



UNIVERSITY OF  
**TEXAS**  
ARLINGTON

**SCHOOL OF  
SOCIAL WORK**

## 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



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

**UPCOMING DATES TO REMEMBER**

Spring Graduation Application Deadline – March 2<sup>nd</sup>

Summer Graduation Application Deadline – July 1<sup>st</sup>

Spring Break – March 9-15<sup>th</sup>

Last Day to Drop a class (1st 8-week session) – March 3<sup>rd</sup>

Last Day to Drop a class (15 week session) – April 3<sup>rd</sup>

First Day of Class (2nd 8-week session) – March 24<sup>th</sup>

Last Day to Drop a class (2nd 8-week session) – May 5<sup>th</sup>

**Weekly Events**

2/24/2020  
1 pm  
**Career Spot Drop-Ins-** Lockheed Martin Career Development Center  
6:30 pm  
**Mind and Meditation-** Maverick Activities Center, 102B

2/26/2020  
12 pm  
**All Majors Job Fair-** Maverick Activities Center  
**Voter Registration-** UC Mall/Maverick Activities Center

2/29/2020  
9 am-1 pm  
**Dr. Seuss' Birthday Celebration!-** Palo Duro Lounge, UC



### Breathe

Feeling stressed? Want to relax? Just breathe!... Deep breathing exercises have been proven to have a great 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, and Breathing in Peace and Energy.

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

Reference:  
Spaeder, K. (2019, February). Benefits of Deep Breathing. Retrieved from  
<https://www.livestrong.com/article/92264-benefits-deep-breathing/>



### What's the Buzz?

**25TH SCHOLARSHIP BENEFIT POWWOW**  
February 29th 10 am - 10 pm @ the MAC  
SIGN UP TO VOLUNTEER AND HELP US WITH OUR BIGGEST POWWOW YET  
Sign up here on google drive:  
<https://forms.gle/V9Mw1G1vpYVeNeHA>

**SOCIAL WORK COUNCIL ADVOCACY DAY**  
MARCH 6  
REGISTRATION IS OPEN UNTIL FEBRUARY 21ST  
EMAIL: [UTASOCIALWORKCOUNCIL@GMAIL.COM](mailto:UTASOCIALWORKCOUNCIL@GMAIL.COM)  
FOR THE REGISTRATION FORM OR FOR MORE INFORMATION

**CONNEXIONS**

Connexions is a LGBTQ+ Peer Led Support Group open to all identities. It is a space for making connections, healing, processing and resources.

LOCATION | Ransom Hall 301  
TIME | 12:15-1:00 PM  
DATES | 2/28, 3/6, 3/20, 4/3, 4/17, 5/1

**SPRING ALL MAJORS JOB FAIR**  
Wednesday, February 26th  
Maverick Activities Center  
12:00 p.m. - 4:00 p.m.

**DRESS TO IMPRESS!**  
BRING YOUR STUDENT ID!  
WEAR A SUIT!

Bring SEVERAL copies of your resume  
& don't forget to have them reviewed BEFOREHAND

Handshake  
[ut.jobhandshake.com](http://ut.jobhandshake.com)

FOR A COMPLETE LIST OF EMPLOYERS, VISIT: [UTAJOBHANDSHAKE.COM](http://UTAJOBHANDSHAKE.COM) AND SEARCH FOR "SPRING ALL MAJORS JOB FAIR" UNDER THE EVENT TAB.

WITH COMPANIES INCLUDING:  
BNP PARIBAS • CITY YEAR • FIDELITY INVESTMENTS • SHERWIN-WILLIAMS COMPANY • STATE FARM  
**AND MORE!**

Open to UTA students and alumni only.  
No pre-registration is required.  
For more information, visit [uta.edu/careers](http://uta.edu/careers)

**The Collective for Orphan Care and Education**

**ABOUT US**  
This nonprofit is inspiring global partnerships to improve the health, education and well-being of vulnerable populations. We support women and children in gaining the knowledge, power and tools necessary to lead healthy, safe and productive lives. For more information, visit: <http://www.cokekenya.org/home.html>

**VOLUNTEER OPPORTUNITIES**  
If you or your organization would like to volunteer or help fundraise for this cause please contact Karla Arenas-Itoia [karla-arenas@uta.edu](mailto:karla-arenas@uta.edu) or Eusebius Small [esmall@uta.edu](mailto:esmall@uta.edu)

If you would like to preorder a t-shirt please send us an email to [utasocialworkcouncil@gmail.com](mailto:utasocialworkcouncil@gmail.com) or contact us on the Teams chat, with your name, size, and quantity of shirts that you would like to purchase. The shirts will cost \$25 each, with the exception of sizes 2XL and 3XL. Cash or checks made out to Social Work Council will be accepted. Sizes: S, M, L, XL, 2XL (\$27), and 3XL (\$29)

**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 afternoon in February or March?**

**If so, you can help a refugee family save hundreds of dollars on their taxes this year by assisting with the filing process.**

We are looking for volunteers who are available to assist refugee families submit their tax returns for the 2019 tax year. It's easy, fun, and no previous experience filing taxes is needed. All training will be provided by Dr. Diane Mitschke at the Agape Clinic in East Dallas.

**Tax Clinic Dates:**  
2/23- 1:30-4:30 pm  
3/8- 1:30-4:30 pm  
3/15- 1:30-4:30 pm

Please contact Dr. Mitschke by email ([dianemitschke@uta.edu](mailto:dianemitschke@uta.edu)) if you are interested in learning more or helping out!



MSW Students Madeline Hyde, Izally 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](mailto:dianemitschke@uta.edu).



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