

MSW Weekly Program Update

August 10, 2020



Social Justice Spotlight



It's National Health Center Week!

August 9-15 is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past 5 decades.

Community Health Centers serve as the beacon of strength, service, and care in their communities. In moments of pain and loss, they offer support and love. In moments of triumph, they offer hope and a vision for the future. Let's come together this week to celebrate the roles Community Health Centers have played in both our recent moments of loss and triumph.

Shine a light on your Community Health Center and share the value it brings to everyone who touches it. Each day of NHCW 2020 is dedicated to a particular focus area:

Sunday, 8/9: Monday, 8/10: Tuesday, 8/11:

Wednesday, 8/12:

Public Health in Housing Day Healthcare for the Homeless Day Agricultural Worker Health Day **Patient Appreciation Day**

Friday, 8/14: Saturday, 8/15:

Thursday, 8/13:

Health Center Staff Appreciation Day Children's Health Day

Information retrieved from: https://healthcenterweek.org/focus-days/

YOU MATTER!

One Thing at a Time:

Tips for Thriving at the End of the Semester

there is so much to do and so little time to do it. In response to

(1) **Do nothing.** Of course, this is not effective for academic

(2) Do everything. Pushing forward with no regard to how

you feel or what you need begets less-than-best work and is

not effective for personal well-being or academic longevity.

(3) **Do one thing at a time**. The best work comes with focus,

You are more than a student, right? Care for all of the parts of

sometimes, be best produced by taking a break from work!...

This is the balanced approach: rest begets energy and a little

attention and care. And focus, attention, and care are only

sustainable by attending to the needs of the whole person.

you!... It is almost paradoxical that attention for work can,

This is the time of the semester where it so often feels like

this experience, the options then become:

success nor mental and emotional health.

Stakeholder Appreciation Day

Spotlight Event of the Week

In honor of National Health Center Week, we want to

take a moment to remind you of the importance of selfcare. We recognize that self-care looks different to each of us. Please be kind to yourself and do something nice for YOU between summer and fall semesters! Community Health Centers has offered a list of self-care resources that you can find below: **Resources to Help You Reset!**



this survey to let us know how we are doing



in communicating that to you! **Summer Graduation: NEW INFORMATION!**

Please respond to

semester, consider some of these actions to balance your work The deadline to apply for August graduation passed on July 1. and stress: If you missed the deadline you should contact your academic

- advisor to request to apply late for an additional fee ASAP! **Announcement from Vice President for Student Affairs:** Due to CDC guidelines and state/local orders for
- gathering, UTA has made the difficult
- decision to postpone in-person commencement ceremonies for Summer 2020 graduates. To our summer graduates: Congratulations on your upcoming Graduation! Since we don't know when we will get to celebrate

you, we'd like the chance to announce your success to our social work community. If you would like to be included in this announcement, please complete this survey. Thanks so much!

The following are now open to non-cohort students!

8W1 - 5316-003 STRESS, CRISIS, AND COPING

8W1-5369-008 SEMINAR IN FAMILY THERAPY

Comparison of various approaches to working with the family as a total system; enhancement of cognitive understanding of similarities and differences in theory and goals of family treatment in many fields of practice; integration of strategies and

All academic advising appointments will be done via phone or Microsoft Teams. **MSW Advisors**

university placements, and alternative remote assignments. We are

committed to creative solutions give students are much field experience as

Fall Instructional Plans

Online 1 (asynchronous), Online 2 (synchronous), Hybrid 1 or Hybrid 2.

Course modalities are listed as Course Attribute the MyMav class search function between Section and Days/Times. Here is an example showing

Room

Room

TBA

OFF WEB

Instructor

Instructor

Instructor

Basic Function of Teams

Donald Schuman

De'An O Roper

Marcela Nava

Courses originally listed in MyMav as face to face will be offered as

This website explains what each of these modalities will look like.

"Online 2" and a "Hybrid 2" sections of SOCW 3308:

Attribute

▼SOCW 3308 - SOCIAL WORK RESEARCH METHODS

ONLINE2 3:20PM

Course Days & Times

ONLINE TuTh 2:00PM -

All instruction and tests online

Course Days & Times

HYBRID Th 7:00PM -

HYBRID2 9:50PM

Course Attribute Description

All classes and tests online - synchronous

Course Attribute Description

Online with some in person requirements

Courses originally planned as online (OFF WEB) prior to the pandemic will

Course Attribute Description

All classes and tests online - asynchronous

Webinar Library

Isabella Hong, an MSW Student, has so graciously compiled a list of webinar resources and a video going over the basic functioning of

Teams to any who may need assistance.

Please note that it is necessary to ask your supervisor

permission for these to count towards

any required field hours.

This list is updated weekly!

Social work students - we need your help in learning about the impact of COVID-19 on your

social work education and personal well-being. Students who participate in the survey are eligible to win one of twenty-five \$20 Amazon gift cards. To learn more about the study click here (attached). This survey will take 20 minutes or less to complete. Please contact Dr.

Micki Washburn (micki.washburn@uta.edu) with any questions or concerns. This study has

been approved by the Institutional Review Board (IRB) of the University of Texas at Arlington.

24 HOUR CRISIS LINE

link https://uhsocialwork.co1.qualtrics.com/jfe/form/SV aV0B0FvgtAxReiF

We Need Your Feedback!

Meets on campus one day per week

▼SOCW 3318 - SCREENING, ASSESSMENT, & ENGAGEMENT

Course Days & Times

All instruction and tests online

•Please submit questions here about the modes of instruction.

•Students who register for fall courses and later decide

drop a course can get a full tuition refund if the class is

dropped before the first day of courses.

Social Work Webinars List

To participate in this survey please click the following

Dean Ryan's Statement on

COVID-19 Health Disparities

Girls Clubs of Greater Tarrant County distributing meals, food and snacks!

First Come, First Served

(817) 272-2135

The Lifeline

is FREE.

confidential, and

Attribute

Administrative Certificate

Take the following 3 courses before you graduate and earn the Administrative Certificate!

techniques of each method into an individual style of therapy.

It's still not too late to enroll in fall classes!

The impact of specific crises on individuals and families will be examined. Typical crises will include life-threatening illness, trauma, physical and mental disability, and death. Assessment and evaluation of an individual's coping ability and appropriate strategies for social work interventions will be studied. Co-requisite: <u>SOCW 5311</u>.



Prerequisite: <u>SOCW 5311</u>.

Fall Courses to Consider

Take breaks from technology, a brief digital detox Eat a mindful meal

If you don't want to just survive but thrive at the end of the

- Sleep, especially the night before a big test Have quiet time, a few minutes goes a long way
- that feel good to you

play readys you for work.

- Go for a walk, stand and stretch, or move your body in ways
- Spend time in nature

Take a music break, maybe even dance a little

- Rest, again!
- Try a mindfulness exercise, like the ones in TAO and TAO's Mindfulness Library
- Simply and intentionally do one thing at a time
- deeply, please consider joining us for a Wounded Healers meeting. You can find us on Teams!

Stay Safe!

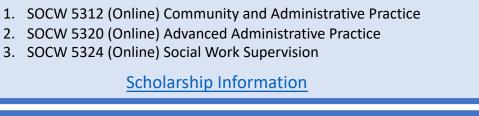
If you like You Matter posts and want to explore them more

MAVSUNITE

COVID-19

ВАСК ТО

Any new protocols?



MSW Field Fall 2020 Fall field placements will likely be a mix of face-to-face agency settings,

possible despite pandemic limitations.

InPlace Training can be found here!

Class Section

ONLINE:

ONLINE2:

Class Section

HYBRID:

HYBRID2:

Class Section

ONLINE1:

Regular

Course Attribute

Regular

Course Attribute

002-LEC

Regular

Course Attribute

remain so. Here is an example:

although it is heavily advised.

at crowded events.

positive?

So where exactly do I have to wear a mask? It's required in every building on campus but not necessary in residence halls, apartment

recommended to wear one on shuttle buses or

complexes, or private offices. It's also

UTA is requiring all students, faculty, and even visitors to wear face masks while indoors on

campus. You don't have to wear one outdoors,



What happens if I test positive for COVID-19? Most important of all, STAY HOME. Self isolate

from roommates or family members the best you



can. Let professors know of your diagnosis so they can accommodate your needs, and afterwards, report your personal diagnosis to UTA for campus safety purposes. What happens if I come into contact with someone who tested



contact occurred through this form for the safety of other students. Can I still apply for the CARES Act fund?

Self Isolate for 14 days. Get tested if possible. It's imperative you fill out the exact locations that



Absolutely! You must fit federal eligibility criteria that includes completing FAFSA and being a domestic and documented student. You can apply on your MyMav account. If you're

Which of my classes are going to

ineligible, you can instead apply for UTA's

Emergency Assistance Fund

Have you tested positive?

be online?



For Fall 2020, classes will be taught either faceto-face, online, or as a hybrid. Scan this QR code for the full list!

Complete mandatory reporting form If needed, you can: Withdraw from summer classes (<u>Forms</u> on the website) Ask professors for deadline leniency Consider requesting an Incomplete

and guidance.

Date: August 4 - 8

Time: 9 a.m.-4 p.m.

Jarvis High School

Testing will be in the gym.

Location:

Diamond Hill

FREE WALK-UP TESTING

IS COMING TO YOUR COMMUNITY

Had close contact with someone with COVID-19?

Collaboration

of Tarrant County

• Contact your <u>USL</u>, Program Director and/or Academic Advisor for additional support

UTA's COVID-19 Website Immunization COVID-19

1411 Maydell St, Fort Worth, TX 76106



Saturday August 15, 2020 Saturday August 22, 2020 Monday - Friday, August 24 - 28, 2020 nday - Friday, August 31 - September 4, 2020 NO DEBIT OR CREDIT CARDS We are all in this together! **Student and Family Listening Sessions**

Ridgmar Mall—Food Court Entrance

1888 Green Oaks Blvd, Fort Worth, TX 76116

Check Canvas for the MavsUnite How to gain access to SSW writing page. To add it, please email resources:

Advising & Student Success Canvas

Evidence-Based

Practice Research Guide

UTA/Tri-C Food Pantry Distributions Currently distributing groceries on Thursdays only, from 9-11:45 a.m. and 2-4:45 p.m. digits of UTA ID, requested grocery pickup time, choice of vegetarian, chicken, or any meat groceries.

Emergency Assistance Fund

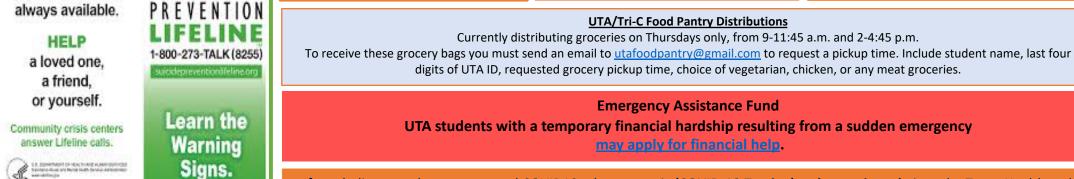
may apply for financial help.

If you believe you have contracted COVID19, please type in 'COVID-19 Testing' and your zip code into the Texas Health and

Health Support Line

Dayton Williams

RESOURCES



Parkland Financial Assistance

Human Services to find a testing location closest to you Texas Health and Human Services **COVID-19 Mental**

Want to help

ımprove campus mental health services?

LENDING A HAND

Dreamers at

UTA

In Crisis?

Text HELLO to 741741

UTA Library

Accessibility

neak with a mental health professional for help dealing depression, stress grief or worry 24/7 Call the toll-free COVID-19 -- A student at University of Texas at ntal Health Support Line at 833-986-1919.

help is available.

If you have any questions or content suggestions for the newsletter, please contact Jessica Minmier. jac4808@mavs.uta.edu

SSW Commencement Info

SCHOOL OF

TEXAS SOCIAL WORK ARLINGTON 211 S. Cooper Street, Arlington TX 76019 **Graduate Programs**

UTA Academic Calendar

UNIVERSITY OF

LaToyia Greye

Be the change you wish to see in the world.

- Mahatma Gandhi