Celebrate Black History Month with Us & Learn About Sojourner Truth (1797 – 1883)

Born as Isabella Bomfree and living her life as a slave in New York until 1827, Truth grew into an influential advocate for abolition, temperance, civil rights and women's rights.

In 1828, Truth moved to New York City where she worked for a minister, and spent many years participating in the religious revivals of the time. In 1843 she officially changed her name to Sojourner Truth.

In her career, Truth met many influential abolitionists and gave many anti-slavery speeches at their request. She also met women's rights and temperance activists and helped with their causes as well by speaking across the nation, such as her famous "Ain't I a Woman?" speech given in Akron, Ohio.

Towards the end of her life, Truth continued to help individuals escape slavery, got involved with the Freedmen's Bureau and helped freed slaves find employment and advocated against segregation.

You can click HERE to read more about Truth's life.
Hi everyone! My name is Reagan Leslie. I am in my second semester of the MSW program with UTA and this is my first semester as a GSL Newsletter Intern. I am currently a foundation student, but I plan on specializing in Mental Health and Substance Misuse. I graduated from Texas State University with a Bachelor’s of Fine Arts in Theatre with a minor in Social Work in Fall 2021. I have a deep passion for working with children who have behavior and mental health issues and want to normalize children going to therapy and having a safe space. I know that this experience will give me the opportunity to work with wonderful individuals and expand my knowledge for my future career. I look forward to being one of the interns in charge of our newsletter and to be a contribution to the success of UTA’s MSW program. GO MAVS!

Interested in becoming a GSL? Click here!

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**STUDENT SPOTLIGHT**

**YOU MATTER**

**Self Love is Self Care**

Hello my fellow graduates! Two weeks ago, I wrote about the concept of love and what a healthy relationship looks like. Well, this week I want to talk about your relationship with yourself!

As you may be aware, "professional self-care is paramount for competent and ethical social work practice" (para. 2) according to the NASW Code of Ethics. Therefore, it is important you treat yourself with care and self-love.

Self-love can take many forms and may look different to many people. Below are some ways in which you can practice self-love.

- Speak kindly to yourself
- Forgive yourself when you have made a mistake
- Make time for yourself and your priorities
- Listen to your body

I personally like to practice self-love by being my authentic self; I love to sing, dance and make goofy jokes.

How do you practice self-love?

Click HERE to read more about self-love.

Best Wishes,

Jordon Ward
MSW Student, Graduate Student Leader, The University of Texas at Arlington
My name is Traecia Nichols, I am the Student Success Coordinator for the School of Social Work. In my role I work with students who are facing crises and need help accessing university and community resources. This section will consist of resources that are available to you as a student. If you are in need of resources or have any questions or concerns, please contact me at traecia.nichols@uta.edu.

**RESOURCE OF THE WEEK**

**Emergency Housing**

Students experiencing primary homelessness (i.e., living on the streets, in parks, in car, and/or deserted buildings) may be able to receive temporary housing assistance. The Dean of Students office has on-campus, confidential, and temporary emergency housing for students experiencing primary homelessness (i.e., living on the streets, in a car, in parks, and/or deserted buildings) as a result of domestic violence, relationship and/or sexual violence, family violence, stalking, displacement as a result of gender and/or sexual identity, and/or other identifiable emergency related situations.

**Contact Information**

Students experiencing homelessness are advised to email the Director of Student Advocacy Services and/or EAF@UTA.EDU.

**IMPORTANT DATES**

**SPRING 2023**

- March 01: Last day to apply for Spring '23 graduation (there is a $60 added fee for late applications)
- March 13 – March 17: Spring Vacation
- March 31: Last day to drop classes (submit a request to advisors by 4pm); last day to apply for Summer Field in InPlace
- April 03: Registration Opens for Summer 2023 & Fall 2023
- April 23: co-hort students deadline to drop courses
- May 02: Last day of classes
- May 03: Student Study Day (No classes)
- May 04 – May 10: Final Exams
- May 12: Commencement Ceremonies (Tentative)
- May 24: Final official transcripts due for courses taken outside of UTA

**Graduating? Check your Outlook MyMav!**

- Go to your MyMav student center
- Select "Apply for Graduation" in the drop-down menu
- Pay the $40 application fee
- Complete Exit Survey
- Monitor your student email for notices from the graduation desk
- Please click here for more information regarding how to apply for graduation.
- **Additional graduation information such as attire and purchasing honor cords can be found by clicking here**
ADVISING

Need to meet with an advisor but there's no upcoming appointment available? Drop-in either in person or virtually on Wednesdays. To schedule your 30-minute drop-in time, click here. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

Feeling a bit lost? Start with your Graduate Student Leader!
Don't know who that is?
Email Martaya Brown or Lecia Edwards to get connected!

Connections Lab Highlight

Attend Tutoring Office Hour March 7th, 1pm: "How to work effectively in online groups"

Click HERE to schedule a session with our Connections Lab tutors

Want access to APA resources?
Enroll in the Connections Lab course on Canva!

LICENSING

- If you're in your final semester and want to get started on applying to ASWB to take the LMSW licensing exam, click here to request the Dean's Letter for Licensure, which UTA will send to ASWB. More info can be found on the ASWB site and our SSW licensure page.
- There’s lots of great updated information about licensing in the Student Success and Advising Course on Canvas—Check it out!
- Interested in the LCDC? Scroll to the end of this Licensure webpage and click on the Texas LCDC Licensing 2021 PDF for a chart that shows how different education levels can prepare you for the LCDC.

FIELD PLACEMENTS

General

- InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL. https://inplace.uta.edu/
- The InPlace fee is $67 per year or $130 for a lifetime. Each student will need to plan to pay the InPlace fee on the first day of class for that semester they are starting field.
- InPlace Training and Logbook Training can be found here!
- Field forms are available here!
- Field FAQ
- If you are having technical difficulties with InPlace please email sswfield@uta.edu and include a screenshot of the issue.

FIELD POWER HOURS

This is an opportunity for you to ask questions, similar to Office Hours for faculty!
- Aging, CAP & Health (Interim Field Advisor for Mental Health last names A-L)
  - Field Advisor: Natalie Mangham
  - 1st & 3rd Tuesday of the month, 2-3 pm
  - Click here to join the meeting
- Children & Families
  - Field Advisor: Monica Brown
  - 1st & 3rd Wednesday of the month, 4-5 pm
  - Click here to join the meeting
- BSW/BSSUT (Interim Field Advisor for Mental Health last names M-Z)
  - Field Advisor: Sharon Martin
  - 1st & 3rd Thursday of the month, 3-4 pm
  - Click here to join the meeting
- Foundation
  - Field Advisor: Andrea Jameson
  - 1st and 3rd Thursday of the month, 6-7 pm
  - Click here to join the meeting
UTA Academic Calendar

Check Canvas for the MavsUnite Page! To add please e-mail: Emily Clark

MANAGING STRESS AND ANXIETY DURING COVID-19
UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

THERAPIST ASSISTED ONLINE (TAO)
Visit TAOnnect.org

MAVS TALK 24HR CRISIS LINE
Call (817)272-8285

FOLLOW US ON SOCIAL MEDIA

UTA Library Accessibility

SAR Center
(Formerly Office of Students with Disabilities)

Dreamers Welcome

In Crisis? Text HELLO to 741741

On-Demand & Live Fitness Classes

Rental Assistance Program
The Tarrant County Rental Assistance Program assists residents who have been impacted by the COVID-19 pandemic. For more details, email renthelp@tarrantcounty.com or call 817-850-7940.

Social Work Program
501 W. Mitchell Street, Arlington, TX 76019
(817) 272-2135

“Truth is powerful and it prevails.”
— Sojourner Truth