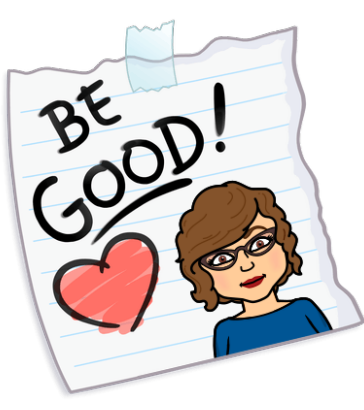


# MSW Weekly Program Update

September 14, 2020



## Virtual Events of the Week

### Virtual Coffee and Tea with Dr. P

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!

**Wednesdays 2:00- 3:00pm**  
Join Microsoft Teams Meeting

### Off-Campus Mavericks in The Kitchen

Join GA Elizabeth on IG Live every other Tuesdays for easy, cheap, and super delicious recipes you can cook at your dorm or apartment!

**Tuesday, September 15 12:30pm to 1:00pm**

### Social Workers Generations Strong 2020 NASW/Texas Virtual Conference

October 8-10

Did you know? NASW Student Members pay just \$90 for full conference early bird registration to the 2020 NASW/TX Virtual Conference. Register today & save!

<https://www.naswtx.org/page/conference>

If a student is not a member, they pay the same non-member rate as professionals: \$355 (August 18-September 25) and \$405 (September 26-October 10).

### Save the Date: Wednesday, October 14, 12:00-1:00 pm

The Disability Studies Meet & Greet returns in a new virtual format, complete with brief introductions by DS faculty, DS internship supervisors, and senior minors talking about their internship projects, plus a chance to chat individually.

In addition, we'll be hosting a virtual talk (date TBD) by Ron Lucey, the Executive Director of the Texas Governor's Committee on People with Disabilities, and a longtime advocate for disability rights and universal design. He will also host a Q&A session just for DS minor students. We have more in the works as well!

## Wellness Webinars

[Counseling and Psychological Services](#) offers a wide variety of workshops and pre-recorded wellness webinars on [gratitude](#), [progressive muscle relaxation](#) and [self-compassion](#), and [UTA self-care resources](#).

## Social Justice Spotlight

### September is Suicide Prevention Month!

Micro-learning provides short, targeted learning experiences. Each micro-learning resource provides relevant, practical information to help you build skills and improve outcomes. SPRC micro-learning resources can be viewed at any time on any device, so they're always at your fingertips. Find more information at the link below:

[Micro Learning](#)

### STUDY ABROAD SUCCESS SERIES

THE UNIVERSITY OF TEXAS AT ARLINGTON  
YOUR STUDY ABROAD ADVENTURE AWAITS

**SEPT. 14** EXPLORATION PREPARATION  
**SEPT. 28** BRIDGING CULTURES: ABROAD & AT HOME  
**OCT. 12** SMART BUDGETING: DOLLARS AND EUROS AND YEN, OH MY!  
**OCT. 26** UNDERSTANDING IDENTITY & MINIMIZING THE FOOTSTEPS OF OPPRESSION  
**NOV. 9** AROUND THE WORLD IN 60 MINUTES  
**NOV. 16** BECOMING A GLOBAL LEADER

Mondays @ 3 p.m. via Teams

VISIT [STUDYABROAD.UTA.EDU](http://STUDYABROAD.UTA.EDU) FOR MORE INFO!

## YOU MATTER!

### Self-Care Awareness Month

September is Self-Care Awareness Month, and like many supporters of this initiative are saying, "Self-Care is not selfish. It's essential." Check out this great September 2020 Self-Care calendar for quick and effective self-care focus for every day of the month.

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!

### ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Remember that self-care is not selfish. It's essential.	2 Be willing to share how you feel and ask for help when needed.	3 Free up time in your diary by cancelling any unnecessary plans.	4 Forgive yourself when things go wrong. We all make mistakes.	5 Plan a fun or relaxing activity this weekend and make time for it.	6 Focus on the basics: eat well, exercise and go to bed on time.	7 Remember it's ok not to be ok. We all have difficult days.
8 Notice the things you do well today, however small.	9 Avoid saying 'I ought to' or 'I should' to yourself.	10 Give yourself permission to say No to requests from others.	11 Aim to be good enough, rather than perfect.	12 Let go of being busy. Allow yourself to take some breaks today.	13 Make time today to do something you really enjoy.	14 Talk kindly to yourself like you would to someone you love.
15 Find a caring, calming phrase to say to yourself when feeling low.	16 Notice what you are feeling today, without any judgment.	17 Leave positive messages for yourself to see regularly.	18 Don't compare how you feel inside to how others appear outside.	19 Get active outside and give your mind & body a natural boost.	20 No plans day - make time to slow down and be kind to yourself.	21 Remind yourself that you are loved and worthy of love.
22 Look at photos from a time with happy memories.	23 Let go of other people's expectations of you today.	24 Ask a trusted friend to tell you what they like about you.	25 Release yourself from inner demands and self-criticism.	26 Find a new way to use one of your strengths or talents today.	27 Take your time. Make space to just breathe and be still.	28 Accept your mistakes as a way of helping you make progress.
29 Write down three things you appreciate about yourself today.	30 You matter. Remember that you are enough, just as you are.	Self-care is not selfish. You can't pour from an empty cup.				

[www.actionforhappiness.org](http://www.actionforhappiness.org)  
Keep Calm · Stay Wise · Be Kind

## Fitness & Wellness

Get moving with our LIVE exercise classes! Visit our [Campus Recreation Site](#) for more information.

The following classes are offered:  
Circuit Express, HIIT The Deck, MixedFit, NASA Nap, Pulse Strong, Strength and Tone, Tabata, Yoga and Zumba!

## Help Mavericks in Need

The [UTA/Tri-C Food Pantry](#) is in need of shelf-stable milk, oatmeal, toothpaste, and paper towels. To donate, please call 817-933-6520.

## Funding: Apply at Any Time!

**Educational Loan Fund:** provides 2% interest loans to non-degree seeking, associate, and undergraduate degree in the maximum amount of \$12,000; masters maximum of \$15,000; and doctoral-level degrees maximum of \$20,000.

**Program for Continuing Education:** Grant for women who have experienced a break of at least 24 consecutive months as a non-student during her adult life. This is for technical or degree programs but not a doctoral degree program. Max grant is \$3,000 and can be used for education-related expenses.

**Fall Applications:**  
**Scholar Awards:** Doctoral degree seeking candidates with no less than one full academic year and no more than two academic years of work remaining in their degree program. This year the scholarships awarded were in the amount of \$15,000.

**Early Spring Applications:**  
**International Peace Scholarship:** for full-time graduate degree seeking students who are international students (not from the US or Canada). Must have a full year of course work remaining. Is a need-based scholarship. \$12,500 award (or less) based on individual need.  
**STAR Scholarship:** for graduating high school seniors; non-renewable \$2,500 scholarship. This is a highly competitive scholarship based on the following: exhibits excellence in leadership, academics, extracurricular activities, community service, and potential for future success.

## Social Work Licensing Update

Effective September 1, the Texas State Board of Social Work Examiners (TSBSWE) has moved from Texas Health and Human Services (HHSC) to being housed under the [Texas Behavioral Health Executive Council \(BHEC\)](#). We are busy gathering information on changes to the licensing process and plan to share a thorough, updated licensing overview video soon.

## 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, LCPPA, 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.**

[Social Work Webinars List](#)      [Basic Function of Teams](#)

## MSW Advising

Have questions about advising? Visit the [MSW Advising site](#) for contact information and FAQs!

### Field Placements

- Fall field students: Learning contracts are due September 18th!
- Census date passed on September 11, which means that if you need to drop a class between now and Nov 6 you must complete the [drop form](#) and you will receive a W (Withdrawn) on your transcript for that course.
- [InPlace Training](#) can be found here!
- [Logbook Training](#) can be found here!
- Spring field applications will open on October 1st. You will receive an email with instructions on Oct 1. The field application closes on November 27th!
- Fall field calendar has been posted online [Fall Field Calendar](#)
- [Field forms](#) are available here!
- [Field FAQ](#)

## Job Posting

### Master-Level Graduate Assistant Job

Please see e-mail attachment for information regarding job duties, position details, eligibility requirements and compensation.

[GRA Application Form](#)  
Questions regarding the position or the application process may be directed to [swresearch@uta.edu](mailto:swresearch@uta.edu).

## Stay Safe!

**Have you tested positive?**  
**Had close contact with someone with COVID-19?**  
Complete [mandatory reporting form](#) if needed, you can:  

- Withdraw from Fall classes ([Forms](#) on the website)
- Ask professors for deadline leniency
- Consider requesting an Incomplete
- Contact your [GSI](#), Dr. Praetorius, and/or Academic Advisor for additional support and guidance.

Stay safe and show your Maverick Spirit!  
[We are all in this together!](#)

[UTA's COVID-19 Website](#)

## Social Work Welcome Center

# WELCOME

This Fall, we are so excited to welcome students back to our main campus! We've created the Social Work Welcome Center, located in Building A, Room 104, to provide a safe and easy way to get your questions answered and needs met. Simply stop by the Welcome Center between 8:30 am and 5:00 pm Monday through Friday, and you will be greeted by a friendly member of the Academic Affairs team. They will immediately connect you using Microsoft Teams with a member of our Advising Team, Field Team, or a program administrator for a virtual meeting. The greeter will set up the meeting and connect you using a handheld tablet, and you'll be able to use the room just next door, Room 108, to have a quiet space for your meeting. Once you're finished with your virtual meeting, simply return the tablet to the Welcome Center, where it will be sanitized and ready for use by other students. The Social Work Welcome Center is a "one-stop shop" for all of your academic needs on campus, and we look forward to seeing you there!

DIANE B. MITSCHKE, PHD  
Associate Dean for Academic and Student Affairs  
Associate Professor

## MANAGING STRESS AND ANXIETY DURING COVID-19

UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

**THERAPIST ASSISTED ONLINE (TAO)**  
Visit [TAOconnect.org](http://TAOconnect.org)

**THRIVE APP**  
Download "Thrive at UTA" on App Store or Google Play

**MAVS TALK 24HR CRISIS LINE**  
Call (817)272-8255

Visit [uta.edu/caps](http://uta.edu/caps) for more information

## RESOURCES

### Dean Ryan's Statement on COVID-19 Health Disparities

The Lifeline is FREE, confidential, and always available. HELP a loved one, a friend, or yourself.

### MAVS talk

24 HOUR CRISIS LINE  
817-272-TALK (8255)  
WWW.UTA.EDU/CAPS

### Evidence-Based Practice Research Guide

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

### UTA Library Accessibility

### In Crisis? Text HELLO to 747174!

### UTA/Tri-C Food Pantry Distributions

Currently distributing groceries on Thursdays only, from 9:11-4:45 a.m. and 2-4:45 p.m. To receive these grocery bags you must send an email to [info@foodpantryatmail.com](mailto:info@foodpantryatmail.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 Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency 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 Human Services to find a testing location closest to you

### 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.

**East Branch** 2012 W. Main Street, Irving, TX 75039  
**Eastman Branch** 4221 E. Irving, TX 75039  
**North Branch** 1500 North Branch, Irving, TX 75039  
**Northwest Branch** 1500 Northwest Branch, Irving, TX 75039  
**South Branch** 1500 South Branch, Irving, TX 75039  
**West Branch** 1500 West Branch, Irving, TX 75039

### Parkland Financial Assistance

Financial assistance for students at Parkland University.

### Texas Health and Human Services COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, help is available.

Call the toll-free COVID-19 Mental Health Support Line at 833-986-1919.

### LENDING A HAND

COVID-19 has severely affected North Texas, particularly low-income Latino communities. These communities have higher rates of cases and workers recovering essential jobs are at risk. These families have also fewer resources to confront the pandemic on their own.

### WANT TO HELP IMPROVE MENTAL HEALTH SERVICES ON CAMPUS?

Be a part of a research study on the effectiveness of peer support. You can participate if you are a student at the University of Texas at Arlington. You will receive a \$100 gift card. You will receive a \$100 gift card. You will receive a \$100 gift card.

[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](mailto:jac4808@mavs.uta.edu)

211 S. Cooper Street, Arlington TX 76019  
Graduate Programs  
(817) 272-2135

FOLLOW US ON SOCIAL MEDIA

Diversity makes for a rich tapestry. We must understand that all the threads of the tapestry are equal in value, no matter their color; equal in importance no matter their texture.  
- Maya Angelou