Studies show that those who meditate may perform better on tests and are generally more stressed. I often wonder if you are using this opportunity to meditate as much as you need to. I strongly encourage you to take time to relax before finals. I have noticed, however, that some social workers, particularly those working in crisis settings, may find it challenging to prioritize self-care.

I think it is important for us as future social workers to be aware of what is happening beyond our borders as the ongoing acts of war in Ukraine are occurring right now. On February 24th, 2022, Russia launched a full-scale invasion of Ukraine. The war has now been going on for over a year. The impact on Ukraine, including St. Petersburg, is part of the conflict. It is reported that Ukrainian President Zelensky is attempting to forcefully deport citizens to the Kherson region, and individuals from the city of Donetsk have been reported dead from a strike on an apartment building. The war has had a significant impact on the country and its people.

As social workers, we are committed to teaching/practice and holistically supporting some of the nation's most vulnerable. I believe that it is essential that we remain aware of the impact of this war. Here are some ways you can help Ukraine:

1. **Donate**: You can donate to various organizations that are supporting Ukraine. Some of these organizations include:
   - United Nations World Food Programme
   - International Committee of the Red Cross
   - CARE
2. **Send Supplies**: You can also send supplies to organizations that are supporting Ukraine.
   - Medical supplies
   - Warm clothing
3. **Protest**: You can participate in protests in solidarity with Ukraine.
4. **Support Ukrainian Refugees**: There are many organizations providing support to Ukrainian refugees. You can support them by:
   - Providing financial support
   - Providing housing or other accommodations
5. **Support Ukrainian Schools**: You can support Ukrainian schools by providing educational materials or by volunteering to help.
   - Books
   - Educational software

As you prepare for your final exams, I encourage you to take a break! This is an excellent opportunity to participate in National service, earn money to engage in internship hours, and connect with people across the U.S. who share an interest in social work. If you are in your final semester and want to get started on applying to ASWB to take the licensing exam, you can visit the LMSW licensing exam, and interested in the LCDC? Scroll to the end of this section to learn more about what you can do to help Ukraine.

Field Advisor: Andrea Jameson
1st & 3rd Thursday | 3pm - 4pm
Field Advisor: Sharon Martin
Field Advisor: Natalie Mangham
If you are having technical difficulties with InPlace please contact InPlace.
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Graduate Student Leader (GSL)
Graduate Student Leader | Newsletter Lead
Jordon Ward

Congratulations my fellow peers; we have made it this far. It is a significant accomplishment to make it this far. The hard work necessary to get to this point, and I want to congratulate you on your success. Congratulations my fellow peers; we have made it this far. It is a significant accomplishment to make it this far. The hard work necessary to get to this point, I want to congratulate you on your success.

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