Charity Goat Yoga as a Stress Reliever?

Christine Highfill (UTA SSW PhD Candidate) & Dr. Donna Schuman (UTA SSW Assistant Professor) had attended a Charity Goat Yoga event on October 15th. The experience is a wonderful stress-relieving one! We want to give a shout out to Teri Berbel, a UTA MSW intern that goes above her regular internship duties and serves as goat yoga extraordinaire at her internship site, The Hope Place.

Are you interested?

Classes are each $45 dollars and are held on the 3rd Saturday of each month from 9:30 AM to 11:30 AM at The Hope Place, 7601 Gibson Cemetery Rd. Mansfield, TX 76063. The next class is November 19th for those interested.

The proceeds go to fund mental health treatment for veterans and first responders, and their families (Pine Trees Counseling Center, 501c3.)


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Get to know our Student Leaders!

Hello Mavs! My name is Hilda Moke and I am an MSW Foundation student at UTA. I graduated with a BA in Political Science in 2005. After joining the workforce, I took a long time to return to student life. In January 2021, I took a leap of faith and started my first semester at UTA. The UTA MSW program has exceeded my expectations and is helping me reach the goals I have set out to accomplish. I hope to pursue Direct Practice in Mental Health and Substance Misuse as a concentration. Upon graduation, I plan to work towards my LCSW. I have a passion for wellbeing and self-care practices that promote body, mind, and soul alignment. In my future work as an LCSW, I would like to integrate mindfulness and eastern modalities to help clients improve their nervous system regulation and overcome trauma. For the past 15 years, I have worked as a federal probation officer. Although I love working for the courts, I look forward to the day I can begin serving people as a licensed clinical social worker. At this moment, I am enjoying working as a GSL and the engagement it brings with both the UTA MSW School and its student body.

Interested in becoming a GSL? Click here!

STUDENT SPOTLIGHT

Affirmation

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:
- Positive Affirmations
- Self-Affirmation
- Self Efficacy theory

YOU MATTER
**FALL 2022**

- 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!

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**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.*
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!

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 & 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
- CAP & 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
    - andrea.jameson@uta.edu
    - 1st and 3rd Thursday of the month, 6-7 pm
    - Click here to join the meeting

LICENSES

- 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

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.conchezes@utayta.edu

SSW CAP GRADUATES

SAMSW IS COLLECTING ALUMNI CONTACT INFORMATION FOR A CAP ALUMNI NETWORK

RSVP

SCAN OR CLICK TO REGISTER!

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/professionals visits within the social work field. For those interested in signing up, please reach out to Oscar Aguna via email at oan@uta.edu or on Microsoft Teams.

MAVERICKS LEARNING

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 AT 5 PM | TEAMS VIRTUAL MEETINGS | EVERYBODY’S WELCOME!

To participate, please register: https://forms.gle/8NkFg95s3BfEXx96

Follow us @SGCUTA - Students for Global Change
Email us at sgc.uta@gmail.com

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 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!

⇒ 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
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
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**

**STEPHANY JUNE BRYAN**

**BOLD SPIRIT OF ACHIEVEMENT SCHOLARSHIP**

**Study Abroad: Kenya**

**PROGRAM OVERVIEW**
- Intercultural learning
- U.S. and a global view
- Pan-African Studies
- Land, Life, and History
- Global Mapping
- Experience the City of Nairobi

**Application Deadline:** March 2023

**Eligibility**
- Must be U.S. Student
- Must be accepted for Spring term

**Program Dates:** Summer 2023

**Estimated Costs**
- Tuition: $5,000
- Room and Board: $5,000
- Travel: $2,000
- Additional: $1,000

**IPE Distinction Certificate**

Interprofessional education (IPE) is “when students from two or more professions learn about, from and with each other” (AHEA 2003).

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 these IPE activities.

To fill out an application CLICK HERE!

**Applications are due: November 11, 2022**

Questions? Contact: Professor Tracy O'neill tracy@uta.edu

**SSW GRADUATE CERTIFICATES**

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

**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 IDD 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 2rtrcs@gmail.com.
RESEARCH

Student Research Opportunity Center

Social Work Course Guides

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

Daily Self-Check before Coming to Campus

If you experience any symptoms that are new, worsening, or not normal for you, please stay home.

FOCUS GROUPS

GRADUATE STUDENT LEADERS

COME MINGLE WITH FELLOW GSLS, PLAY A FUN INFORMATIONAL KAHoot, & LEARN MORE ABOUT UTA’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
Varunna Lervist
Maritaya Brown
Hilta Moake
Olga Carillo

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. Julian Kimble (they/them) at markkimble@iu.edu or Richard Branton-Friedman (he/him) at rtfreedm@iu.edu
RESOURCES

**UTA Academic Calendar**

**Evidence-Based Practice Research Guide**

**SAR Center**
(Formerly Office of Students with Disabilities)

**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)272-8255

**THRIVE APP**
Download "Thrive at UTA" on App Store or Google Play

**CD MavConnect.org**

**UTA is a COMMUNITY THAT CARES**

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**Dreamers Welcome**

In Crisis?
Text HELLO to 741741

**In Crisis?**
Text HELLO to 741741

**FOLLOW US ON SOCIAL MEDIA**

**RENT**

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.

**Rental Assistance Program**

**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 Library Accessibility**

**On-Demand & Live Fitness Classes**

**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/Trif-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

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211 S. Cooper Street, Arlington TX 76019
Social Work Program
(817) 272-2135

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