

What Will We Do Without Water?

According to a recent report published in CNN, it seems that our "persistent groundwater extraction over more than a decade shifted the axis on which our planet rotates, tipping it over to the east at a rate of about 1.7 inches (4.3 centimeters) per year" (Weisberger, 2023, para. 2). While this number may seem small, and therefore insignificant, it is noted that this extraction can be connected to the rise in our sea levels, the reduction in glaciers and ice sheets, and consequently climate change (Weisberger, 2023). It is also important to understand "subterranean reserves of liquid water are finite; once drained, they are slow to replenish" (Weisberger, 2023, para. 17).

While environmental justice may not be the main motivating factor for each of us choosing social work as our lifes' work, it is important we consider it for our chosen communities of care as it impacts us all. With that being said, what do you think we can do to mitigate this issue? I strongly encourage each and every one of you to research methods of water conservation and implement them into your daily lives.

A few websites you may enjoy, include but are not limited to, Feeding Ourselves Thirsty, United States Environmental Protection Agency, and Earth Easy.

Do you have any other ideas? Please share your thoughts! You can email or Teams chat with the author at jxw9372@mavs.uta.edu.

Click here to read the Weisberger article





Meet our new volunteer!

My name is Skarlar Egans. My pronouns are she/her. I am born and raised in Texas. I have a Bachelor's degree in Family and Community Services. I have 9 vears of professional experience as a Case Manager, assisting individuals and families. I am currently in the MSW- Children and Families. I currently am a mother of 2. I am excited to join GSL to help my fellow peers. I am looking forward to helping others and becoming more connected with others in the SSW.

> Interested in becoming a **GSL?** Click here!



Grateful for Gratitude

According to The Institute of Youth Development and Excellence (IYDE), practicing gratitude contributes to better mental health, physical health, relationships and resilience! One way you can practice gratitude is by keeping a gratitude journal. How does one journal with gratitude you may ask? Simple, think about what you are grateful for and write it down on a regular basis. With time you may discover you have gratitude for something you have never truly considered before!

Here, I'll start - I am grateful for the moments which led me to this moment right here, right now, being able to write to you all via the MSW newsletter; all the mistakes, tough decisions, sweat and tears along with smiles and laughter. These are the moments that made me; that continue to make me who I am.

Now it is your turn. What are you grateful for? If you need help figuring out how to start your own gratitude journal, click here for some helpful tips.

> With love. **Jordon Ward Graduate Student Leader | Newsletter Lead** The University of Texas at Arlington

Important Dates

- July 03: Deadline to apply for summer graduation (learn more <u>here)</u>
- July 04: Independence Day Holiday
- July 10: Last day to drop classes for the 14-week summer session; submit your request in MyMav by 4pm
- July 24: Last day to drop classes for the 11-week summer session; submit your request in MyMav by 4pm
- August 09: Last day of classes
- August 10/11: Final Exams





Remote trainings for extra hours:

- Field students may complete the Tree Online Course for Case Managers' through the Substance Abuse and Mental Health Services Administration (SAMHSA) website and will provide documentation of their completion to their field lision. The online course is organized into seven modules and takes up to 20 hours to complete so students are highly encouraged to begin the course as soon as possible. Somorofas antic-motocourses/saisd-contextent-access-and-tecomine-training)
- Also, one of the GSIs has put together a list of links to online trainings and resources that you can also possibly count towards your remote hours. Please look this over with your FI and Liaion. The list is updated regularly.
 Social Work Weipinars List https://docs.goo.gle.com/spreadsheets/d/1ur/858mt0INEi.W35f4PtcwSCE pUxr2OEHdjRq4j-MA/edit?usp=sharing
- CDC Train Website has a ton of Free and Certificate websitef-paced trainings. You have to create an account to gain access (the account is free). Be sure that your students filter by 'Free' and 'Certificate' to eliminate any paid trainings. *Www.tain.org/chatachwebcome*
- 4. Texas Health Steps training <u>www.Txhealthsteps.com</u> 5. <u>*Social Work Webinars/Videos/Articles Google Sheets</u> 6. <u>http://autismpartnershipfoundation.org/courses/rbt/</u>

7. SW Competency identification. Community Mapping. Research & Policy. SWOT (see attachment) "Ted Talk: https://www.ted.com/#/recommendation

[see attachment] "Fed Talk: https://www.ted.com/#/recommendation "Front Line PBS: https://www.pbs.org/wgbh/frontline/films/ "NPR: https://www.npr.org/ https://www.npr.org/sections/codeswitch/

Independent Study podcasts - Top 25 Podcasts for Social Workers ttps://www.bestmswprograms.com/best-social-work-podcasts/ independent project

*employment as field work – Must be approved with POE, speak to





CLICK ON LINK BELOW TO SIGN UP ON EVENTBRITE!



Social Work Licensing 101





Book of the Week



It Didn't Start With You by Mark Wolynn

In this book Wolynn addresses the issue of generational trauma, or "inherited family trauma."

Be prepared to learn and understand what generational trauma is, how symptoms come to manifest and how to work through this trauma to seek resolution.

Through "visualization, active imagination, and direct dialogue [you can] create pathways to reconnection, integration, and reclaiming life and health."

Now \$12.59 on Amazon





My name is Traecia Nichols, I am the Student Success Coordinator for the School of Social Work. In my role I work with students who are facing crises and need help accessing university and community resources. This section will consist of resources that are available to you as a student. If you are in need of resources or have any questions or concerns, please contact me at traecia.nichols@uta.edu.

Crime Victim Services

The Crime Victim Services program has been implemented to provide assistance to students, faculty, staff, and visitors of UTA's campus. You do not need to have an open police case for our office to help. We want to support you the best we can during this process, and our department can offer you a variety of services:

· Crisis counseling – including on-scene response · Medical accompaniment if needed, including but not limited to SANE examinations

· Criminal justice support and information, status of case process, and court accompaniment

· Coordination with on campus services including but not limited to Title IX, Relationship Violence and Sexual Assault Prevention (RVSP) office, Student Affairs, Student Conduct, and Counseling

and Psychological Services (CAPS) · Information and referral to local social service

providers · Notification and assistance applying for Crime

- Victims' Compensation
- · Assistance with evidence return

· Personal advocacy

· Training to police officers, campus groups, and community resources

Contact information:

Phone: 817-272-9254 Address: Center for Innovation Building (CFI) 202 E. Border St. Arlington, Tx 76010



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 the button below. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

Schedule your appointment here

Connections Lab

Think Strategically About Where to Study!

While a coffee shop with friends may be more fun and appealing, think about what you need to focus and effectively.

Click here for tips on "Study Habits, Time Management, and Staying Focused"

Schedule your tutoring session here

Field Placements

- 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!

Advanced Children & Families, Advanced CAP, Advanced Aging & Advanced Health

- Field Advisor: Monica Brown
- 1st & 3rd Wednesday | 4pm 5pm

Advanced Mental Health/Substance Misuse

- · Field Advisor: Sharon Martin
- 1st & 3rd Thursday | 3pm 4pm

Join your advisors' Power Hour here

Graduate Student Leader (GSL)

GSLs serve as advocates and communication facilitators for MSW students, fielding questions about all aspects of the graduate experience, including advising, field, registration, orientation, scholarships, deadlines, program policies, and more. You may reach out to your GSL by email or Teams.

If you do not know who your assigned GSL is, you may email Mary Bell (mxb8093@mavs.uta.edu), Chloe Glenn (clg1385@mavs.uta.edu), Reagan Leslie (reagan.leslie@uta.edu), or Jordon Ward (jxw9372@mavs.uta.edu).

Click here to meet our GSL's

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 <u>Licensure</u> 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.

UTA Resources

UTA Academic Calendar Evidence-Based Research Guide Webinar Library UTA Counseling & Psychology Services SAR Center Free Windows Apps with Student ID SSW Writing Resources

Suicide Prevention Lifeline **Emergency Assistance Fund Rental Assistance Program** Survivor Support Group Free & Confidential HIV Testing UTA/Tri-C Food Pantry Distribution

"There's plenty of water in the universe without life, but nowhere is there life without water." - Sylvia A. Earle

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