Celebrate Black History Month with Us!

This February we celebrate the 47th annual Black History Month (or 37th depending on your perception – Public Law 99-244 was passed in 1986), which serves as both a necessary reminder for the significantly dark history of slavery in our nation and commemoration of all the wonderful accomplishments African Americans have achieved over the centuries since America's beginning.

The Library of Congress has published a collection called, "Voices Remembering Slavery: Freed People Tell Their Stories."

This online collection contains 61 audio recordings taped between 1932 and 1975 of 22 former slaves recollecting their experiences as Black people living in America.

To learn from our nations' history and honor the lives of those who experienced slavery on American soil you may listen to their voices here: Voices Remembering Slavery: Freed People Tell Their Stories, Available Online | Library of Congress (loc.gov).
Hello fellow Mavs! My name is Chloé Glenn. I am in my final semester of my foundation year at UTA, and I plan on concentrating in Mental Health and Substance Abuse. This is my first semester as a GSL. I received my bachelor's in psychology from Austin College and have since worked as an adult probation officer. I plan on continuing working with offenders after graduation. In my free time I love to spend time with my family, listen to crime podcasts and baking new recipes. I look forward to serving UTA as a GSL Intern this semester and am excited to contribute to the success of the MSW program!

Interested in becoming a GSL?

Click here!

YOU MATTER

Breaking Bad Habits

When starting a goal, always remember that: habits and actions are two different things. When it comes to improvement, it starts by changing the bad habits. Reaching a goal depends on what type of habits you have. It could be by losing weight, having a good GPA, graduating on time, wanting to reach higher education, etc.

In order to fix your habits, you must stay consistent and pursue the main goal. If the goal is not attainable, then the habits does not match it. Staying consistent means to take away the negative actions. This means to leave old habits to achieve your goal.

Bad friends, peer pressure, alcohol, excess fast food, staying up all night, and procrastination are a few examples of bad habits. Drinking, binging, unnecessary lack of sleep, and avoiding homework are examples of actions that are negative. In order to improve on a specific goal, then changing the habits and the actions for achievements.

By doing so, the goal is achievable! By changing your habits and actions, it is achievable to succeed for your objectives. It all starts with the mindset. What are your manifestations? What are you visualizing? Is it negative? Or is it positive?

Therefore, What are your goals and how are you going to achieve it?

Best Regards,
Andwelah Givens
BSW Student, Undergraduate Student Leader, The University of Texas at Arlington
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.

**RESOURCE OF THE WEEK**

**MAVS TALK**

MAVS TALK is a crisis line that students can utilize to speak to a crisis counselor 24/7. You can contact them at (817)272-TALK(8255).

**Contact Information**
Website: [Counseling and Psychological Services- CAPS](#)
Location(s): Ransom Hall Suite 301
Arlington, TX 76019
Maverick Activities Center Suite 212 500 W. Nedderman Dr.

**IMPORTANT DATES**

**SPRING 2023**

- Feb. 01: Census Date (Spring); Summer Field Application Open
- March 01: Last day to apply for Spring '23 graduation (there is a $60 added fee for late applications)
- March 13 – March 17: Spring Vacation
- March 31: Last day to drop classes; submit a request to advisors by 4pm
- April 03: Registration Opens for Summer 2023 & Fall 2023
- May 02: Last day of classes
- May 03: Student Study Day (No classes)
- May 04 – May 10: Final Exams
- May 12: Commencement Ceremonies (Tentative)
- May 24: Final official transcripts due for courses taken outside of UTA

**Graduating? Check your Outlook MyMav!**

- Go to your MyMav student center
- Select "Apply for Graduation" in the drop-down menu
- Pay the $40 application fee
- Complete Exit Survey
- Monitor your student email for notices from the graduation desk
- Please click [here](#) for more information regarding how to apply for graduation.
- **Additional graduation information such as attire and purchasing honor cords can be found by clicking [here](#)**
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!

Need help with an assignment?
[Click HERE to schedule a session with our Connections Lab tutors](#).

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 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

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 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, CAP & 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](#)
- Children & Families
  - Field Advisor: Monica Brown
  - 1st & 3rd Wednesday of the month, 4-5 pm
  - [Click here to join the meeting](#)
- BS/BSUT (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
  - 1st and 3rd Thursday of the month, 6-7 pm
  - [Click here to join the meeting](#)
EVENTS

WORKSHOP
Embodiment of a Success Mindset and How to Create an Emotional Wellbeing in the Business World

STEAKE TERR SCHULTZ, MS, MD
SPEAKER

THURSDAY, FEB 1ST
12PM - 1PM
UTA CEI

FIND YOUR MATCH WORKSHOP
TUESDAY, FEB 21ST
12:30 - 2PM

LOCATION: SUGG BUILDING 101

NEW STUDENT ORIENTATION
March 9th
12pm – 1:30pm
Details Coming Soon!

ACADEMIC OPPORTUNITIES

New Student Orientation
March 9th
12pm – 1:30pm
Details Coming Soon!

JOB OPPORTUNITIES

Accepted Therapy Services

Clincal Assistant
Part-Time/Full-Time Hours a Week
Clinical & Administrative Experience to Therapy. Data entry, answering phones, scheduling appointments, maintenance.

Clinical Therapist
LCSW, LUTP, LADC-P, LSW-Will Be Consulted
The Clinical Therapist Will Be An Independent Contractor. Clinical therapists will establish and maintain client focused, scheduling, providing therapy sessions, counseling, treatment plans, and progress notes.

“Accepted Therapy, we want our clients to feel seen, heard, and experience acceptance that we are here to provide a safe place for clients to examine their past, live fully in the present, and plan for the future. It is our goal to work alongside our clients every step of their journeys, celebrating victories, gaining insight, and navigating life’s demands.”

For more information or to submit your resume, email Niki at: niki@acceptedtherapy.com
www.acceptedtherapy.com

VOLUNTEER OPPORTUNITIES

SOCIAL WORK ADVOCACY DAY (SWAD) 2023
March 3, 2023
Texas State Capitol
@naswtx_advocacy
naswtx.org/saud2023

Volunteers Wanted
Learn about Native American culture while helping the community
When: March 18
Where: UTA MAC
UTA Pride

Interested in macro social work?
The Social Work Advancement Fund is accepting applications for student support and development for students interested in macro social work.

For more information or to apply, email: familie@swa.utexas.edu

Interested in child welfare?
The Social Work Advancement Fund is accepting applications for students interested in child welfare.

For more information or to apply, email: swaf@swa.utexas.edu

For more information or to apply, email: familie@swa.utexas.edu

For more information or to apply, email: swaf@swa.utexas.edu
UTA Academic Calendar

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

MANAGING STRESS AND ANXIETY DURING COVID-19
UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

THERAPIST ASSISTED ONLINE (TAO)
Visit TAOconnect.org

MAVS TALK 24HR CRISIS LINE
Call: (817)272-0255

RESOURCES
UTA Library Accessibility

SAR Center
(Formerly Office of Students with Disabilities)

In Crisis? Text HELLO to 741741
FREE, 24/7 Confidential

FOLLOW US ON SOCIAL MEDIA

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 Jordon Ward: jxw9372@mavs.uta.edu or Reagan Leslie: reagan.leslie@uta.edu

UTA Counseling and Psychological Services (CAPS)

TAOconnect.org

In Crisis? Text HELLO to 741741
FREE, 24/7 Confidential

Social Work Program
(817) 272-2135

Social Work Program
501 W. Mitchell Street, Arlington, TX 76019
(817) 272-2135

"Freedom lies in being bold."
— Robert Frost