MyMav Update – Student Gender Identity & Preferred Pronouns

According to the Trevor Project, "gender and sex exist on a spectrum, meaning that there are a lot of different ways that people can express their gender identity or sex."

Your gender identification and preferred pronouns are important and deserve to be respected by your peers and faculty, which the UTA administrative team has taken into account!

As of Thursday, January 26th, students will be able to select/update their gender identity and preferred pronouns through MyMav. This information will be available to view in MyMav on the advisor side also when updated under the students' personal information. Please review this student KB article to learn more about their process in making an update, Knowledge Base Article - Self-Service Portal (service-now.com).

If you are curious to learn more about gender identification, you may follow this link here: Understanding Gender Identities | The Trevor Project.
Hello folks! I am excited to be serving as a GSL for my foundation year internship at UTA. I am an out-of-state student currently living in New Jersey just outside of Philadelphia. My greatest personal accomplishments include being married for the last eight years and being an active father to an energetic one year old boy! Currently I work with a client through the NJ Department of Developmental Disabilities and have some additional part-time teaching responsibilities as well. I have completed an M.S. Ed. and a BA, but ultimately am seeking to transition into the social work field. I am interested in mental health and psychology and hope to gain clinical experience during my time at UTA in order to be able to transition into the therapy/counseling aspect of social work. I am also potentially interested in teaching social work or psychology in the future. In the meantime, I look forward to assisting you, helping connect you to your peers and streamlining your overall experience in the MSW program!

Interested in becoming a GSL? Click here!

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Moving Forward with Motivation

Last week we spoke about New Years goals and how important it is to maintain a positive attitude in order to attain them. Well, another important aspect to moving forward and reaching your goals is motivation!

If you are anything like me, then you know how difficult it feels sometimes to get motivated to begin working on any new goal (I mean, it is almost February and I still have not begun my exercise routine I envisioned for myself).

So, what do you do in order to get motivated?

According to Healthdirect.gov, it is important to set specific, achievable goals and develop a reasonable timeline to achieve them. You should also break your main goal up into smaller, easier tasks to accomplish and surround yourself with a positive support system.

It is also extremely important to approach yourself with positive self-talk (in other words, a positive attitude)! If you find yourself in the same boat as myself and realize you have not begun working towards a specific goal or perhaps you did start but fell off, do not fret nor treat yourself in a negative manner! It is okay, and you can get (back) on track.

You can follow this link HERE to read more on how to get/stay motivated. Whether it is exercise more, pick up a new instrument, get more involved or completing this program, you owe it to yourself to get motivated and work towards the goals you set to become the person you want to be!

Best Wishes,
Jordon Ward
MSW Student, Graduate 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**

**RVSP - Relationship Violence and Sexual Assault Prevention**

The purpose of RVSP is to empower students who are victims and survivors of relationship and/or sexual violence to seek advocacy and support with assistance through the healing and justice process. The RVSP program is part of Student Affair’s commitment to creating a Community That Cares. RSVP also has a Confidential Advocate. The RVSP Confidential Advocate, Tiffany Bland (she/her/hers), facilitates a victim-centered, social justice, and trauma-informed approach to facilitate support and advocacy services for victims and survivors of sexual and/or relationship violence. When seeking support, the confidential advocate’s priority is to ensure the student feels safe, is academically successful, and feels supported.

**Contact Information**

- Website: [https://www.uta.edu/student-affairs/rvsp](https://www.uta.edu/student-affairs/rvsp)
- Phone: 817-272-3947
- Address: Ransom Hall Suite 301 Arlington, TX 76019

**IMPORTANT DATES**

**SPRING 2023**

- Feb. 01: Census Date (Spring); Summer Field Application Open
- 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)

**Graduating? Check your Outlook MyMav!**

**CALLING SOCIAL WORK ALUMNI!**

BSW & MSW students would like to donate your cap, gown, and hood to the Lending Closet at UTA! If you would like to donate, please speak out to the contacts below.
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.

Field 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 ssffield@uta.edu and include a screenshot of the issue.

General

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 Licensing 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.

LICENSING

LICENSING

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](#)

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!
**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 TAOnnect.org

**Mavs Talk 24HR Crisis Line**
Call (817)272-0295

**UFA is a Community That Cares**

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

Visit uta.edu/caps for more information

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**Social Work Connections Lab**

Get ahead this semester by booking your appointments now!

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

**On-Demand & Live Fitness Classes**

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**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.

**Emergency Assistance Fund**
UTA students with a temporary financial hardship resulting from a sudden emergency may apply for financial help.

**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/TrC 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.

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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

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

"It is absolutely imperative that every human beings' freedom and human rights are respected, all over the world."
— Jóhanna Sigurðardóttir