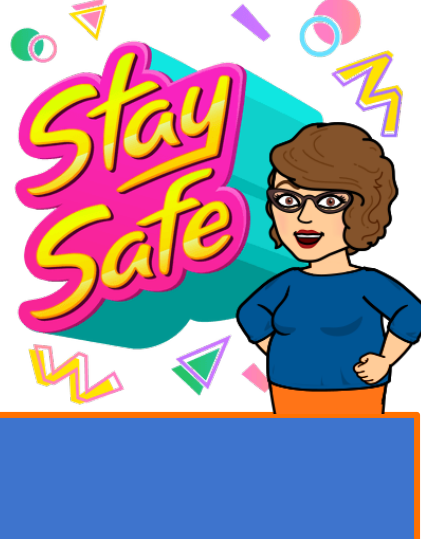


MSW Weekly Program Update

September 7, 2020



Social Justice Spotlight



The National Social Work Voter Mobilization Campaign

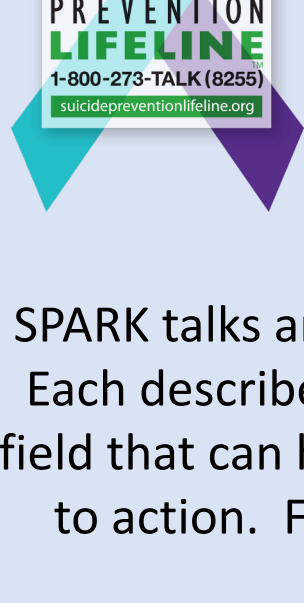
"Social justice is a core principle of social work practice and calls for ensuring meaningful participation in decision making for all people. Voting is Social Work is a nonprofit nonpartisan organization that provides social work students and practitioners with the knowledge and tools to raise awareness about voting and to increase voting registration and participation. We do this work through our National Social Work Voter Mobilization Campaign which strives to integrate nonpartisan voter registration and engagement into social work education and practice."

Check your voter registration, register to vote, register special populations, order your absentee ballot and more, all at this website!

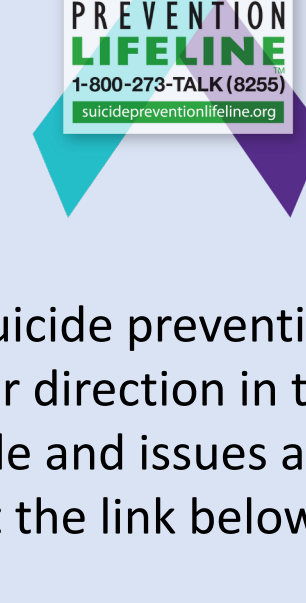
[Voting is Social Work](https://votingissocialwork.org/#)

All Information retrieved from: <https://votingissocialwork.org/#>

September is Suicide Prevention Month!



SPARK Talks are:
Short
Provocative
Action-oriented
Realistic and
Knowledgeable



SPARK talks are videos of leaders in suicide prevention. Each describes a new development or direction in the field that can have an impact on suicide and issues a call to action. Find more information at the link below:

[SPARK Talks](#)

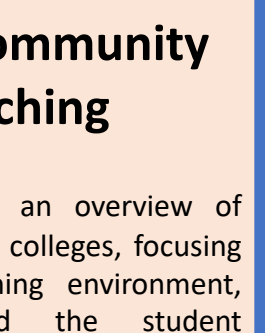
Virtual Events of the Week

Virtual Coffee and Tea with Dr. P

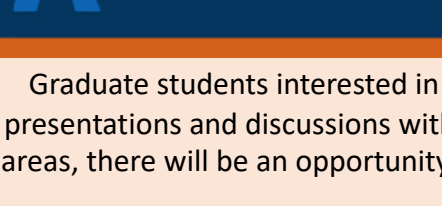
Please drop in on Teams to visit with me. This is your time every week to share concerns, questions, suggestions, and triumphs. I look forward to seeing you!

Wednesdays 2:00– 3:00

[Join Microsoft Teams Meeting](#)



Graduate School Workshop



Graduate students interested in this career path are encouraged to attend. There will be presentations and discussions with current community college faculty. For students in STEM areas, there will be an opportunity to arrange classroom observation visits at Tarrant County College.

Although there is a focus on STEM faculty, all interested graduate students are welcome.

[Register Here](#)

Friday, September 11 • 1:00pm to 4:00pm

Workshop on Community College Teaching

This workshop will provide an overview of faculty careers at community colleges, focusing on the teaching and learning environment, career opportunities, and the student population served.

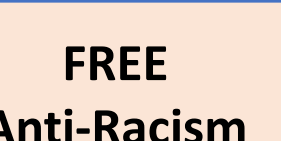
Off-Campus Mavs (OCM) In The Kitchen

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

OCM IN THE KITCHEN

EVERY OTHER TUE 12:30PM ON IG WITH GA ELIZABETH @OFFCAMPUSMAVS



Off-Campus Mavs (OCM) & Transfers

Game Night

Join us for a virtual game night on Zoom for a chance to win a swag bag!

Thursday, September 10

6:00pm to 7:00pm

[Join Stream](#)

FREE Anti-Racism Virtual Summit



SSW students have the opportunity to participate in a [2-Day Virtual Summit Focusing on Anti-Racism, Advocacy, and Voting](#), sponsored by SWHELPER & supported by CSWE on September 16th & 17th. The School of Social Work is sponsoring this event, so it would be FREE for social work students to attend. Please complete [this survey](#) by 11:59pm on Tuesday September 8th to sign up!

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!

YOU MATTER!

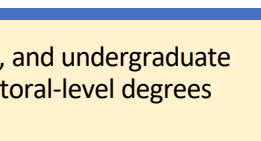
"Me-time"

As we start a new school year, a lot of us schedule a work plan for the semester. We schedule our classes, assignments, projects, and study time, but we often forget to put ourselves on that schedule. Scheduling "me-time" often goes overlooked, "me" becomes an afterthought, and that, at least for me, can quickly lead to fatigue, resentment, or total burnout.

Now, the solution might also not be too rigid and strict in your scheduling, especially of that very important "me-time". As author of Self-Care at Work, Melissa Stegins, advises, **"avoid hyper-scheduling yourself so you have free time to do something creative or perhaps to do nothing at all."** There is tremendous benefit - mentally, emotionally, and physically - in taking breaks and having intentional quiet, restful, do nothing-at-all time.

All in all, Michael Hyatt says that **"what gets scheduled gets done."** This semester consider putting **one of the most important things on your schedule: yourself.** But do so flexibly. Schedule time and activities that help you feel like a more complete version of yourself, that relieves stress, and keeps you healthy, happy, and vital.

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!



Money for School: 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.

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](#)

Job Posting

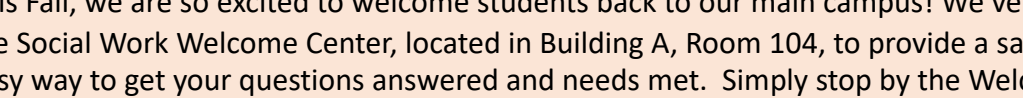
Master-Level Graduate Assistant Job

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.

Social Work Welcome Center



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 Professor of Academic and Student Affairs

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.

Community crisis centers answer Lifeline calls.

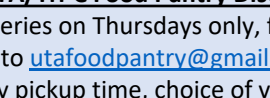
Learn the Warning Signs.

[NATIONAL SUICIDE PREVENTION LIFELINE](#)
1-800-273-TALK (8255)
<https://suicidepreventionlifeline.org>

MAVS talk 24 HOUR CRISIS LINE

817-272-TALK (8255)
www.uta.edu/caps
303 RANDOM HALL

Check Canvas for the MAVS Unit page. To add it, please email Dayton Williams



Evidence-Based Practice Research Guide

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

In Crisis? Text HELLO to 741741

0800 741 741 • Page 047 • Confidential

UTA Library Accessibility

UTA Library Accessibility

DREAMERS WELCOME

DREAMERS WELCOME

Dreamers at UTA

Dreamers at UTA

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.

Distribution Locations:
East Branch: 2012 West Branch, Fort Worth, TX 76102
South Branch: 2000 Elm Ave, Fort Worth, TX 76102
North Branch: 2000 Elm Ave, Fort Worth, TX 76102
West Branch: 2000 Elm Ave, Fort Worth, TX 76102

All Are Welcomed:
• All are welcome to bring food items to the distribution.
• Meals will be distributed on a first-come, first-served basis.
• Food items will be distributed on a first-come, first-served basis.
• Food items will be distributed on a first-come, first-served basis.

Contact Us:
Lafayette Brown
Lafayette Brown

First Come, First Served!

Parkland Financial Assistance

Parkland Financial Assistance

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Parkland Financial Assistance

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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.

Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

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

For more information or to request a pickup time, please email utafoodpantry@gmail.com.

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 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](#)

LENDING A HAND

COVID-19 has severely affected North Texas, particularly low-income Latino communities. These communities have higher rates of cases and deaths considered essential who are at high risk. These families have also fewer resources to combat the pandemic to stay afloat.

OUR GOAL: We are seeking to deliver meals, food supplies and a financial support package to help these families stay afloat. We need your help to help these families stay afloat. We need your help to help these families stay afloat.

HOW TO HELP: We are seeking to deliver meals, food supplies and a financial support package to help these families stay afloat. We need your help to help these families stay afloat. We need your help to help these families stay afloat.

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WANT TO HELP IMPROVE MENTAL HEALTH SERVICES ON CAMPUS?

BE A PART OF A RESEARCH STUDY ON THE EFFECTS OF COVID-19 ON THE MENTAL HEALTH OF STUDENTS

INTERVIEW WILL LAST APPROXIMATELY 15-20 MINUTES. YOU WILL BE PAID \$50.00 FOR YOUR PARTICIPATION.

YOU CAN PARTICIPATE IF YOU ARE A CURRENT OR FORMER STUDENT OF UTA

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