July 24 is International Self Care Day!

On July 24, the International Self Care Foundation developed a device to raise awareness and promote living a healthy lifestyle. Ultimately, it is important to take care of oneself, physically and mentally. The International Self-Care Day, symbolizes that the benefits of self-care are experienced 24 hours a day, 7 days a week.

**What are the different types of self-care?**

- Health literacy
- Mental wellbeing
- Physical activity
- Healthy eating
- Risk avoidance
- Good hygiene

**How to Observe**

- Try a workout class/ take a walk
- Meditate
- Read a good book
- Prioritize yourself (try to have a good sleep schedule, pay bills on time)

Sources: [https://nationaltoday.com/international-self-care-day/](https://nationaltoday.com/international-self-care-day/)
**STUDENT SPOTLIGHT**

Get to know our Student Leaders!

My name is Ashley Ordaz (she/her). I was born in El Paso, TX and have lived mostly in the DFW area except for 2 years where I lived in Germany. I am an advanced MSW student concentrating in Mental Health and Substance Misuse and will be graduating in August.

In 2018, I graduated from TWU with a Bachelors in Family Studies. Right after graduation I moved to Germany where I taught at a trilingual pre-school (German, Spanish, and English). During that time, I met a social worker who lived on the US military base. At that time, I was not thinking about going into social work, it never crossed my mind. We discussed her job as a therapist on the Base and I was intrigued. I moved back to the Texas right before the pandemic and decided that I wanted to pursue a master’s degree, which brought me to UTA after some research about social work. During my undergraduate and master’s program I have had the opportunity to intern in different areas in social work where I was able to continue to build on and develop skills.

I have been a part of the Graduate Student Leadership program for five semesters. This program has been a fantastic opportunity to work with other students to advocate, help support, and build community. When I am not doing school related activities, I am working full-time at Rent A Center corporate headquarters. When I am not working, I am with my family and friends spending time together or doing something outdoors.

Interested in becoming a GSL? [Click here!](#)

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**YOU MATTER**

**Imposter Syndrome. What is it?**

Hi everyone, I hope everyone is having a great summer. I’m going to be honest with y’all, I hadn’t felt “imposter syndrome” since I graduated with my BSW in December of 2020. I know that during the COVID pandemic, my form of self care was surviving. Some days it was simply getting out of bed and getting ready. I felt like I put my career plans on pause to explore different aspects of life. I don’t regret doing so but being back in school has honestly made me doubt myself. Am I good at what I’m doing? The feeling of self doubt has been crossing my mind more than I’d like to admit. It has been mixed in with persistent feelings of not feeling worthy of my accomplishments and digging myself into a very lonely hole. To tell you the truth, battling imposter syndrome is tough, but taking a step back to analyze what I was feeling was my first step. To tell you the truth, this has been a scary whirlwind of emotions.

**What is imposter syndrome?**

Imposter Syndrome is the feeling that you are not good at your role, heavily doubting your abilities and believing you’re an imposter. It can create anxiety and cause a feeling of loneliness. It is NOT a real medical syndrome or diagnosis.

Being self aware of yourself, especially when people give you positive criticism can be helpful. Do you tend to tend to push positive feedback away? Do you convince yourself that the tasks you’ve accomplished are thanks to external forces? Learning that failures are “growing” experiences is important as well. It creates a mindset were one can find positive attributes even in “failed” situations. Find and share your strengths with the people around you. You are growing and becoming a better you everyday. Know that you are not alone.

Interested in writing your own “YOU MATTER” section for others? Email: Olga.carrillo@mavs.uta.edu

Sources: [https://www.cwauthors.com/article/What-is-the-Imposter-Syndrome-in-academia](https://www.cwauthors.com/article/What-is-the-Imposter-Syndrome-in-academia)
IMPORTANT DATES

SUMMER 2022

• July 21 - Last Day to Drop Classes
• August 10 – Last Day of Classes
• August 13 – Commencement Ceremonies
• August 22 – First day of Fall classes
• September 5 --Labor Day Holiday
• September 7– Census Date
• Oct. 28-- Last day to drop classes; submit requests to advisor prior to 4:00pm

CEU OPPORTUNITIES

Free CEU’s from Valdosta State University
For All Licensed Clinical Social Workers

Do you want to learn more about dementia, caregiving, and cultural considerations while working with diverse communities? Click for more information.

FALL 2022

SOCW 5392
ONLINE-ASYNCHRONOUS
SOCIAL WORK AND LAW
SPECIAL TOPICS COURSE

Designed to provide essential forensic knowledge and skills to advance social worker influence within legal environments.

Students will learn how to:

• Discover when problems are legal and require legal action
• Respond to Subpoena
• Analyze Case Law
• Participate in Judicial Proceedings
• Perform as a witness in court
• And more

INSTRUCTOR
Dr. Sheree Shavel, Assistant Professor of Practice

EMAIL FOR MORE INFORMATION
sheree.shavel@uta.edu
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 [Stacie Hill](mailto:Stacie.Hill@uta.edu) to get connected!

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/](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](mailto:sswfield@uta.edu) and include a screenshot of the issue.
- Are you a CAP student ready for your advanced field placement? Check out the Funding section for paid opportunities!

Fall 2022

- The Fall 2022 Field Application is now open.
- Application Deadline is **June 24, 2022**.
- See the Summer 2022 Field Education Calendar for Block and for Split [here](#).
  InPlace fee is due on the first day of class

Spring 2023

- The Spring 2023 Field Application is open **October 03, 2022**.
- Application deadline is November 25, 2022
- See the Spring 2023 Field Education Calendar for Block and for Split [here](#).
  InPlace fee is due on the first day of class

FIELD POWER HOURS

This is an opportunity for you to ask questions, similar to Office Hours for faculty!

- **Foundation MSW**
  - Field Advisor: Natalie Mangham
  - 1st & 3rd Monday of the month, 3-4
  - [Click here to join the meeting](#)
- **CAP & Children & Families**
  - Field Advisor: Monica Brown
  - 1st & 3rd Tuesday of the month, 3-4
  - [Click here to join the meeting](#)
- **Mental Health**
  - Field Advisor: Hector Ramos
  - 1st & 3rd Wednesday of the month, 3-4
  - [Click here to join the meeting](#)
- **Aging & Health**
  - Field Advisor: Sharon Martin
  - 1st & 3rd Thursday of the month, 3:30-4
  - [Click here to join the meeting](#)

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.
GET INVOLVED

Students for Global Change (SGC)

Interested in making an impact regarding social injustices? Advocate for social issues? Join Students for Global Change (SGC) to start making an impact.

Meets every 3rd Wednesday of each month | 5-6 PM | Texas Virtual Meetings
Everybody’s Welcome!

To participate, please register:
https://forms.gle/lnHoGf95SiBIXq4y

Follow us on GTA: Students for Global Change
Email us at sgc.uta@gmail.com

Email SSWVirtualClinic@uta.edu for information.

The School of Social Work Virtual Clinic Workshops

Weekly Virtual Workshops Schedule

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Thursday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Parenting After a Pandemic</td>
<td>Caregiving for Others</td>
<td>Post navigation and International Students’ Success</td>
</tr>
<tr>
<td>6pm – 7pm</td>
<td>6pm – 7pm</td>
<td>10:30am – 11:30am</td>
</tr>
<tr>
<td>Promoting Healthy Habits</td>
<td>Women’s Virtual Room of Recovery</td>
<td>Accommodating for Success</td>
</tr>
<tr>
<td>7:15pm – 8:15pm</td>
<td>7:15pm – 8:15pm</td>
<td>10:30am – 11:30am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Building Better Interpersonal Relationships</td>
</tr>
<tr>
<td></td>
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<td>1:30pm – 2:30pm</td>
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</tbody>
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Visit https://ssw.uta.edu/schedule/conferences/SSWConnectionsMaterials. niektóry

EVENTS

University of Texas at Arlington
School of Social Work
Graduation Reception

Celebrating your academic achievements

Saturday, August 13, 2022
11:00 am – 1:30 pm (come & go)
School of Social Work
Building B, Room 107
211 S. Cooper St., Arlington, TX 76019

Please join us for sandwiches and refreshments prior to the 3:00 pm Commencement Ceremony!

SSW Community of Caring

Join us in a brave space for the UTA School of Social Work community (students, staff, faculty) to support one another as we face local and global injustices. This month focuses on Roe v. Wade.

Friday, July 15, at 10:00 am to 11:00 am
Virtual Event
ACADEMIC OPPORTUNITIES

IPE Distinction Certificate

Interprofessional education (IPE) is "when students from two or more professions learn about, from and with each other" (WHO, 2000).

Have you participated in IPE activities while attending UT?

Want to be recognized for your hard work?

Apply for an IPE Distinction Certificate!

Requirements:
- Must have completed at least two IPE activities while attending UT.
- Must be able to discuss the IPE activities in which you participated.
- Submit a copy of your resume that includes the IPE activities.
- Submit an example cover letter explaining how IPE has helped you to prepare for a job.

To fill out an application:
Click HERE!

Applications are due: July 15, 2022

Questions?
Contact: Professor Tracy Orwig
tracy.orwig@utexas.edu

Introducing the 1st Annual SOCIAL WORK AND LAW National Symposium

Strengthening Pathways and Partnerships to Advance Empowerment, Justice, and Change

One Day Virtual Event
Friday, September 30, 2022

CALL FOR PROPOSALS

The 1st Annual Social Work and Law National Symposium is an opportunity for students, practitioners, researchers, and policymakers to engage in meaningful discussions on topics related to Social Work and Law.

Proposals are invited for a variety of formats, including:
- Poster sessions
- Panel discussions
- Workshops
- Roundtable discussions

Deadline for receipt of proposals: June 15, 2022

For inquiries and proposal submission:
ccsymposium@gmail.com

CALL FOR EXHIBITORS

Exhibitors for the Social Work and Law Symposium are invited to participate in the virtual exhibit area. This is a unique opportunity to showcase your organization, program, or project to attendees of the symposium.

Exhibit space includes:
- Digital banners
- Booths for virtual networking

For more information, contact:
symposium@utexas.edu

VOLUNTEER OPPORTUNITIES

WE WANT YOU!
Graduate Student Leader Program

BECOME A GSL

Do you enjoy:
- Networking with SSWi faculty and staff?
- Mentoring fellow MSW students?
- Learning new advocacy and communication skills?

JOIN OUR MSW GRADUATE STUDENT LEADER PROGRAM!

Click HERE to Apply TODAY!

Become a Conference Volunteer

Internationally recognized, the Crime Against Children Conference is the premier conference of its kind providing mandatory and interactive instruction to those fighting crime against children and helping children heal. As the last in-person event in 2019, we hosted 5,500 attendees from all over the world.

Volunteer Responsibilities and Expectations:
- Assist with check-in, registration, food, and scoping.
- Assist with program support.
- Assist with event logistics.

Volunteer Time Commitments:
- Thursday, August 5:
  - Volunteer Training: 9:00 AM to 9:15 AM
- Monday, August 9:
  - Volunteer Registration: 9:00 AM to 5:00 PM
- Monday, August 9:
  - Volunteer Training: 9:00 AM to 9:15 AM
- Tuesday, August 10:
  - Volunteer Registration: 9:00 AM to 5:00 PM
- Tuesday, August 10:
  - Conference Event: 9:00 AM to 5:00 PM

Please note:
- Volunteers are provided with a badge and a name tag.
- Volunteers must be available for the full three-day event.

Volunteer Contact:
ccvolunteer@utexas.edu

PERMISSION TO CHECK RECORDS

Parent permission is required for any participant under the age of 18.

Contact Information:
ccvolunteer@utexas.edu

Tarrant Area Food Bank

TAFB

Volunteer Today!

www.tafb.org

TAFB

www.tafb.org

TAFB
Trauma Therapist

Overview

Date Posted: 6/23/2022
Job Code: THRTDSP
Position Type: Exempt
City: Fort Worth
State: TX
Country: United States of America
Category: Direct Care - Clinical Therapist/Social Work/Case Worker
Requisition Number: 8977
Position Number: 12493

Click here for more information
Required COVID-19 testing and new protective measures for Spring 2022 (English and Español) (uta.edu)
Classroom density, updated info from university on testing and return to campus

Covid-19 Vaccine
Contact covidvaccine@uta.edu with any questions.
If the dates and times of these clinics don’t work for you, the COVID-19 vaccine is free and widely available in Arlington and surrounding communities. To find a vaccine or booster near you, enter your zip code into the CDC’s COVID-19 vaccine finder.
Click Here for more information.

As a phoenix rises from the ashes...

If you are a student in recovery from substance use? If so, you may be eligible to offer feedback on a new VR based tool for substance use treatment. Click here for more information.

Research Participation Opportunity
Volunteers needed for an exploratory survey of childhood experiences and well-being in transition-age youth.

Volunteer Information
You are invited to participate in a survey that examines the relationship between childhood experiences and well-being in transition-age youth. Participation is entirely voluntary, and you may withdraw at any time. Your responses will be reported in aggregate form.

Are you a student in recovery from substance use? If so, you may be eligible to offer feedback on a new VR based tool for substance use treatment. Click here for more information.

Thank you for your interest and participation! We understand that your time is valuable. Participants who complete the survey will be entered into a raffle for one of ten $20 Amazon gift cards.

If you have any questions, please contact the research team at katherine.fahrenthold@uta.edu
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.

Emergency Assistance Fund

UTA students with a temporary financial hardship resulting from a sudden emergency may apply for financial help.

Get Microsoft 365, The Wall Street Journal and Other Apps FREE with your student email!

How to gain access to SSW writing resources: Advising & Student Success Canvas

UTA/Tri-C Food Pantry Distributions

Currently distributing groceries on Thursdays only, from 9-11:45 a.m. and 2-4:45 p.m. 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.

If you have any questions or content suggestion for the newsletter, please contact Olga Carrillo: Olga.carrillo@mavs.uta.edu

“You must not be fearful about what you are doing when it is right”
— Rosa Parks