

MSW Weekly Program Update

July 20, 2020



Social Justice Spotlight



CSWE Welcomes Reversal of ICE Policy



Council on Social Work Education

On July 14 the Trump Administration rescinded guidance from the U.S. Department of Homeland Security and the Immigration and Customs Enforcement (ICE) to deport international college students whose classes were offered exclusively online in the 2020–2021 academic year. CSWE, along with many other organizations and schools, had twice last week voiced concerns about the guidance to Acting Homeland Security Secretary Chad Wolf.

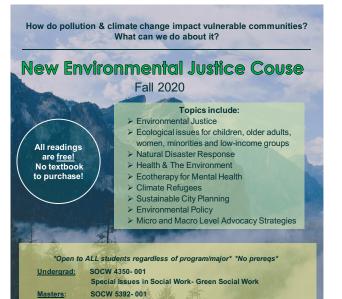
Read More Here

Article retrieved from: https://cswe.org/News/General-News-Archives/Administration-Reverses-Guidance-to-Deport-Interna?_zs=MnXIi1&_zl=eDBw6

Fall Courses to Consider



If you are still wondering what to take this fall, stay tuned for a special edition MSW newsletter later this week!



Spotlight Group of the Week





Social Work Book Club

Health with Hearts student organization will have a summer book club.

To join the Microsoft Teams Group search for "SW Book Club" or go here:

Club of go here: https://teams.microsoft.com/l/team/19%3a99bdf21ce888 41e8b9b00a00dbce2984%40thread.tacv2/conversations? groupId=228cd4b0-b9c8-49c4-967d-0d5d14742d7b&tenantId=5cdc5b43-d7be-4caa-8173-

Students are also encouraged to join our GroupMe chat by scanning the QR code

This July we will be reading The Boy Who Was Raised as a Dog. Meeting time and date TBD. Start reading!



Registration



- 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

YOU MATTER!

Just Breathe

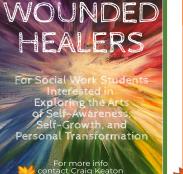
Are things speeding up for you? Feeling stressed? Do you need to relax, even for just a minute or two?... Just breathe!

Deep breathing exercises have a great of range of benefits for the body. They can reduce the stress response in the body, lower heart rate and blood pressure, and generate a deep sense of calm and relaxation. This relaxation can also improve the immune system, support emotional health, and aid creative and critical thinking (great for good paper writing and test taking).

One of my personal favorites is **4-6-8 breathing**. This breathing exercise starts with you **breathing deeply in through your nose for the count of 4**... Once you reach your full 4 second inhalation, **hold your breath for the count of 6**. After six seconds of holding your breath, **exhale through pursed lips, slowly, for the count of 8**. After one 4-6-8 cycle you will feel more relaxed, open, and centered. It is recommended to repeat this breathing cycle at least 4 times, but feel free to do it just once or for as many cycles as you feel helps you. You can also try slowing down the breathing, with counts of 5-7-9, 6-8-10, or another combination that feels just right for you.

Deep breathing exercises come in a variety of different styles (search the web), they are free, can be done just about anytime and anywhere, and their healing powers begin working in just one breath! For a bit of stress relief or mental clarity during your work week, just breathe!

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 <u>craig.keaton@uta.edu</u>!



Fall Instructional Plans

- Definitions of modes of instruction for fall are defined in the <u>message</u> from Interim Provost Aswath.
- Courses originally listed in MyMav as online will remain so.
- Courses originally listed in MyMav as face to face will be offered as online, face-to-face, or hybrid. Course modalities are listed as Course Attribute the MyMav class search function between Section and Days/Times.
 Please <u>submit questions here</u> about the modes of instruction.
- Students who register for fall courses and later decide drop a course can get a full tuition refund <u>if</u> the class is dropped before the first day of courses.

Stay Safe!

MAVSUNITE

BACK TO SCHOOL FAQ



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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.



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!





Summer Graduation

- Students who plan to graduate in August need to apply for graduation using the link in their Mavs' Student Center.
- The deadline to apply for August graduate passed on July 1. If students missed the deadline they should contact their academic advisor to request to apply late for an additional fee.
- All graduating students must apply for graduation in order to earn their degree.
- Commencement ceremony information has not yet been released by UTA but students will be notified when more information is available.

A special note from the Vice-President of Student Affairs: Dear Summer 2020 graduation candidates,

Congratulations on your upcoming accomplishment of earning a degree from The University for Texas at Arlington. The last few months of your college experience have been unlike any other, and we admire your persistence and adaptability as you stayed the course to achieve the goal that brought you to UTA—a degree.

This is an unprecedented situation and UTA continues to rely on the guidance from The Centers for Disease Control and state and local orders to determine when we can gather together to celebrate your accomplishments for in-person commencement ceremonies.

For these reasons, we've made the difficult decision to postpone in-person ceremonies for our Summer 2020 graduates. We are making plans to celebrate our summer graduates while we await the postponed ceremonies, so keep a lookout in your email, mailbox, and our <u>website</u> once details are finalized.

We will continue to evaluate options for rescheduling in-person ceremonies, as we understand the significance of an in-person ceremony to celebrate such a significant and meaningful accomplishment. We have tentatively held the dates of November 19-22, but we will monitor the situation and plan to communicate a decision by October 1, 2020 when we can be informed by the most up-to-date public health guidelines and evaluate the status of the pandemic.

In the meantime, we look forward to celebrating with you virtually. Congratulations, and go Mavs!

Sincerely,

Lisa Nagy, Vice President for Student Affairs

MSW Field Fall 2020

- The Fall Field application <u>closed on Friday July 10th.</u>
- Fall field placements are expected to be completed by next Friday, July 24.
- 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!

What to do if you test positive for COVID-19?

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

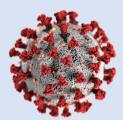
We Need Your Feedback!

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 (<u>micki.washburn@uta.edu</u>) with any questions or concerns. This study has been approved by the Institutional Review Board (IRB) of the University of Texas at Arlington.

Webinar Library

Isabella Hong, an MSW Student, has so graciously compiled a



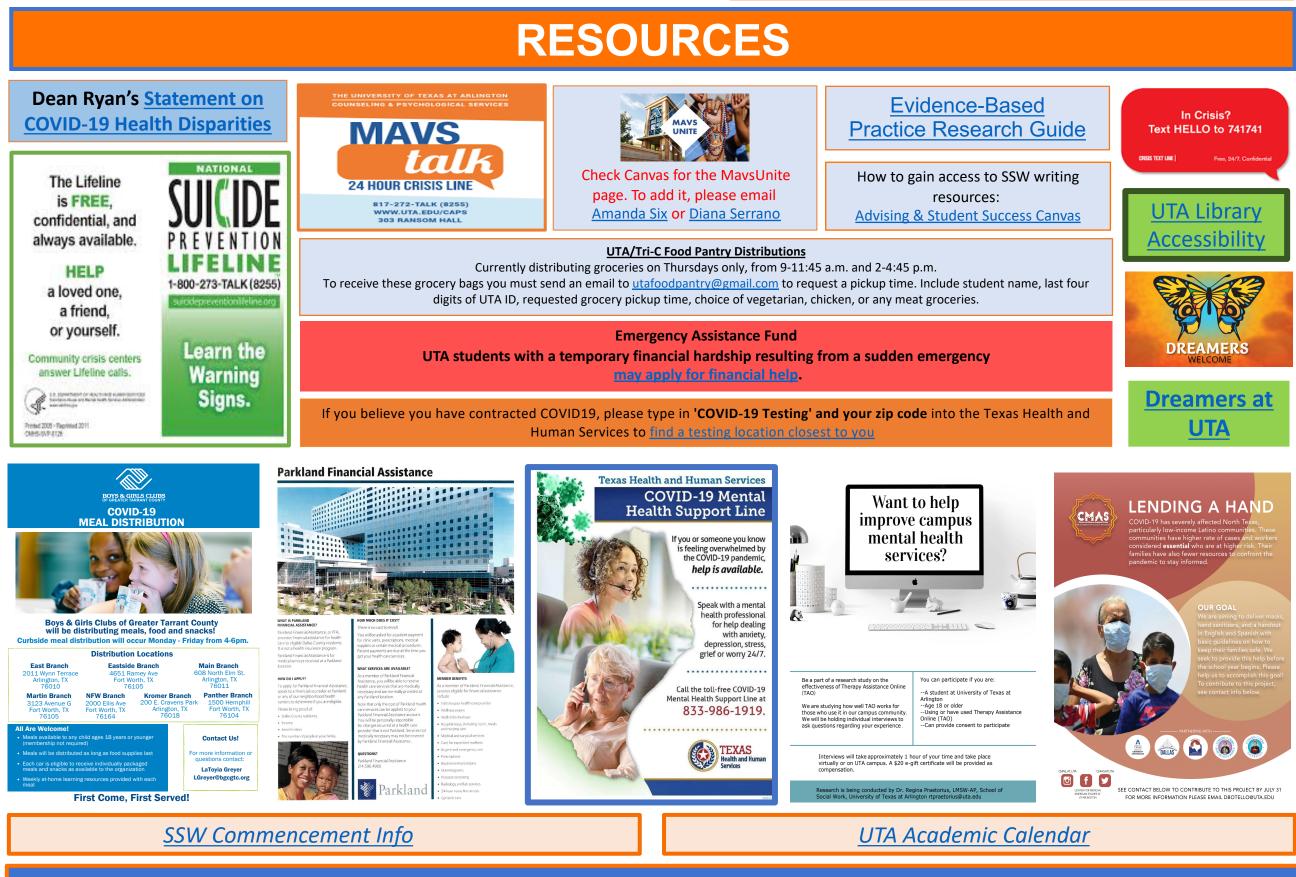


To participate in this survey please click the following link <u>https://uhsocialwork.co1.qualtrics.com/jfe/form/SV_aV0B0FvgtAxReiF</u> list of webinar resources and a video going over the basic functioning of Teams to any who may need assistance.

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



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



SCHOOL OF

211 S. Cooper Street, Arlington TX 76019 Graduate Programs (817) 272-2135 "The greatest thing that we can do, is to help somebody know that they are loved and capable of loving."

- Fred Rogers