

# SOCIAL JUSTICE SPOTLIGHT

#### On October 27<sup>th</sup> we celebrate National Navy Day!

On this day, we celebrate those who served the United States' Navy. The United States Navy (USN) is a branch within the Armed Forces. The Navy currently stands as the largest populated force within the US Military.

Throughout the Revolutionary War, the Navy branch have grown and maintains 40 naval bases in the United States.

Let us recognize Navy Day by visiting a museum that is filled with history about the branch. Discover more about the training, fleets, and where they sail around the world.

Want to know more? Click Here

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## STUDENT SPOTLIGHT



## <u>Get to know our Student</u> <u>Leaders!</u>

Hello Mavs! My name is Olga Carrillo and this is my second semester serving as a Graduate Student Leader (GSL) and completing my internship with the program as well! I received my bachelor's in Criminal Justice from the University of Texas at Arlington in December 2020. I am now pursuing my MSW here at UTA and enter direct practice in Mental Health and Substance Abuse. I have previously interned with the Relationship Violence and Sexual Assault Prevention program here at UTA. I loved the hands-on experience and thus shaped the shift into the social work world. In my free time, I love traveling and trying anything once (especially food)!

# Interested in becoming a GSL? Click here!

## YOU MATTER

#### Positive Affirmations & Why You Should Practice Them

Hello Mavericks and welcome back to another "YOU MATTER". This column is intended to bring encouragement and talk about topics that include us all. As students, we experience a lot! A lot of us work, have children, families, and all life events to juggle in between schoolwork. If you haven't heard it today or told yourself: you are doing a great job, keep pushing for your goals!

In today's topic we'd like to discuss positive affirmations. Do they really work? Is there a science behind it? Positive affirmations are positive phrases/statements that counter negative thoughts or feelings. After you find a positive statement about yourself, you repeat it as many times as you may need. It sounds awkward if you've never tried it, but once you get started it has the potential to bring your selfesteem up and motivate you. A theory that highlights the science behind positive affirmations is the selfaffirmation theory.

This theory has three key ideas: First, through selfaffirmation, we keep up a global narrative about ourselves. Secondly, self-affirmation theory argues that maintaining self-identity is not about being perfect but rather we be competent in areas we personally value. Lastly, we maintain self-integrity by acting authentically to the positive affirmations we do say. We don't say "I am a smart student" because we want to receive that phrase, rather we say it because we deserve it for acting in persistent ways to that personal value of ours.

#### To read more click these

links: https://positivepsychology.com/dailyaffirmations/ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC 4814782/#:~:text=Self%2Daffirmation%20theory%20posits%2 Othat,competence%20are%20met%20with%20resistance. http s://positivepsychology.com/self-efficacy/

> Olga Carrillo MGW Graduate Student Intern - the University of Texas at Arlington

### Graduating? Check your Outlook MyMav!



# GRADUATING THIS SEMESTER?

# TAKE THE EXIT SURVEY



### IMPORTANT DATES

#### FALL 2022

- 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)
- Dec. 16- School of Social work Graduation, 6:30
   PM
- Field advisors POWER HOUR UPDATED
- <u>\*Sharon & Natalie will be splitting MHSU</u>
   <u>students!</u>
- IPE DEADLINE November 11<sup>th</sup> (Page 8)
- Focus Group opportunity on page 9!

### 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 <u>here.</u>
   InPlace fee is due on the first day of class



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 <u>here</u>. 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 <u>Martaya Brown</u> or <u>Lecia</u> <u>Edwards</u> to get connected!

#### LICENSING

- If you're in your final semester and want to get started on applying to ASWB to take the LMSW licensing exam, <u>click here</u> to request the Dean's Letter for Licensure, which UTA will send to ASWB. More info can be found <u>on the ASWB site</u> and our <u>SSW licensure page</u>.
- 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



- InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL. <u>https://inplace.uta.edu/</u>
- 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.
- <u>InPlace Training</u> and <u>Logbook Training</u> can be found here!
- Field forms are available here!
- <u>Field FAQ</u>
- If you are having technical difficulties with InPlace please email <u>sswfield@uta.edu</u> 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 & Health (Interim Field Advisor for Mental Health last names A-L)
  - Field Advisor: Natalie Mangham
  - 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month, 2-3 pm
  - Click here to join the meeting
  - CAP & Children & Families
    - Field Advisor: Monica Brown
    - 1<sup>st</sup> & 3<sup>rd</sup> 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
  - <u>Click here to join the meeting</u>

#### Foundation

- Field Advisor: Andrea Jameson andrea.jameson@uta.edu
- 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, 6-7 pm
- <u>Click here to join the meeting</u>



# **Student and Academic Affairs**

#### **MSW Student Guidance Protocol**

Do you have questions about the MSW program, registration/course information, your degree plan, field, graduation, or something other about the MSW program? Are you having issues navigating your class information or have instructor questions? Follow the steps below to get the answers you need quickly!



#### $\rightarrow$ Step I: Initial point of contact

- 1. Registration issues, degree plan, graduation information:
- 2. Questions about field:

Academic Advisor



• Still have questions, then: Field Advisor



- 3. General questions about MSW program:
  - Reach out to a <u>GSL</u> (Graduate Student Leader) • Still have questions or other program issues:
  - Reach out to the Office of Graduate Programs:
  - Dr. Joyce White



Ginger Jackson

4. Questions about your course assignments, Canvas, syllabus:

• Reach out to your instructor first (see Canvas for details)

 $\rightarrow$  Step 2: Second point of contact

Still need answers after initial point of contact or issue not resolved from step 1?

- Academic Advising and Field Education Concerns:
  - o Ms. Patrice Green, Manager of Student Success & Advising

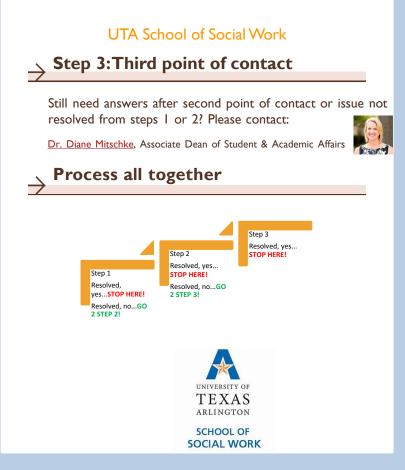


- Course or instructor issues:
  - o Dr. Amanda Hassan, Assistant Dean of Academic Affairs



- Graduate program issues:
  - o Dr. Diane Mitschke, Associate Dean of Student & Academic Affairs





### **JOB OPPORTUNITES**

#### 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**







# RESOURCES

