

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

UDENT & FAMILY LISTENING SERIES 利 SESSION 2: HEALTH & SAFETY

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.

Log 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:

Class	Section	Course Attribute	Days & Times	Room	Instructor
82091	001-LEC Regular	ONLINE ONLINE2	TuTh 2:00PM - 3:20PM	ТВА	Marcela Nava
	irse Attribut		Attribute Desc		
ONI	INE:	All instruction	and tests online	•	
UN					

Social Justice Spotlight



August 6th Marks the 75th Anniversary of the Bombing of Hiroshima and Nagasaki

On August 6, 1945, during World War II (1939-45), an American B-29 bomber dropped the world's first deployed atomic bomb over the Japanese city of Hiroshima. The explosion immediately killed an estimated 80,000 people; tens of thousands more would later die of radiation exposure. Three days later, a second B-29 dropped another A-bomb on Nagasaki, killing an estimated 40,000 people. Japan's Emperor Hirohito announced his country's unconditional surrender in World War II in a radio address on August 15, citing the devastating power of "a new and most cruel bomb."

URL Reference: https://www.history.com/topics/world-war-ii/bombing-of-hiroshima-and-nagasaki Find more information, resources and videos here!





We Need You!

Consider becoming a Graduate Student Leader this semester!

GSL Application



Scholarships

Scholarship Page

Roy Dulak Endowed Scholarship (5 awards – CAP Specialty)

Is your MSW specialty in Community Administrative Practice **OR** are you pursuing the Administrative Certificate? Must include Yes.

Nazneen Mayadas (2 awards)

- Graduate cumulative GPA must be great than or equal to 3.0
 - Are you pursuing research in any of the following areas? International Social Work **OR** Social Work and Human Migration



90111 002-LEC Regular	HYBRID HYBRID2	Th 7:00PM - 9:50PM	TBA	De'An O Roper
	Online with	e Attribute Dese some in person i impus one day p	requirements	

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

Class	Section	Course Attribute	Days & Times	Room	Instructor		
92718	001-LEC Regular	ONLINE ONLINE1	TBA	OFF WEB	Donald Schuman		
Course Attribute ONLINE1: ONLINE:		All classes a	Course Attribute Description All classes and tests online - asynchronous 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!

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

<u>*Administrative certificate students are eligible to apply for the Dulak scholarship!</u>

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..."

Deadline is August 7th!



Course Spotlight



SOCW 5356 Cognitive Behavioral Intervention Strategies with Dr. Cobb

Explores the three historical phases of CBT's development:

- 1. Behavioral
- 2. Cognitive, and
- 3. Mindfulness, Acceptance, and Commitment

Addresses interventions across life-span development, culture, and clinical issues such as depression, anxiety, trauma, substance abuse, cognitive disorders, bereavement, etc. Teaches assessment and interventions drawn from evidence-based practice knowledge and informed practice wisdom. Prerequisite: SOCW 5311

Dr. Cobb is an 11 time recipient of the Fernando G. Torgerson Teaching Award (MSW Level); Recipient of the UTA President's Award for Excellence in Teaching; Member of the UTA Academy of Distinguished Teachers; Regent's Outstanding Teaching Award Recipient from UT System.

MSW Field Fall 2020

- Fall field placements will likely be a mix of face-to-face agency settings, university placements, and alternative remote assignments. We are committed to creative solutions give students are much field experience as possible despite pandemic limitations.
- InPlace Training can be found here!

Stay Safe!

MAVSUNITE

ВАСК ТО SCHOOL FAQ





Any new protocols?

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, although it is heavily advised.

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.

Nietzsche said "you must have chaos within you to give birth to a dancing star." I think we are, each of us, with all of our parts, those dancing stars. And it is from our imperfections, the hiccups, and the messy parts that we learn, and grow, and shine bright!

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

WOUNDED

Personal Transformation

For S

FALFRS

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 complexes, or private offices. It's also recommended to wear one on shuttle buses or at crowded events.



What happens if I test positive for COVID-19?

Most important of all, STAY HOME. Self isolate from roommates or famiy 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 positive?

Self Isolate for 14 days. Get tested if possible. It's imperative you fill out the exact locations that contact occurred through this form for the safety of other students.



Can I still apply for the CARES Act fund?

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 ineligible, you can instead apply for UTA's **Emergency Assistance Fund**



Which of my classes are going to 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!

Have you tested positive?

Had close contact with someone with COVID-19?

- 1. **Complete mandatory reporting form** 2. If needed, you can:
 - Withdraw from summer classes (Forms on the website)
 - Ask professors for deadline leniency
 - Consider requesting an Incomplete
 - Contact your USL, Program Director and/or Academic Advisor for additional support and guidance.

UTA's COVID-19 Website

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.

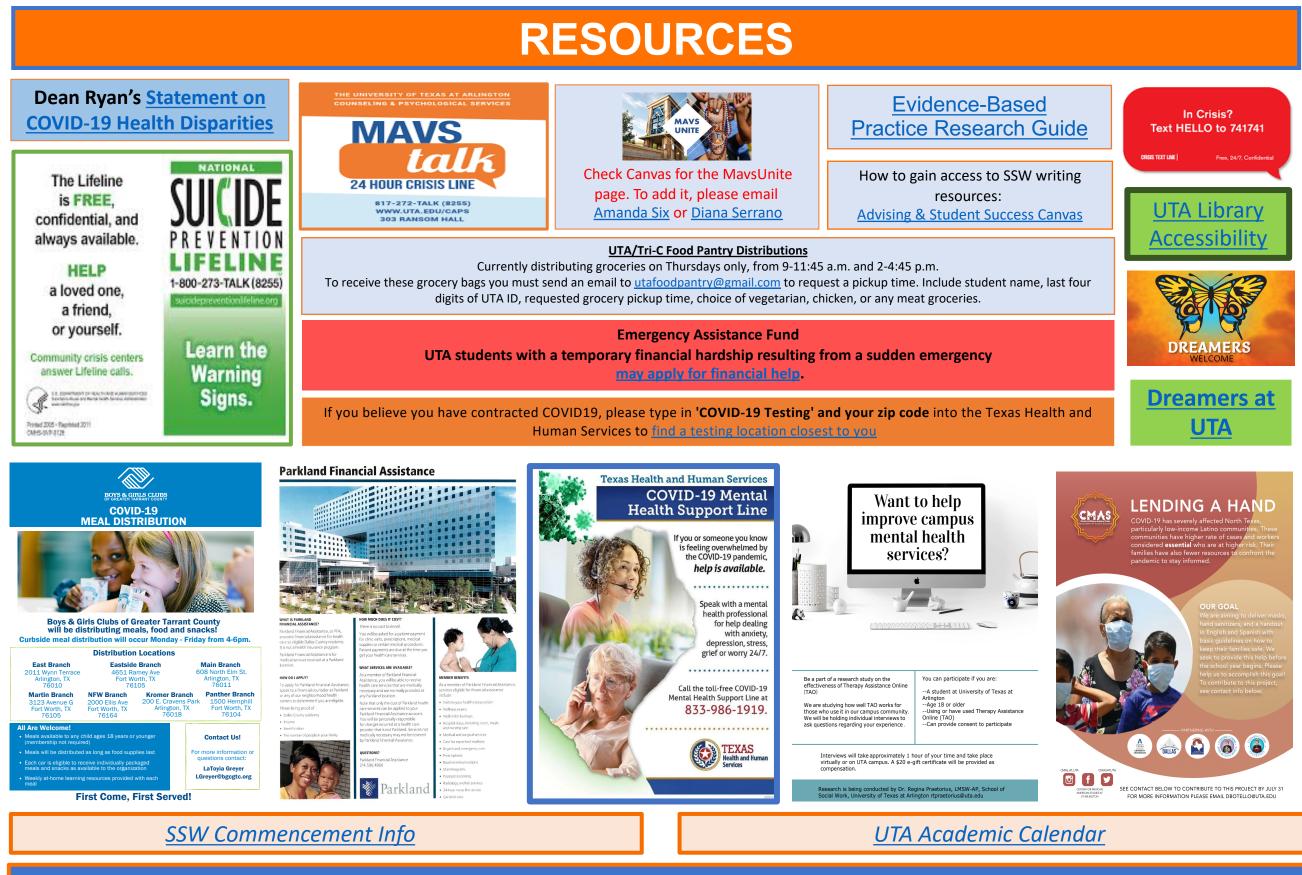


To our summer graduates: Congratulations on your upcoming Graduation! Since we don't know when we will get to celebrate you, we'd like the chance to announce your success to our social work community. If you would like to be included in this announcement, please complete this survey.

Thanks so much!

DA.P.

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



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



Graduate Programs

(817) 272-2135

SCHOOL OF **SOCIAL WORK** 211 S. Cooper Street, Arlington TX 76019

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