



MSW PROGRAM WEEKLY UPDATE

February 24, 2020

African American Pioneer of the Week



Dorothy Height was a women's rights and civil rights advocate and is often referred to as "The godmother of the civil rights movement." Height began her lifetime of advocacy by campaigning against lynching and as a social worker. She went on to establish the YWCA's Center for Racial

Justice, founding the National Women's Political Caucus, leading the National Council of Negro Women for 40 years, and co-organizing the famous 1963 March on Washington. Throughout her life, she campaigned internationally for women's rights, traveling to Mexico, India, and many countries in Africa.

Staff Member of the Week



Advising and Student Success in the School of Social Work. I moved to Texas about 7 years ago from Illinois with my husband and youngest child. My favorite pastimes are spending time with my family, anything fitness related, dancing, watching football and reading. Prior to moving to Texas, I was a school social worker for over 10 years (5 in a therapeutic day school & 5 in a public elementary school). I've also worked in other various roles in the social services and higher education field. Although I love working with children & families, I'm really passionate about helping encourage the next generation of social workers. **Upcoming Events**

My name is Patrice Green. I am the Coordinator of Academic

2/24/2020

1 pm



Weekly Events

Career Spot Drop-Ins- Lockheed Martin Career Development Center

6:30 pm Mind and Meditation- Maverick Activities Center, 102B

12 pm All Majors Job Fair- Maverick Activities Center

2/26/2020

Voter Registration- UC Mall/Maverick Activities Center

9 am-1 pm

2/29/2020

Dr. Seuss' Birthday Celebration! Palo Duro Lounge, UC



Feeling stressed? Want to relax? Just breathe!... Deep breathing exercises have been proven to have a great of range of benefits for the body. Breathing exercises can reduce the stress response in the body,

lower heart rate and blood pressure, and culminate in a deep sense of calm and relaxation. This

relaxation can also improve the immune system and aid cognitive function and emotional health. What's more, deep breathing exercises come in a variety of different styles, they are free, can be done just about anytime and anywhere, and their healing powers will begin working in just one breath! To try breathing exercises, check out the TAO Mindfulness Library (Therapy Assistance Online). Breathing exercises found on TAO include Deep Breathing, Mindful Breathing #1, Mindful Breathing #2,

TAO is a free mental health and well-being resource to all UTA students and is located on the CAPS (Counseling and Psychological Services) website. If you are new to TAO, signup and sign-in is located towards the bottom right-hand side of the following CAPS page:

Reference: Spaeder, K. (2019, February). Benefits of Deep Breathing. Retrieved from

https://www.livestrong.com/article/92264-benefits-deep-breathing/

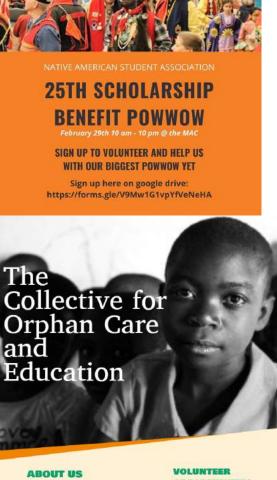
TEXAS CAREER DEVELOPMENT CENTER SPRING ALL MAJORS SOCIAL WORK COUNCIL

REGISTRATION IS OPEN UNTIL FEBRUARY 21ST UTASOCIALWORKCOUNCIL@GMAIL.COM

MARCH 6

OR THE REGISTRATION FORM OR FOR

What's the Buzz?



and Breathing in Peace and Energy.

https://www.uta.edu/caps/services/index.php





Looking for an opportunity

to make a difference in the

lives of refugee families?

Can you give 3 hours of your time on a single Sunday

If so, you can help a refugee family save hundreds of dollars

on their taxes this year by

afternoon in February or





Wednesday, February 26th **Maverick Activities Center**

12:00 p.m. - 4:00 p.m.



learning more or helping



Hyde, Ixzally Quiroz, and Linn Daugherty working with resettled refugees to file taxes on Sunday, February 23, allowing families to keep more of the money they've earned. If you'd like to help out, please contact Dr. Mitschke at dianemitschke@uta.edu.

MSW Students Madeline

with PRIDE t-shirts on ready to workout!

2/25, 3/3, 3/17, 3/31, & 4/18

A TEXAS



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