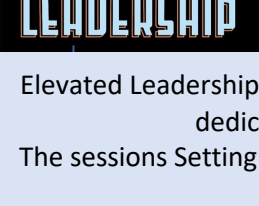


MSW Weekly Program Update

August 3, 2020



Spotlight Events of the Week



Elevated Leadership: Setting Boundaries Wednesday, August 5th 3:00 pm – 4:00 pm

Elevated Leadership is a series of trainings focused on leadership development and transferable skills, dedicated to the leadership growth of our students and student leaders. The sessions Setting Boundaries, will focus on boundaries in leadership, the importance of delegation, and effective ways to delegate within a team. We invite you to join every Wednesday at 3pm via Teams. To learn more about Elevated Leadership contact us at leadership@uta.edu

[For more information, click here!](#)

Session 2: Health and Safety Student & Family Listening Series

Tuesday, August 4th
6:00 pm

STUDENT & FAMILY LISTENING SERIES

SESSION 2: HEALTH & SAFETY
Tuesday, August 4, at 6:00pm via Microsoft Teams Live
[GO UTA.EDU/LISTENING](https://go.uta.edu/listening) #student2020

Join an online series about the fall semester for students and their parents or family. The next session on Health and Safety is at 6 p.m. Tuesday August 4. See past and upcoming session information at uta.edu/coronavirus

Send questions in advance to studentaffairs@uta.edu.

Login in via Microsoft Teams from anywhere using go.uta.edu/listening

Fall Instructional Plans

- Courses originally listed in MyMav as face to face will be offered as Online 1 (asynchronous), Online 2 (synchronous), Hybrid 1 or Hybrid 2.
- [This website](#) explains what each of these modalities will look like.
- Course modalities are listed as Course Attribute the MyMav class search function between Section and Days/Times. Here is an example showing "Online 2" and a "Hybrid 2" sections of SOCW 3308:

▼SOCW 3308 - SOCIAL WORK RESEARCH METHODS

Class	Section	Course Attribute	Days & Times	Room	Instructor
82091	001-LEC Regular	ONLINE2	TuTh 2:00PM - 3:20PM	TBA	Marcela Nava

Course Attribute	Course Attribute Description
ONLINE2:	All instruction and tests online
ONLINE2:	All classes and tests online - synchronous

Class	Section	Course Attribute	Days & Times	Room	Instructor
90111	002-LEC Regular	HYBRID2	Th 7:00PM - 9:50PM	TBA	De'An O Roper

Course Attribute	Course Attribute Description
HYBRID2:	Online with some in person requirements
HYBRID2:	Meets on campus one day per week

- Courses originally planned as online (OFF WEB) prior to the pandemic will remain so. Here is an example:

▼SOCW 3318 - SCREENING, ASSESSMENT, & ENGAGEMENT

Class	Section	Course Attribute	Days & Times	Room	Instructor
92718	001-LEC Regular	ONLINE1	TBA	OFF WEB	Donald Schuman

Course Attribute	Course Attribute Description
ONLINE1:	All classes and tests online - asynchronous
ONLINE1:	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.

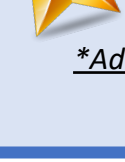
Fall Courses to Consider

If you are still wondering what to take this fall, please take a look at the Special Edition Fall Newsletter that was sent out last week!

- It's still not too late to enroll in fall classes!
- All academic advising appointments will be done via phone or Microsoft Teams.

[MSW Advisors](#)

Administrative Certificate



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

- SOCW 5312 (Online) Community and Administrative Practice
- SOCW 5320 (Online) Advanced Administrative Practice
- SOCW 5324 (Online) Social Work Supervision

**Administrative certificate students are eligible to apply for the Dulak scholarship!*

[Scholarship Information](#)

YOU MATTER!

The Gifts of Imperfection

Are you nearing or at the point in the semester where you are writing your final semester paper, preparing a class presentation, or readying your resume or for a job interview? And that makes this a really important time to be on the lookout for falling into the trap of perfectionism...

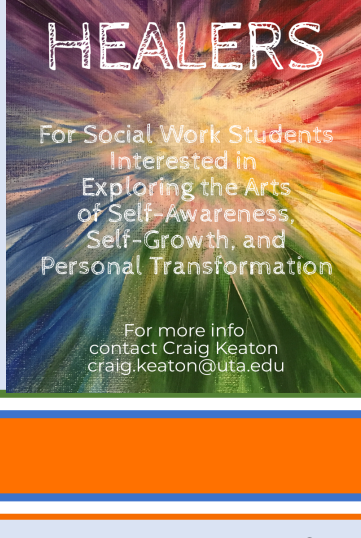
Sharon Martin, LCSW writes, "Perfectionism isn't the same as excellence. There's nothing wrong with wanting to do high-quality work and wanting to improve. But perfectionists don't just want to excel, they can't tolerate mistakes or imperfections. They drive themselves (and sometimes others) incredibly hard because they don't feel good enough — and achieving more, looking perfect, pleasing everyone, and "having it all together" becomes a way to feel in control and worthy.... But perfectionism doesn't make us feel more confident, accepted, or successful. It holds us back and makes it harder for us to do many of the things we want to accomplish and prevents us from being our authentic selves..."

Brene Brown, PhD, in her book The Gift of Imperfection, shares that "research shows that perfectionism hampers success. In fact, it's often the path to depression, anxiety, addiction, and life paralysis."

Perfectionism is unrealistic, self-critical, even self-destructive. On the other hand, "healthy striving" is self-compassionate, self-aware, and promotes personal growth and development.

As Brown describes, "Healthy striving is self-focused: "How can I improve?" Perfectionism is other-focused: "What will they think?"

As you move into these final weeks and prepare your papers, presentations, and to enter the workforce, ask yourself questions such as: How can I learn? How can I grow and develop, personally and professionally? How can I realize and share more of the authentic me? And envision yourself striving in such a way and consider just how great that could be.



If you like You Matter posts and want to explore them more deeply, please join us for a Wounded Healers meeting. You can find us on Teams or email Craig Keaton at craig.Keaton@uta.edu!

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 Webinars List](#)

[Basic Function of Teams](#)

Summer Graduation—NEW INFORMATION!

- The deadline to apply for August graduation passed on July 1. If you missed the deadline you should contact your academic advisor to request to apply late for an additional fee.
- 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!

D.P.

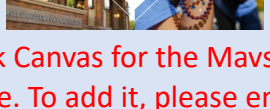
Regina T. Praetorius, PhD, LMSW-AP; Director of Studies



RESOURCES

Dean Ryan's Statement on COVID-19 Health Disparities

MAVS talk



Check Canvas for the MAVS Unit page. To add it, please email [Amanda Six](mailto:Amanda.Six) or [Diana Serrano](mailto:Diana.Serrano)

Evidence-Based Practice Research Guide

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

In Crisis? Text HELLO to 741741

UTA Library Accessibility



Dreamers at UTA

The Lifeline is FREE, confidential, and always available. HELP a loved one, a friend, or yourself. Community crisis centers answer Lifeline calls. Learn the Warning Signs.

UTATri-C Food Pantry Distributions. Currently distributing groceries on Thursdays only, from 9:11-4:45 a.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.

Emergency Financial Fund. UTA students with a temporary financial hardship resulting from a sudden emergency may apply for financial help.

Want to help improve campus mental health services? Be a part of a research study on the effectiveness of Therapy Assistance Online (TAO).

LENDING A HAND. COVID-19 has severely affected North Texas, particularly low-income Latino communities. These communities have higher rates of cases and deaths compared to other groups who are well-served. These families have also fewer resources to help them through the pandemic to stay informed.

COVID-19 MEAL DISTRIBUTION. Boys & Girls Clubs of Greater Tarrant County will be distributing meals, food and snacks! Curbside meal distribution will occur Monday, Friday from 4-6pm.

Parkland Financial Assistance. If you or someone you know is feeling overwhelmed by anxiety, depression, stress, grief or worry 24/7. Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

Texas Health and Human Services COVID-19 Mental Health Support Line. If you or someone you know is feeling overwhelmed by anxiety, depression, stress, grief or worry 24/7. Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

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[SSW Commencement Info](#)

[UTA Academic Calendar](#)

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

UNIVERSITY OF TEXAS ARLINGTON | SCHOOL OF SOCIAL WORK

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Graduate Programs
(817) 272-2135

I always wondered why somebody doesn't do something about that. Then I realized I was somebody.

- Lily Tomlin