so, they should register with MarchingOrder using their UTA student email address. (Although the deadline of 3/17 has already passed, students are still able to register via this form.)
  - UTA has posted the schedule for in-person and virtual commencement ceremonies.
  - Visit uta.edu/commencement for details. Questions? Email studentaffairs@uta.edu.

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
  - 1st & 3rd Monday of the month, 3-4
  - Click here to join the meeting
- CAP & Children & Families
  - Field Advisor: Monica Brown
  - 1st & 3rd Tuesday of the month, 3-4
  - Click here to join the meeting
- Mental Health
  - Field Advisor: Hector Ramos
  - 1st & 3rd Wednesday of the month, 3-4
  - Click here to join the meeting
- Aging & Health
  - Field Advisor: Sharon Martin
  - 1st & 3rd Thursday of the month, 3:30-4
  - Click here to join the meeting

C O U R S E  S P O T L I G H T

- Click here to join the meeting
Older Adult Mental Health Awareness Day Symposium
Mark your calendars to join us on May 6 for the 4th annual Older Adult Mental Health Awareness Day Symposium! This free, all-day, virtual event will feature engaging plenaries, informative session, and a diverse array of topics addressing the most pressing needs in older adult mental health.

An Evening with Wynton Marsalis
On Tuesday, April 27, 2021, at 7:30 pm, take a study break to tune into a free virtual performance by jazz musician, trumpeter and Grammy Award winner Wynton Marsalis.

Careers in Macro Social Work
Miss the SAMSW professional panel discussion focused on macro social work careers? Watch the recording here.

8th Annual Global Well Being and Social Change Conference
Join us April 14-16th, 2021 for this free conference. Please register by April 1st.

Conference on Social and Ecological Infrastructure for Recidivism Reduction
3/18-4/20. This free, virtual, multi-day conference explores the intersection of societal and ecological solutions to reduce reoffending.

Wednesday, 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

Virtual Coffee & Tea with Dr. P

COURSE REGISTRATION

• Registration opened April 5th.
• When searching for classes, be sure to select the correct term. MyMav may default to 2218 (Fall). 2215 is Summer.
• Course Modalities will be listed under Course Attribute in MyMav. More information about each modality can be found here. Here are some examples:
  • Online1: Asynchronous
  • Online2-Synchronous (live virtual class during times listed)
  • Hybrid (Combination of face-to-face and live virtual class)
Emergency Rental Assistance Program

The Neighborhood Services Department is offering an Emergency Rental Assistance Program (ERAP) to Fort Worth residents who have been impacted by COVID-19. Click Here to Apply for Emergency Rental Assistance.

Apply Now: $500 Book Scholarship for BSW and MSW Students

CSWE is accepting applications for the 2021 Carl A. Scott Book Scholarship through Wednesday, April 14. Two social work students will have the chance to be awarded $500 each for demonstrating a commitment to promoting equity and social justice. Visit our website for more information and eligibility requirements.

Apply Now for the 2021-2022 Master’s MFP

The application cycle for CSWE’s 2021–2022 Minority Fellowship Program (MFP) for master’s students is now open! Students entering master’s programs as Advanced Standing are encouraged to apply. The application deadline is Tuesday, May 11, 2021, at 5:00 PM (EDT).

UTA is Offering Additional Financial Help to Students in Need

UTA will provide HEERF II Emergency Grants of $1,000 for full-time students and $500 for part-time students who meet eligibility criteria, and $600 for full-time Accelerated Online students and $300 for part-time. Apply by logging into your MyMav account, clicking the ‘MyForms’ tile located on the UTA Student Homepage, and clicking on the “Fill Out a New Form” button. Students may apply for assistance through UTA’s Emergency Assistance Fund. Visit HEERF II Frequently Asked Questions page for more info.

Volunteer Opportunity

Urgent call for KIND volunteers!

Since February 2021, a growing number of unaccompanied children seeking safety have reached the border and are now awaiting reunification in emergency intake sites (EIS) operated by the Office of Refugee Resettlement (ORR). ORR is opening temporary emergency intake sites where children can receive initial services.

Effective immediately, Kids in Need of Defense (KIND) is recruiting Spanish-speaking volunteers who can dedicate at least 7 days and up to 14 days to meet the pressing needs of children in-person services. Selected volunteers will be placed in an emergency intake facility housed in either Dallas, San Antonio or Midland. Volunteers will also need to be able to start on Sunday, April 18th, 2021.

The application is titled “Social Services Volunteer-ORR project” and it should take less than 20 minutes to complete.

Stay Safe

UTA continues protocols to protect campus community

In the interest of the health and safety of our community, UTA’s current COVID-19 protocols and guidance will remain in effect through May 31, at which point they will be reassessed. This decision has been made after review of the latest Governor’s Executive Order, which goes in effect Wednesday, March 10, and its direction that higher education institutions are to follow the most recent guidance issued by the Texas Education Agency. Read the announcement.

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.
RESOURCES

UTA Academic Calendar

Check Canvas for the MavsUnite Page! To add please e-mail: Chantinia Chansler

Evidence-Based Practice Research Guide

SAR Center
(Formerly Office of Students with Disabilities)

UTA Library Accessibility
On-Demand & Live Fitness Classes

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, LCPAA, 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.

MSW Specialties Social Work Webinars List Basic Function of Teams

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 or call 817-850-7940.

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 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

Information on how to gain access to SSW writing resources: Advising & Student Success Canvas

Extensive list of webinar resources compiled by Isabella Hong, an MSW Alum, and video going over the basic functioning of Teams.

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

STRAIGHT TALK COUNSELING PROGRAM

MEAL DISTRIBUTION

Boys & Girls Clubs of Greater Tarrant County will be distributing meals, snacks and drinks. Curbside meal distribution will occur Monday, Tuesday, Thursday and Friday from 9:00 a.m. to 11:45 a.m. to 2:00 p.m. to 4:45 p.m. To receive these grocery bags you must send an email to 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.

UTA Library Accessibility
On-Demand & Live Fitness Classes

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, LCPAA, 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.

MSW Specialties Social Work Webinars List Basic Function of Teams

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 or call 817-850-7940.

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 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

University of Texas at Arlington
SCHOOL OF SOCIAL WORK

211 S. Cooper Street, Arlington TX 76019
Social Work Program
(817) 272-2135

“The best way to predict your future is to create it.”
- Abraham Lincoln