

MSW Weekly Program Update

April 20, 2020



Important Updates

Pass/Fail

The University has announced an optional pass/fail policy.

- 1. Students may opt for pass/fail up until May 22nd, 2 days after final grades post.
- 2. In the pass/fail option,
 - At the Graduate level A, B, and C will be a Pass and will have no effect on GPA.
 - Grades of D and F will impact GPA the same way an F would.
- 3. The drop date is April 28th.

For additional information, please see:

- This FAQ page
- This video update from the MSW Director

Online Instruction

- All courses will be online for Summer 2020 semesters.
- Summer/Fall instructors are being assigned now.
- No decisions have been made about class the format for Fall 2020 as of yet.
- **Remote**: Resources for classes online, digital tutoring, tech devices, and more at oit.uta.edu/utaremote.
- Students who need an accommodation letter should reach out to the OSD.

SSW Advising

- Summer and fall enrollment has started!
- All academic advising appointments will be done via phone or Microsoft Teams.
- Reminder- Last day to drop is April 28th! **MSW Advisors:**
- A-Ca: Valerie Adame-adamev@uta.edu
- Ce-I: Maresia Davis maresia.davis@uta.edu
- J-Phi: Toy Howard toy.howard@uta.edu
- Pi-Z: Cleondria Marable cleondria.marable@uta.edu

MSW Field Spring 2020

UTA will allow students to reduce hours by 15% for Spring 2020. Students will now need to have the following hours to complete their field placement:

- Block students: between 408 to 480 hours for the Spring semester.
- Split students: between 204 to 240 for the Spring semester and Summer semester; totaling 408 to 480 total.

MSW Field Summer 2020

1. How will students complete field in the summer?

The field office is working on placing as many students as possible in face-to-face field placements for summer. Students completing summer field who either cannot get a physical placement OR who do not want to go to a field site for any reason (e.g., health concerns, childcare) will have alternative options for completing their hours.

2. Will reduced hours be the policy for summer field as well? Yes.

3. When does the field office need to know if students for Summer semester need an online placement?

- Graduate Student Assistants are expected to continue working.
- Most SSW faculty and staff will be working remotely for now until further notice. They should still be accessible to students during normal office hours.
- ASAP. If a student reached out to their assigned agency and have not heard anything, the student needs to contact their Field Advisor right away.

4. Many outside of the DFW area are being rejected by the agencies they approach. How will they need to speak with their advisor regarding online placements?

The same applies. If students have contacted multiple agencies to no avail, they need to contact their Field Advisor and they will be assigned an online placement.

Graduation

May commencement ceremonies have been postponed. Spring grads will be invited to walk at a future date, TBD. For more, see this video announcement from Provost Lim about graduation.

YOU MATTER!

Mindful Eating

When people talk about self-care, they invariably talk about 3 things: sleep, exercise, and diet. *Through the lens of social work, the best* diet may be self-determined, guided by individual taste, preference, and needs, and honor family and cultural tradition. From this perspective, a great dietary tool is mindful eating.

What is mindful eating? The Harvard Health Letter describes it as "a slower, more thoughtful way of eating... noticing the colors, smells, flavors, and textures of your food; chewing slowly; getting rid of distractions like TV or reading; and learning to cope with guilt and anxiety about food."

How do you eat mindfully? Here are a few tips:

•Make sure you are hungry; before eating, pause, ask yourself if you're hungry; maybe you need to "feed" yourself something else, like a walk, work break, or a few minutes of restful silence

•Eliminate distractions; no tv, computer, or phones when eating

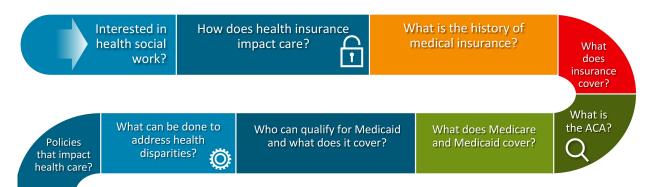
•Set a 20 minute timer in which you slowly eat a "normal-sized" meal Practice mindfulness and mindfulness-based eating exercises

Reference:

Mindful Eating. (2011, February). Mindful eating. In Harvard Health Letter. Retrieved from https://www.health.harvard.edu/stayinghealthy/mindful-eating

Course Spotlight

SOCW 4344- Health Insurance and Access to Care for **Summer 2020**



TAO Tip #5: 3 Minute Mindful Eating Exercise

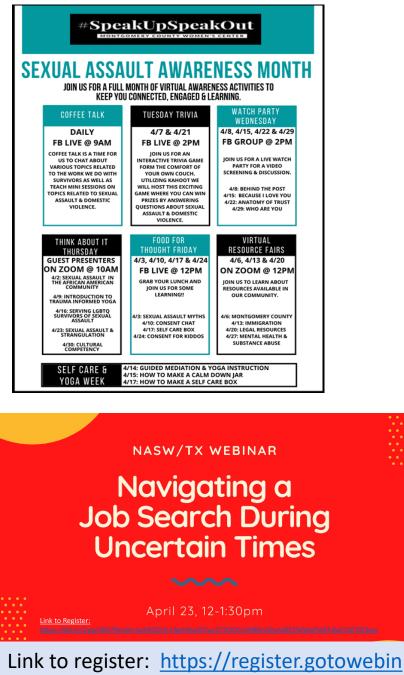
Going along with this week's self-care tip, the TAO Mindfulness Library has a great mindful eating exercise. A recent user said, "before completing the [mindful eating] exercise I was skeptical of how a three and a half minute video was going to help me... Afterward I felt [this was] a step in the right direction for me to have a good relationship with food."





If you are interested in trying TAO's mindful eating exercise, from the TAO homepage, go to My TAO Tools and select the Mindfulness Library. In the Mindfulness Library look, you will find the exercise: Mindful Eating.

Virtual Events



ar.com/register/7588278805736140558?fb clid=IwAR3ZnII-1NeNfouD7wc37POCKc5HBBn32pAJBE2M WqfYAEf-8eE2dTXD3ew



APRIL 25, 2020

1-800-273-TALK (8255)

Learn the

Warning

Signs.

acidepreventionil feline.org

AASConference.org/healing-after-suicide-loss



Learn leadership knowledge and skills that are helpful in the social work profession. Students will earn a leadership certificate upon completion.

Cost: Free for NASW members; \$20/session for Non-members

Link: https://www.naswtx.org/events/EventDetails.aspx?id=1206228& group=

RESOURCES

The Lifeline is FREE, confidential, and always available.

> HELP a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

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Texas Health and Human Services COVID-19 Mental **Health Support Line**

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, help is available.

> Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

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Call the toll-free COVID-19 Mental Health Support Line at 833-986-1919.



THE UNIVERSITY OF TEXAS AT ARLINGTON COUNSELING & PSYCHOLOGICAL SERVICES



817-272-TALK (8255) WWW.UTA.EDU/CAPS 303 RANSOM HALL

If you believe you have contracted COVID19, please type in 'COVID-19 Testing' and your zip code into the Texas Health and Human Services to find a testing location closest <u>to you</u>

Emergency Assistance Fund

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

UTA Library Accessibility: https://libguides.uta.edu/c.php? g=1013811



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