World Heart Day is September 29!

September 29 is World Heart Day, where it strives to bring awareness to cardiovascular disease, including HOW to prevent it!

Heart disease is the leading cause of death in the world. According to the World Health Organization (WHO), nearly 18 million people die each year from heart-related issues.

**Risk Factors that increase the chance of a heart attack or stroke**

• Tobacco use
• Unhealthy diet
• Obesity
• Physical inactivity
• Hypertension
• Harmful use of alcohol

**How to Observe:**

• Fund-raising and sporting events
• Free heart health checks
• WORLD HEART DAY: SPOTIFY PLAYLIST
• Join the World Heart Day Challenge

Sources: [https://world-heart-federation.org/world-heart-day/](https://world-heart-federation.org/world-heart-day/)
Get to know our Student Leaders!

Hello fellow Mavs! My name is JC Chang. I am from Puerto Rico, also known as the “Isla del Encanto”, I obtained my undergraduate degree in Forensic Science with a minor in Chemistry from Virginia Commonwealth University and my master’s degree in Healthcare Administration specializing in Human Resource Management from Colorado State University-Global Campus. I briefly worked as a fingerprint technician and forensic DNA analyst prior to enlisting in the United States Air Force. During my time in the USAF, I served as a Bio-Terrorism Microbiologist and Medical Technologist. I currently work full-time as a Medical Laboratory Scientist in the DFW area. On my free time, I enjoy reading, playing board-games, traveling, hiking, cooking, swimming, gardening, and spending time with my wife and our three fur-babies (dogs).

Working in the healthcare field during a global pandemic has kept me very busy these past few years and especially now as we deal with new variants and the upcoming flu season. As an OIF Veteran and current healthcare professional, I have witnessed firsthand the emotional strain and stress that first responders and military personnel undergo while performing their jobs. I have seen the difference a social worker can make in the lives of individuals in their time of need. I hope that with this MSW degree, I can help others overcome difficult situations, build resilience, and develop healthy coping mechanisms. I am interested in specializing in Mental Health and Substance Abuse. I am currently in my third semester of my foundation year here at UTA, where I am completing my internship as part of the Graduate Student Leader (GSL) Program. I am looking forward to learning from and engaging with the faculty and staff of the MSW program and my fellow peers. As a GSL, I have enjoyed assisting students get connected and find the resources they need to successfully navigate the MSW program here at UTA. I wish everyone a great semester!

Interested in becoming a GSL? Click here!
Hello Mavericks, I hope y’all have had a great weekend! This week I found myself searching through asking a few of my personal friends this question…. How do you make friends as an adult? When I pondered this myself, I thought “I connect with people through school and work!”. But is that the only way I know how to socialize? I then remembered my life after I graduated with my BSW and took a year to continue into the Masters program. I noticed that the friends I had made during my undergraduate career were often just a memory. I had then picked up a job that required very little social interaction or group settings. This had made my process of making friends difficult. I found myself lonely and a bit out of place at this time in my life.

The “Happiness Lab” Podcast by Dr. Laurie Santos puts into perspective that “friendships don’t just happen as much as we like to believe”. In the podcast she states, “Loneliness is a far more common and far more serious problem than we think. It affects one in five Americans and takes a toll on our bodies and minds. To thrive we need to several types of social interactions – both casual and more intimate.” But how do we achieve them? We need a mixture of the three types of loneliness such as intimate loneliness- lacking a close confidant, relational loneliness- when we experience the absence of friendships, and collective loneliness- when we don’t have the benefit of identity in a group. A few tips they gave was: join a workshop or volunteer (where you can find people who share the same values as you).

Give the podcast a listen and learn about the “Secret to Making Friends as an Adult” by building community.

-Olga Carrillo, MSW Foundation Student

**Course Spotlight**

**Environmental Justice & Green Social Work**
**Fall 2022**

*All readings are free! No textbook to purchase!*

**Course:** SOCW 3310 (Undergraduate) / SOCW 5310 (Masters)
**Modality:** Online - Asynchronous (with reduced lectures and optional live sessions)
**Instructor:** Karen Magrunder, LCSW-S

*Topics include:*
- Environmental Racism
- Ecological issues for children, older adults, women, and low-income populations
- Climate-induced Migration
- Natural Disaster Response
- Health & The Environment
- Ecotherapy for Mental Health
- Environmental Policy
- Micro and Macro Level Advocacy Strategies

**Important Dates**

- **Oct. 3**– Field Applications OPEN
- **Oct. 28**– Last day to drop classes; submit requests to advisor prior to 4:00pm
- **Nov. 23**– No classes scheduled
- **Nov. 24**– Thanksgiving Holiday
- **Nov. 25**– Thanksgiving Holiday – Field Applications Close
- **Dec. 6**– Last day of classes
- **Dec. 7**– Student Study Day (no classes)

NEW FIELD ADVISOR UPDATE ON PAGE 4!

*Sharon & Natalie will be splitting MHSU students!

**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 5356 Cognitive Behavioral Interventions**

Learn practical tools for engagement, assessment and intervention using this popular, evidence-based approach!

**Format:** Online Asynchronous
**Instructor:** Karen Magrunder, LCSW-S

Questions? Email karen.magruder@uta.edu

**Prerequisite:** SOCW 5311

**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. Sherece Shavel, Assistant Professor of Practice

**Email for more information**
sherece.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.

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Feeling a bit lost? Start with your Graduate Student Leader!

Don't know who that is?

Email [Martaya Brown](mailto:) or [Lecia Edwards](mailto:) to get connected!

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**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.

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**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:). 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 CLOSED. See the Fall 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!

- Aging & Health (Interim Field Advisor for Mental Health last names A-L)
  - 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](#)
- BSW/BSSUT (Interim Field Advisor for Mental Health last names M-Z)
  - Field Advisor: Sharon Martin
  - 1st & 3rd Wednesday of the month, 3:30-4
  - [Click here to join the meeting](#)

*Update* Foundation: Andrea Jameson-[andrea.jameson@uta.edu](mailto:)
GET INVOLVED

JOIN THE SOCIAL WORKERS FOR CHILDREN AND FAMILIES STUDENT ORGANIZATION!

Join a new student organization for students interested in working in the social work field with children and families!

- Network with other UTA students
- Have guest/professional visits within the social work field

For those interested in joining, please reach out to:
Oscar Aguilar at oscar.aguilar1@uta.edu or via Microsoft Teams.

STUDENTS FOR GLOBAL CHANGE (SGC)

Interested in making an impact regarding social injustice? 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) TOOLS VIRTUAL MEETINGS EVERYBODY’S WELCOME!

To participate, please register:
https://forms.gle/tBNyflg5B1B54tg

Follow us @SGCUTA - Students for Global Change

Email us at sgc.uta@gmail.com

PRIDE IN OCTOBER AT UTA

LGBTQ+ PROGRAM - RANSOM HALL 301 - LGBTQA@UTA.EDU

Celebrate HISPANIC HERITAGE MONTH WITH UTA SPECIAL COLLECTIONS

INTERESTED IN MACRO SOCIAL WORK?

STUDENT ASSOCIATION FOR MACRO SOCIAL WORK (SAMSW)

OCT 3, 2022 @ 7PM

Fall Meetings: 7-8pm via Teams
October 3 (First Monday)
November 7 (First Monday)
December 5 (First Monday)

Peer Support & Professional Development for CAP Concentration, MSW Leadership Certificate, and BSW students

Click or Scan to Register!

For questions, email monica.canizares@mavs.uta.edu

SSW CAP GRADUATES

SAMSW IS COLLECTING ALUMNI CONTACT INFORMATION FOR A CAP ALUMNI NETWORK

SCAN OR CLICK TO REGISTER!

Study Abroad: Kenya

Must be a UTA Student
Must be in good academic standing

Program Dates: Summer 2023

Eligibility

Program Overview

- Interactive learning
- Travel with experts in the field
- Earn 3 Course Credits
- Travel to UTA and in Kenya
- Acquire UTA degree plan
- Enhance understanding of the education in international context

Estimated Costs

- Housing & Meals
- Travel & Tourism
- Airfare
- Insurance

Program Leaders

- Institute of International Education
- Texas A&M University
- University of Pretoria
- University of Nairobi

Program Highlights

- Visit the Elmenteita Crater larger than both Everglades and 3rd largest in the world
- Explore the Taita Hills National Park
- Experience the City of Nairobi

EVENTS

"Change is Upon Us"

THE DOCUMENTS OF UT-Arlington's Integration in 1962
UTA Library Atium
August 22 - September 30, 2022
PROFESSIONAL DEVELOPMENT TRAININGS

**MAY ALLY 1.0**
In-person (Library Parlor)
Thursday, September 29
at 10:00am to 12:00pm

**GLOBAL ENGAGEMENT - INTERCULTURAL COMPETENCY TRAINING**
Virtual Only
THURSDAY 10/20/2022, 10:00 AM – 11:00 AM

**CMAS Speaker Series: José Ralat**
The Center for Mexican American Studies hosts José Ralat speaking on “The Fluid Taco: The adaptive Tortilla in the United States of America.”
IN PERSON
Tuesday, September 27 at 12:00pm to 1:30pm
Library Parlor, Central Library

**TEAL TALK TUESDAYS**
JOIN RVSP PEER EDUCATORS AND INTERNS IN TAKING A STAND AGAINST RAPE CULTURE!
Tuesday, September 27 at 12:00pm to 1:30pm
Guadalupe Room, University Center, Guadalupe

Visit the Diversity, Equity & Inclusion Professional Development UTA Website!
We’re seeking transfer students who want to boost their resume and career options with Power Skills and Tech Skills. No matter what your major, we can provide the path to a lucrative and fulfilling career. Click here to register!

**ACADEMIC OPPORTUNITIES**

**MavMentors Training**
Learn how to join UTA’s mentor program, MavMentors, and connect with UTA alumni and industry leaders to help guide your career journey.
Monday, September 26 at 10:00am to 11:00am
Virtual Event

**Road To Recovery: Trauma Informed Care**
Applications Open for 2023
The Texas Center for Disability Studies is offering an exciting training opportunity – FREE to selected applicants. The Center is recruiting applicants to become master trainers of the Road to Recovery: Supporting Children with Intellectual Developmental Disabilities Who Have Experienced Trauma.

The virtual training offers CSS professionals, mental health professionals, family members, educators, direct care workers and others valuable insights into how to support children with intellectual and other developmental disabilities in healing from trauma.

Interested in becoming a trainer?
Complete the application on disabilitystudies.utexas.edu/R2R
Deadline to submit your application is November 14, 2022.
Questions? Contact c2irods@gmail.com.

**Volunteer TODAY**

**Tarrant Area Food Bank**

**Hispanic/Latinx Heritage Month!**
September 15th-October 15th

Beans & Rice
Canned Fruits (i.e., mango, guava, peaches)
Salba
Mele Bases
Canned pickled chilies
Tortillas (i.e., corn & flour)
Cooking oils & Spices (i.e., cumin, oregano, chili powder)
Tostadas

All donations can be dropped off to the Interfaith & Family Impact Center, 121 N. Glendale Ave.
Questions? Email HISPANA@IIE.edu
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

ABOUT US
As the public hospital for Dallas, Parkland has been providing exceptional care stretches back for over a century. Today, many of Parkland’s specialty areas have garnered national achievements in care, research, and technological innovation.

CURRENT OPENINGS:
• Social Worker (BSW) - bilingual Spanish
• Social Worker (LMSW)
• Mgr, Social work

CONTACT
Gillian Williams
214-590-8269
gillian.williams@phhs.org
ParklandCareers.com
5200 Harry Hines Blvd., Dallas, TX, 75235

BENEFITS
Healthcare
• Medical
• Dental
• Vision
• Life Insurance
• Flexible Spending Account
• Disability
• Pet Insurance
• Supplemental Insurance
• Dependent Care Flexible Spending Account

Financial
• Pension
• 401K up to 6% Match
• Legal Insurance
• Tuition Reimbursement
• Federal Loan Repayment Program
• Milliman Financial Advisor Support for Retirement
• Employee Assistance Program

Benefit
• Discounts
• Fitness Program
• Weight Loss Support
• Auto & Home Insurance

Additional Benefits
• Employee Health Center
• Pharmacy
• Expectant Mothers deliver for free *
• Child Care
RESEARCH

Social Work Course Guides

Student Research Opportunity Center

STAY SAFE

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.

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

As a phoenix rises from the ashes...

"If you are militarily connected, 18 or older, and have transformed your trauma into a personal growth experience contributing to the growth and transformation of others, you may be eligible to participate in a research study.

RECRUITING PARTICIPANTS FOR TRANS AND NONBINARY EXPERIENCES IN SOCIAL WORK EDUCATION

Requirements:
- 18 years old or older
- Identify as gender diverse (such as trans, two-spirit, nonbinary, agender)
- Are either:
  - A) a social work student in the last two years (current, withdrawn, or graduated) OR
  - B) social work faculty (part time or full-time) teaching within the last two years

Expectations:
- Complete one 30-45 minute Zoom interview about your experiences in social work education as a gender diverse person.

Compensation:
20-30 people will complete the interview and receive a $15 gift card by email.

INTERESTED? Contact M. Killian Kinney (he/him) at markkinni.uiuc.edu or Richard Brandon-Friedman (he/him) at rifriedm@ui.edu

Daily Self-Check before Coming to Campus

If you experience any symptoms that are new, worsening, or not normal for you, please remain at home.
UTA Academic Calendar

Social Work Program
(Formerly Office of Students with Disabilities)

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 TAOconnect.org

MAVS TALK 24HR CRISIS LINE
Call. (817)272-0235

M A V S T A L K
24 HOUR CRISIS LINE

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

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