On October 27th 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](#)
Get to know our Student Leaders!

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!

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 self-esteem up and motivate you. A theory that highlights the science behind positive affirmations is the self-affirmation theory.

This theory has three key ideas: First, through self-affirmation, 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/daily-affirmations/  https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4814782/#text=Self%20affirmation%20theory%20posit%20that,competence%20are%20met%20with%20resistance. http://positivepsychology.com/self-efficacy/
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
- *Sharon & Natalie will be splitting MHSU students!
- IPE DEADLINE November 11th (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 [here](#).

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 [here](https://inplace.uta.edu/). 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](mailto:martaya.brown@uta.edu) or [Lecia Edwards](mailto:lecia.edwards@uta.edu) 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, click [here](https://inplace.uta.edu/) 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](https://inplace.uta.edu/) 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/](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.

**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 Tuesday of the month, 2-3 pm
  - [Click here to join the meeting](https://inplace.uta.edu/)
- CAP & Children & Families
  - Field Advisor: Monica Brown
  - 1st & 3rd Wednesday of the month, 4-5 pm
  - [Click here to join the meeting](https://inplace.uta.edu/)
- 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](https://inplace.uta.edu/)
- Foundation
  - Field Advisor: Andrea Jameson
  - Andrea.Jameson@uta.edu
    - 1st and 3rd Thursday of the month, 6-7 pm
    - [Click here to join the meeting](https://inplace.uta.edu/)
EVENTS

UTA Drag Show
Join us for the main event for UTA’s Pride Month, Tuesday, October 25th, in University Center Rosebud for our EPIC DRAG SHOW! Doors open at 6:30 pm!
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 else 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!

Step 1: Initial point of contact

1. Registration issues, degree plan, graduation information:
   • Academic Advisor

2. Questions about field:
   • Reach out to your field liaison:
     o Still have questions, then:
   • Field Advisor

3. General questions about MSW program:
   • Reach out to a GSL (Graduate Student Leader)
     o 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)

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:
  • Ms. Patrice Green, Manager of Student Success & Advising

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

• Graduate program issues:
  • Dr. Diane Mitschke, Associate Dean of Student & Academic Affairs
UTA School of Social Work

**Step 3: Third point of contact**

Still need answers after second point of contact or issue not resolved from steps 1 or 2? Please contact:

**Dr. Diane Mitschke**, Associate Dean of Student & Academic Affairs

**Process all together**

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** JOB OPPORTUNITIES **

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**Trauma Therapist**

<table>
<thead>
<tr>
<th>Overview</th>
<th>Date Posted: 6/23/2022</th>
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<tbody>
<tr>
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<tr>
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<tr>
<td>Position Number: 12493</td>
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</tbody>
</table>
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!

Study Abroad: Kenya

Application Deadline: March 2023

Program Overview:
- Network with locals and students
- Explore Maasai culture
- Experience the City of Nairobi

Eligibility:
- Must be UC7 student
- Must be enrolled full-time

Program Dates: Summer 2023

Volunteer Opportunities

WE WANT YOU!

Graduate Student Leader Program

Do you enjoy:
- Networking with SSW 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!

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 EDI 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 r2rinfo@gmail.com.

SSW Graduate Certificates

Certificates are a great way to gain specialized expertise while earning your degree. Talk to your advisor today about adding a certificate to your plans to full.

Administrative Leadership

Project Leadership

Organizational Leadership

Community Leadership

Military Social Work

Family Care

To fill out an application CLICK HERE!

IPE Distinction Certificate

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

Have you participated in IPE activities while attending UTA?

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 UTA.
- Must be able to discuss the IPE activities in which you participated.
- Submit a copy of your resume that includes the IPE activities.

Applications are due: November 11, 2022

Questions? Contact: Professor Tracy Orwig traciw@uta.edu

Volunteer TODAY

The University of Texas at Arlington
The School of Social Work Presents
3rd Annual
Fall Harvest & Trunk-or-Treat

Saturday, October 29, 2022
505 Doug Russell Rd, Arlington, TX 76010
UTA Parking Lot 49
Corner of S. Cooper & Doug Russell Rd

Volunteers Needed 2 pm - 7 pm
Short Training Session on Friday, October 28 via Teams
Register to Volunteer Here: tingurl.com/SSWHarvestVolunteer

Questions? Contact Jamiel Martinez
SSWSpecialEvents@uta.edu OR (817) 272-5226

UTA Food Bank
Tarrant Area Food Bank

Click here to register!
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

Click Here for more information.

RECRUITING PARTICIPANTS FOR TRANS AND NONBINARY EXPERIENCES IN SOCIAL WORK EDUCATION

Requirements:
1. 18 years old or older
2. Identify as gender diverse (such as trans, two-spirit, nonbinary, agender)
3. 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. Julian Knight (they/them) at mknigh@iu.edu or Richard Brandon-Friedman (he/him) at rbfriedm@iu.edu

FOCUS GROUPS

COME MINGLE WITH FELLOW GSL5, PLAY A FUN INFORMATIONAL KAHOOT & LEARN MORE ABOUT IUTA’S SCHOOL OF SOCIAL WORK GRADUATE CERTIFICATE PROGRAM!!

TUES. NOV 8TH  THURS. NOV 10TH
START AT 12:00PM  START AT 6:00PM

Any Questions?
Contact
Vartineh Lerwill
Marlaya Brown
Hilsa Moheke
Olga Carillo

click here for more information
RESOURCES

UTA Academic Calendar

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

MANAGING STRESS AND ANXIETY DURING COVID-19

Therapist Assisted Online (TAO)
Visit TAOconnect.org

Mavs Talk 24hr Crisis Line
Call (817) 272-0255

Dreamers Welcome

In Crisis? Text HELLO to 741741

Follow us on Social Media

Social Work Program
(817) 272-2135

SAR Center
(Formerly Office of Students with Disabilities)

Evidence-Based Practice Research Guide

Evidence-Based Practice Research Guide

UTA Library
Accessibility

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.

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

UTA Counseling and Psychological Services (CAPS)

Thrive App
Download "Thrive at UTA" on App Store or Google Play

Our Services

Research & Training
T1D Education & Support
Student-Centered Service Model
Specialized Services
Student Development Services
Support Groups

The University of Texas at Arlington Counseling and Psychological Services (CAPS) strives to provide a safe and welcoming space for all students to explore, manage, and improve their mental health. CAPS offers a variety of services and resources to support students in their personal and academic success.

UTA is a COMMUNITY THAT CARES

UTA Library
Accessibility

On-Demand & Live Fitness Classes

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