
Quiet can quickly have rather remarkable effects on our lives, including work with rest, food with exercise, screens with nature, and the list goes on. But there is a balancing that is often our personal worlds can be easily overwhelmed, and in attempts to improve how we feel, we pursue balance. Balance

- Summer finalized yet, so your patience is appreciated.
- Plan to hold class synchronously (at that time) or you can reach out to them to inquire as to whether they this time slots just in case. Once the instructor is assigned, the
- Are

- SSW Field Summer 2020

- This cohort is being planned for online absences when no in-person instruction is occurring. This is not the case for any courses or programs in the Master of Social Work, but all instructors are working with their classes as to how this can be done in a way that is aligned with the needs of their students and the
- Take a silent walk in nature (away from traffic or other noisy areas) During the day, close your computer for a 5 minute break. Turn off your phone and
- Improve sleep
- Lower blood pressure and reduce heart disease
- Reduce stress
- Improve focus and attention
- Slow the aging process
- Reduce the risk of depression, anxiety, and suicide
- Reduce the risk of Alzheimer’s disease and dementia
- Increase risk of longevity
- Improve immune system
- The Brain

- No decisions

- Summer Registration

- Are students who need an accommodation

- MSW Fall 2020 Field	

- MSW students: watch your email for the

- Grading: Grades of D and F will impact GPA

- Financial Aid P/F

- This policy

- Emergency Assistance Fund

- Graduates of SSW will be able to apply for SSW, UTA and UT System

- SSW Awards

- Mindfulness Library.

- Virtual Events

- "Ralph Waldo Emerson..." The trouble with "sincerely try to help another person without actually helping yourself." 

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- 1. How will
Pass/Fail
The University has postponed most Pass/Fail policy decision.
1. Students may opt for pass/fail or A/F until May 22nd, 3 days after grades final grade.
2. The pass/fail option will be available for courses in which students are not required to sit for an exam.
3. Final grades are due by May 30th.
4. To opt for pass/fail, contact the OSD.
5. Students can decide to change their grades before May 22nd.

For additional information, please see:
- The Pass/Fail Policy from the OSD
- Financial Aid For FYI infographic
- https://www.uta.edu/financialaid/2020-2021/UTAF-Pass-Fail-FYI Information.pdf

SSW Advising
• Reminders: Last day to add is April 2021
• Summer and Fall workload will be started.
• All students should make an appointment to come in person or via Microsoft Teams.
SSW Advising: 
- Cleondria Marable - cleondria.marable@uta.edu
- Mariesia Davis - mariesia.davis@uta.edu
- Valerie Adame - vaadame@uta.edu

Virtual Events
Virtual Event: Mindfulness on Body, Yourself, Mindfully!
In TAO, go to the Mindfulness Library and the TAO Tip #6: Resources for classes online, digital tutoring, and more at oit.uta.edu/utaremote

Online Instruction
• All courses will be online for Summer 2020.
• Exams/Grading/Instructor are using adaptive online exams.
• No decisions have been made about the format for Fall 2020 yet.
• Remote: Resources for classes online, digital tutoring, and more at oit.uta.edu/utaremote
• Students who need an accommodation letter should reach out to the OSD.

Graduation
Graduating students! Have you had a special professor who made a difference? Please vote using the form below before April 15th.

Informal MSW Weekly Program Update
April 27, 2020

You Matter!
Mindfulness has received a lot of attention related to meditation and awareness, relieving stress, improving self-esteem, and enhancing academic performance. This is because mindfulness practices can help you to be present with what you’re doing and increase your awareness of your body and help you feel better about and in your body. Mindfulness-based practices can also help you to be more comfortable about moving. Mindfulness-based practices can also help you to be more comfortable about moving. Mindfulness-based practices Reflecting these benefits, mindfulness activities and exercises may also help you to be more comfortable about moving. Mindfulness-based practices can also help you to be more comfortable about moving. Mindfulness-based practices can also help you to be more comfortable about moving. Mindfulness-based practices can also help you to be more comfortable about moving.

Important Updates
Full Time students who need an accommodation letter should reach out to the OSD.

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Summer/Fall Orientation
Summer/Fall Orientation
You may have noticed our new orientation format for Summer 2020.
• What?
• Where?
• When?
• Why?
• How?
• When?
• Summer/Fall Orientation via Microsoft Teams

MSW Field Summer 2020
The field office is working on placing as many students as possible in face of reduced placement.

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Graduation
Graduating students! Have you had a special professor who made a difference? Please vote using the form below before April 15th.
Faculty members:

An anonymous survey is being conducted to help us.

Dear Graduating students! Have you had a chance to complete the anonymous survey (if you haven't, please do so)?

For additional information, please see:

• This MSW page: https://libguides.uta.edu/c.php?

• Financial Aid P/F infographic: https://nces.ed.gov/collegenavigator/#institutionProfile/220860

• Important Updates: https://libguides.uta.edu/c.php?

• MSW Field Summer 2020: https://www.uta.edu/msw/program/field-summer-2020

• Emergency Assistance Fund: https://libguides.uta.edu/c.php?

• MSW Virtual Events: https://libguides.uta.edu/c.php?

MSW Field Summer 2020

1. How will students complete field for Summer 2020?

• Online: For Fall 2020 as of yet. No decisions have been made about what or how long.

• Remote: For courses online, digital training, and exercise.

• Hybrid: For on-campus teaching and exercise.

2. Where?

• In-person based on the sector, local, and state regulations.

3. Time?

• 8:30-4:30 PM

4. When?

• May 22 – August 14

For additional information, please see:

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MSW Field Summer 2020

• Online:

  1. Students should be assigned online placements.
  2. Virtual office sessions will be assigned.

• Remote:

  1. Students in teaching and training will have online placements.

• Hybrid:

  1. Students who need in-person teaching will have online placements.

You Matter!

Mindfulness has received a lot of attention related to meditation and awareness, relieving stress, improving focus, and even fighting cancer.

Mindful Exercise can be as simple as tuning into your physical body and paying attention and responding to your own signals for movement and exercise. Then, when exercising, being mindful of and attentive to your own signals can help you feel better and improve your relationship with food and diet.

So, what about applying those intentions and principles to exercise, fitness, and physical health?

1. When will you be exercising?

2. Where will you be exercising?

3. How will you be exercising?

Thoughts and Actions

Mindful actions are those that are intentional, planned, and purposeful. Intentionality can help you reach your goals.

TAO Tip #6

Practice mindfulness and acceptance while exercising. Acceptance is a state of being comfortable with yourself and your environment.

TAO has several great mindfulness exercises that may help you feel better about and in your body. You can find more information about these exercises on the TAO Mindfulness Library page. Mindfulness exercises can help you feel more comfortable about exercising.

http://www.uta.edu/tao/

Last day to drop is April 28th.

TAO Tip #7

If you believe you have contracted COVID-19, please contact your Field Advisor or your advisor regarding online placements.

TAO Tip #8

Students completing summer field who either cannot get a placement or have a physical concern should reach out to the OSD.

TAO Tip #9

Students who need an accommodation may apply for financial help.

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Online Information for Summer/Fall 2020 Orientation

1. When?
   - MSW: June 29 & 30, 2020
   - SSW: June 24 & 25, 2020
   - Remote: Summer/Fall 2020 Orientation

2. Where?
   - Online
   - Via Microsoft Teams
   - 10:00 a.m. to 4:00 p.m.

3. Time?
   - 8:30 a.m. - 5:30 p.m.

4. Event?
   - OA: The University has announced an optional online information session for Summer/Fall 2020 Orientation.

Mindful Exercise

Mindful exercise can be as simple as tuning into your physical body and paying attention and responding to your own signals for movement and exercise. Then, when exercising, being mindful of and attentive to your body is it is. This may help you to notice that you have more energy, that you are more comfortable about exercising: Notice what your body is doing, and that you are more patient during times of stress.

TAO Tip #6

Exercises may help you feel better both physically and emotionally. To help with mindful movement and physical health, TAO has several great mindfulness exercises you may want to try. You may also want to do yoga, tai chi, or other movement classes to help you bring back to your present. Additionally, try to avoid any thoughts that may be present with your current situation. These may lead to anxiety and stress. Try to relax and focus on your breathing.

TAO has several great mindfulness exercises you may want to try. You may also want to do yoga, tai chi, or other movement classes. You can find information about these exercises by contacting TAO. You can also contact TAO at (817) 272-2135 for more information.

FAQs

1. How does the field office need to know if students for may apply for financial help?
2. Why was the date to drop classes extended?
3. Can I change my degree plan?
4. How will students complete field in the summer?
5. Will students who either cannot get a physical placement OR who do not want to go to a field site, have alternative options for completing their hours?
6. What should students do if they need a change in academic placement?
7. What happened to the Big Event Volunteer Fair?
8. What happened to the Big Event Volunteer Fair?

Summer/Fall 2020 Orientation

1. When?
   - MSW: June 29 & 30, 2020
   - SSW: June 24 & 25, 2020
   - Remote: Summer/Fall 2020 Orientation

2. Where?
   - Online
   - Via Microsoft Teams
   - 10:00 a.m. to 4:00 p.m.

3. Time?
   - 8:30 a.m. - 5:30 p.m.

4. Event?
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