



## MSW Weekly Program Update

April 27, 2020



### Important Updates

#### Pass/Fail

The University has announced an optional pass/fail policy.

- Students may opt for pass/fail up until **May 22<sup>nd</sup>**, 2 days after final grades post.
- In the pass/fail option,
  - 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.

For additional information, please see:

- This [FAQ page](#)
- This [video update from the MSW Director](#)
- Financial Aid P/F infographic - <https://www.uta.edu/fao/downloads/2020-2021/UTAFao-Pass-Fail-Information.pdf>

#### SSW Advising

- Reminder-** Last day to drop is **April 28th!**
- Summer and fall enrollment continues!**
- All academic advising appointments** will be done via phone or Microsoft Teams.

##### MSW Advisors:

**Valerie Adame**  
Academic Advisor III (MSW Students - Last Names A-Ca)  
[adamev@uta.edu](mailto:adamev@uta.edu)  
**Schedule an appointment:**  
[Advisor Appointment](#)

##### Maresia Davis

Academic Advisor III (MSW Students – Last Names Ce-I)  
[maresia.davis@uta.edu](mailto:maresia.davis@uta.edu)  
**Schedule an appointment:**  
[Advisor Appointment](#)

##### Toy Howard

Academic Advisor III (MSW Students - Last Names J-Phi)  
[toy.howard@uta.edu](mailto:toy.howard@uta.edu)  
**Schedule an appointment:**  
[Advisor Appointment](#)

##### Cleondria Marable

Academic Advisor III (MSW Students – Last Names Pi-Z)  
[Cleondria.marable@uta.edu](mailto:Cleondria.marable@uta.edu)  
**Schedule an appointment:**  
[Advisor Appointment](#)

#### 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 format for Fall 2020 as of yet.
- Remote:** Resources for classes online, digital tutoring, tech devices, and more.
- Students who need an accommodation letter** should reach out to the OSD.
- 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.

#### Summer/Fall 2020 Orientation

(Open to new incoming face to face on campus MSW students starting in the Summer and Fall 2020.)

- | 1. When?       | 2. Where?        | 3. Time?     |
|----------------|------------------|--------------|
| April 29, 2020 | Online via Teams | 5:30-8:30 pm |

#### Summer Registration

Are summer classes online? Some say OFF WEB and some have days/times listed?

Yes, all summer classes are online. The professors have the *option* of hosting class (virtually) live during the days/times listed, so you should plan to be available during this time slots just in case. Once the instructor is assigned, you can reach out to them to inquire as to whether they plan to hold class synchronously (at that time) or asynchronously (students have flexibility with when to login/complete work within each week). Please keep in mind that instructors may not have their teaching plans for summer finalized yet, so your patience is appreciated.

#### MSW Field Summer 2020

- 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.
- Will reduced hours be the policy for summer field as well?**  
Yes.
- When does the field office need to know if students for Summer semester need an online placement?**  
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.
- 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?**  
If students have contacted multiple agencies to no avail, they need to contact their Field Advisor and they will be assigned an online placement.

#### MSW Field Fall 2020

Fall field applications have been postponed. The field office will notify students of the updated deadline.

#### 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.

##### TAO Tip #6

To help with mindful movement and physical exercise, TAO has several great mindfulness exercises that may both bring you back to your body and help you feel better about and in your body. In TAO, go to the Mindfulness Library and the following exercises may help you feel better attuned to your body's cues for exercise or simply to feel more comfortable about exercising: Notice Yourself, Mindfully Walking, Meditation for Pain, or Meditation on Body Acceptance.



##### Mindful Exercise

Mindfulness has received a lot of attention related to meditation and awareness, relieving stress, improving one's relationship with food and diet, finding peace and relaxation, and as a way of gently coming back to the body and being present. So, what about applying those intentions and principles to exercise, fitness, and physical health?

Mindful exercise can be as simple as tuning into your physical body and paying attention and responding to your body's own signals for movement and exercise. Then, when exercising, being mindful of and attentive to what you're physically feeling, where are you feeling it, and responding to your body's changing physical needs as you move and exercise.

Regardless of what you are doing, mindful exercise is about reconnecting with your body, being reminded that your body is yours, how you use it is up to you, and that you and your body deserve and work better with attention, curiosity, acceptance, and care.

#### Faculty Spotlight

**Graduating students!** Have you had a special professor that made a difference? Please vote using [this](#) quick, easy, and anonymous survey to help us **identify our most outstanding faculty members** for SSW, UTA and UT System teaching awards.

### Virtual Events

**#SpeakUpSpeakOut**  
SEXUAL ASSAULT AWARENESS MONTH

JOIN US FOR A FULL MONTH OF VIRTUAL AWARENESS ACTIVITIES TO KEEP YOU CONNECTED, ENGAGED & LEARNING.

COFFEE TALK	DAILY FB LIVE	WATCH PARTY
4/27 & 4/28 FB LIVE @ 9AM COFFEE TALK IS TIME FOR US TO CHAT ABOUT VARIOUS TOPICS RELATED TO SEXUAL ASSAULT. WE WILL HAVE SURVIVORS AS WELL AS TEACHING MEMBERS ON TOPICS RELATED TO SEXUAL ASSAULT & DOMESTIC VIOLENCE.	4/27 & 4/28 FB LIVE @ 2PM JOIN US FOR AN INTERACTIVE TRIVIA GAME FORM THE COMFORT OF YOUR HOME. WE WILL HAVE SURVIVORS AS WELL AS TEACHING MEMBERS ON TOPICS RELATED TO SEXUAL ASSAULT & DOMESTIC VIOLENCE.	4/28 & 4/29 FB GROUP @ 2PM JOIN US FOR A LIVE WATCH PARTY FOR A VIDEO, SCREENING & DISCUSSION. UTILIZING KAHOT! WE WILL HAVE THIS TRIVIA GAME WHERE YOU CAN WIN PRIZES BY ANSWERING QUESTIONS ABOUT SEXUAL ASSAULT & DOMESTIC VIOLENCE.

4/28 BEING THE BOSS 4/29 BECAUSE I LOVE YOU 4/30 ANATOMY OF TRUST 4/28 WHO ARE YOU

4/28: SEXUAL ASSAULT MYTHS 4/29: CONSENT CHAT 4/30: SEXUAL ASSAULT & DOMESTIC VIOLENCE

4/28: INTRODUCTION TO TRAUMA INFORMED YOGA 4/29: SEXUAL ASSAULT & DOMESTIC VIOLENCE 4/30: CULTURAL COMPETENCY

4/28: GUIDED MEDITATION & YOGA INSTRUCTION 4/29: HOW TO MAKE A CALM DOWN JAR 4/30: HOW TO MAKE A SELF CARE BOX

**SELF CARE & YOGA WEEK**

[The Big Event Volunteer Sign Up](#)

**SURVIVORS SUPPORT GROUP**

Group Support is offered Monday, Tuesday, Wednesday & Thursday From 12-1 PM

Online via Zoom!  
<https://zoom.us/j/517482691>

Receive support, learn coping skills, take part in healing activities & connect with other survivors.

For more information, please contact [rsp@uta.edu](mailto:rsp@uta.edu).

"This group is a lifesaver"

**video chat?**

Want to help improve campus mental health services?

Be a part of a research study on the effectiveness of Therapist Assisted Online (TAO)

We are studying how well TAO works for those who use it in our campus community. We will be holding individual interviews or focus groups to ask questions regarding your experience.

You can participate if you are:

- a student at University of Texas at Arlington
- age 18 or older
- using Therapist Assisted Online (TAO)
- can provide consent to participate

Interviews or focus groups will take approximately 1 hour of your time and take place on a UTA campus. A meal will be provided.

Research is conducted by Dr. Regina Brostian, LMSW, PhD, School of Social Work, University of Texas at Arlington, [rbrostian@uta.edu](mailto:rbrostian@uta.edu)

**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 | Online via Zoom!  
TIME | 12:15-1:00 PM  
DATES | 2/28, 3/6, 3/27, 4/3, 4/17, 5/1

LGBTQ+ UTA is a Community That Cares #UTACARES

**Join the conversation... Mavs Hour**

Who: All UTA students are welcome!

What: An opportunity for Mavs to find social connection and support in times of physical distancing

When: Wednesdays (times rotate weekly)

Where: Microsoft Teams (link provided via Mavs Unite Announcement)

Why: Because physical distancing shouldn't be socially isolating.

THE UNIVERSITY OF TEXAS AT ARLINGTON

Following UTA's Principles of Community, Mavs Hour is a safe space of respect, support, and connection for Maverick students during this time of COVID-19.

#### Improving Opioid Misuse Prevention Literacy between Older Adults and Health Care Providers

Video Link: <https://youtu.be/9m7NYDUICZC>

PDF Link: [https://www.samhsa.gov/sites/default/files/programs\\_campaigns/nation\\_prevention\\_week/marnpwebinar\\_final.pdf](https://www.samhsa.gov/sites/default/files/programs_campaigns/nation_prevention_week/marnpwebinar_final.pdf)

#### Texas Armed Services Scholarship Program

The Texas Legislature created the Texas Armed Services Scholarship Program (TASSP) to encourage students to participate in Reserve Officers' Training Corps (ROTC) programs at civilian colleges. To request an application call **817-459-2800**



**Social Work Opioid Work Force Stipend Application for \$10,000 Stipend for Intern Training in Substance Use Disorders**

#### NASW/TEXAS STUDENT LEADERSHIP INSTITUTE

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.

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

**Learn the Warning Signs.**

**FREE FOOD**  
COMIDA GRATIS

**MONDAY-FRIDAY 4-6 pm**

BOYS & GIRLS CLUBS OF GREATER TARRANT COUNTY  
608 N. Elm St. Arlington, TX 76011

**Dreamers at UTA**

**DREAMERS WELCOME**

**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.

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

TEXAS Health and Human Services

**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>

THE UNIVERSITY OF TEXAS AT ARLINGTON  
COUNSELING & PSYCHOLOGICAL SERVICES

**MAVS talk**  
24 HOUR CRISIS LINE

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 to you**

**In Crisis?**  
Text **HELLO** to 741741

CRISIS TEXT LINE | Free, 24/7, Confidential

