

# SOCIAL JUSTICE SPOTLIGHT

# **Celebrate Black History Month with Us!**

This February we celebrate the 47th annual Black History Month (or 37th depending on your perception – <u>Public Law 99-244 was passed in 1986</u>), 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 Americas' 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: <u>Voices Remembering Slavery: Freed People Tell Their Stories</u>, <u>Available Online | Library of Congress (loc.gov)</u>.

## TABLE OF CONTENTS

Page 1: Social Justice Spotlight

Page 2: Student Spotlight, YOU MATTER

Page 3: Student Success Coordinator Weekly Resource, Important Dates, Graduation Information

Page 4: Advising, GSL, Licensing & Field Placement info, Field Power Hours

Page 5: Events, Academic, Job & Volunteer Opportunities

Page 6: Resources

# STUDENT SPOTLIGHT



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 <u>traecia.nichols@uta.edu</u>.

# 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: <u>Counseling and Psychological</u> <u>Services- CAPS</u> 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 dropdown menu
- Pay the \$40 application fee
- Complete Exit Survey
- Monitor your student email for notices from the graduation desk
- Please click <u>here</u> for more information regarding how to apply for graduation.
- Additional graduation information such as attire and purchasing honor cords can be found by clicking <u>here</u>



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 <u>here</u>. 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 <u>Martaya Brown</u> or <u>Lecia Edwards</u> to get connected!

#### Need help with an assignment?

<u>Click HERE to schedule a session with our</u> 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, <u>click here</u> to request the Dean's Letter for Licensure, which UTA will send to ASWB. More info can be found <u>on the ASWB site</u> and our <u>SSW licensure page</u>.
- 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



- InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL. <u>https://inplace.uta.edu/</u>
- 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.
- <u>InPlace Training</u> and <u>Logbook Training</u> can be found here!
- Field forms are available here!
- <u>Field FAQ</u>
- If you are having technical difficulties with InPlace please email <u>sswfield@uta.edu</u> 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
  - <u>Click here to join the meeting</u>
  - 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
    - 1st and 3rd Thursday of the month, 6-7 pm
    - <u>Click here to join the meeting</u>



# 

