

# IN THE LOOP

A WEEKLY SSW STUDENT NEWSLETTER

Spring 25 | March 3

## Win a NASW membership



The SSW needs your help to improve our USL/GSL program! Complete our [survey](#) by **Friday, March 21st** and you can enter to win a NASW student membership, entrance fees to the October Virtual NASW Conference, movie passes, an Alexa enabled smart watch, or an Amazon Echo Pop!

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## You Matter

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### Find Your Rhythm: Balancing School, Work, and You

Navigating the challenges of school, work, and life can be tough, but with the right strategies, it's definitely possible. Here are some tips to help you manage these demands:

1. **Plan & Prioritize:** Use a planner or digital calendar to organize everything and block out time for study, work, and personal activities. Prioritize critical tasks first and adjust based on urgency.
2. **Know Your Limits:** Learn to say no when necessary and don't overcommit. Be aware of your capacity, and ask for help if you're feeling overwhelmed.
3. **Work When You're Most Productive:** Recognize your peak productivity times and tackle the tough tasks then. You can also use techniques like the Pomodoro Technique (25 minutes of focused work followed by a 5-minute break) to stay on track.
4. **Self-Care Is Key:** Taking regular breaks, staying active, eating well, and getting enough sleep are vital for maintaining your physical and mental health.
5. **Seek Support:** Don't hesitate to ask for help when needed, whether it's emotional support or practical assistance like childcare, and utilize campus resources like tutoring and counseling services.
6. **Be Kind to Yourself:** Don't strive for perfection. Mistakes happen—focus on doing your best and acknowledging your efforts.

7. Set Boundaries: Make time for personal activities, and don't feel guilty for disconnecting from school or work when the day ends. Boundaries help you recharge.

8. Work Smarter, Not Harder: Use tools and tech to manage your tasks more efficiently and find ways to multitask when possible (like reviewing notes on the go).

Overall, the key is finding your personal rhythm. Balance isn't about doing it all perfectly but managing what you have on your plate and taking care of yourself along the way. You've got this!

Love and Light

Natasha Sutherland, GSL Intern.

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## OPPORTUNITIES & EVENTS

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**UTA SCHOOL OF SOCIAL WORK VIRTUAL CLINIC**

**PEER-LED GROUPS!**

**GRIEF, LOSS, & TRAUMA SESSIONS**

**WHY SHOULD YOU ATTEND?**

JOIN US FOR A 6-WEEK PROGRAM ON GRIEF, LOSS & TRAUMA!

LEARN ABOUT THE DIFFERENT TYPES OF GRIEF, LOSS, AND TRAUMA. INCREASE YOUR AWARENESS ON THE EFFECTS OF TRAUMA AND DEVELOP TOOLS AND MINDFULNESS SKILLS TO BUILD RESILIENCE AFTER A TRAUMATIC EXPERIENCE.

**STARTING MARCH 25, 2025 TO MAY 1, 2025!**

MEET, CONNECT, AND SUPPORT MAVERICKS!

**WHAT COULD GRIEF, LOSS & TRAUMA LOOK LIKE?**

- A LIFE TRANSITION
- NOT GETTING YOUR DREAM JOB
- A SHIFT IN YOUR IDENTITY
- LOSS OF A LOVED ONE AND MORE...

**WEEKLY SCHEDULE:**

TUESDAYS @ 12PM & 6PM  
WEDNESDAYS @ 12PM & 6PM  
THURSDAYS @ 12PM & 6PM

**SIGN UP HERE!!!**

UTA School of Social Work Virtual Clinic

Grief, Loss, & Trauma Sessions

March 25 - May 1

[Learn More](#)

**2nd International Social Work Students Virtual Conference**

**Social Work: Navigating Compassion & Commitment in a Changing World**

**24 MARCH 2023  
8:00AM-11:00AM(CT)**



**Keynote Speaker**  
**Professor Golam M. Mathbor, Ph.D.**

Professor and Interim Dean of the School of Social Work at Monmouth University, New Jersey, USA  
Chair of the Conference on Global Social Work Education, CSWE  
President of the North American and Caribbean Association of School of Social Work  
Vice President of the International Association of School of Social Work

**Call for Abstract**



**Organized by**  
**Student for Global Change & Student Association for Micro Social Work**  
**School of Social Work**  
**University of Texas Arlington**

Golam M. Mathbor, Ph.D., is a professor in the School of Social Work at Monmouth University, where he has had a distinguished career. His research interests are vast, with a focus on community participation, coastal community development, disaster relief and management, international social development, and international social work. Dr. Mathbor has published extensively on topics such as disaster relief, community preparedness, social development, coastal zone management, migration, health, economics, and social work education on an international scale. His contributions to the field reflect his deep commitment to advancing social work practice globally, particularly in the areas of disaster management and international development.



**INDULGE IN CHOCOLATE. INVEST IN SUCCESS**



UTA's Phi Alpha Honor Society for Social Work needs your sweet support! Your purchase will help fund academic resources, professional development, community service initiatives, and member recognition events.

**ORDER DEADLINE: MARCH 11TH**

Scan the QR code to Place Your Order



Thank you for your support!



**Indulge in chocolate. Invest in success:**

Phi Alpha Honor Society for Social Work is partnering with See's Candy to sell candy. Help them raise money for academic resources, professional development, and member recognition events!

**Order deadline is March 11th**

[Order here](#)



Come and network with colleagues and friends at the Houston's Social Worker Gala and Award Ceremony.

More Information

A poster for Social Work Advocacy Day at the Capitol. The top half features a photograph of the Texas State Capitol building with the Texas state flag flying in front. The UTA logo (The University of Texas at Arlington School of Social Work) is in the top left. The main title "SOCIAL WORK ADVOCACY DAY AT THE CAPITOL" is in large, bold, white letters on a blue background. Below the title is the theme "Serving All Texans: Unity Through Social Action" and a paragraph of text. To the right, event details are listed: "HOSTED BY: Student Association of Macro Social Work (SAMSW) and Social Work Council Student Organizations", "EVENT DETAILS: 04.11.2025, 8 AM - 4 PM", and "LOCATION: Texas State Capitol, Austin, TX". At the bottom, there is a megaphone icon, the word "FREE!" in large letters, and the text "Entry fee & bus to Austin". To the right of this is a QR code and the text "REGISTER BY MARCH 1ST! FOR INFORMATION & REGISTRATION SCAN QR CODE:".

Join **Social Work Advocacy Day at the Capitol** on **April 11, 2025**, from **8 AM to 4 PM** at the Texas State Capitol in Austin. This year's theme, "*Serving All Texans: Unity Through Social Action*," focuses on uniting social workers to advocate for positive change and equitable access to resources for all Texans. Hosted by the **Student Association of Macro Social Work**

(SAMSW) and Social Work Council Student Organizations, this free event includes entry and transportation to Austin.

**Register by March 11st** using the registration button or scan the QR code on the flyer to learn more.

Register Now

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## SOCIAL JUSTICE SPOTLIGHT

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**Empowering Communities: Breaking Barriers with Compassionate Action**



March is **National Social Work Month** a time to celebrate the vital contributions of social workers who empower individuals and strengthen communities. This year's theme, "*Social Work Breaks Barriers*," highlights how social workers transform compassion into action by addressing challenges like poverty, mental health access, and community well-being. Celebrate National Social Work Month by learning more about its theme and initiatives at [NASW National Social Work Month page](#). March is also **Women's History Month**, an annual observance to highlight the contributions of women in history and contemporary society. This week also coincides with **International Women's Day on March 8**, a global celebration of women's achievements and a call

to action for women's rights. Social workers have long championed women's rights from advocating for workplace protections, reproductive justice, and gender equality, to supporting survivors of domestic violence. [Explore International Women's Day events here.](#)

The social work profession has a rich history of breaking barriers, with pioneers like **Jane Addams**, whose work at Hull House provided critical services to underserved communities and advanced women's rights in the late 19th century. Today, leaders like **Dr. Celia Williamson, PhD, MSW**, carry that legacy forward in transformative ways. As a Distinguished Professor of Social Work at the University of Toledo and Executive Director of the Human Trafficking and Social Justice Institute, Dr. Williamson has dedicated over 25 years to combating human trafficking through education, advocacy, and groundbreaking research. Her efforts have led to the creation of Ohio's first anti-trafficking program, as well as the annual International Human Trafficking and Social Justice Conference, where she has previously shared her expertise and advocated for survivors. [Learn more about Dr. Williamson here](#), explore her website [here](#), or find out more about the [Human Trafficking and Social Justice Conference](#).

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## ORGANIZATION SPOTLIGHT

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### STUDENT ASSOCIATION FOR MACRO SOCIAL WORK

SAMSW



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SAMSW (Student Association for Macro Social Work)

The Student Association for Macro Social Work (SAMSW) provides academic advocacy, peer support, and professional development and networking opportunities for students interested in macro social work.

For more information or to get involved, please email SAMSW CEO/President: Christina Caldwell, [cxc6229@mavs.uta.edu](mailto:cxc6229@mavs.uta.edu)

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## ADVISING UPDATES

UTA School of Social Work Advising FAQs can be found [here](#).

We have some changes in our Academic Advising & Practicum Offices, and we want to share those changes with you. For contact information to each person, please click [here for advisors](#) and [practicum specialist](#).

<b>[Former Specialties]</b>	<b>Practicum Specialists</b>	<b>[New] Letters</b>	<b>Advisor</b>
BSW/BSSUT	Dimekia Hicks	<i>no change</i>	Kyleigh Easter; Daisy Jones; Desiree Warren
Foundation	Vanessa Caraveo	A-D	George Jauss
Children & Families	Monica Brown	E-K	Meverlyn Maisonave
Aging, CAP, Health	Cindy Bassey	L-P	Cleondria Marable
MH	Sharon Martin	Q-Z	Tara Harris

We also have a Same Day advisor who can assist BSW, BSSUT, and MSW students and his information is below:

**Same Day Advisors: Matthew Williams & Keiana Crain**

If you need immediate assistance, please contact the Student Affairs Administrative Assistant, Emily Rappaport (emily.rappaport@uta.edu).

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## IMPORTANT DATES

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- **March 10 - March 14:** Spring Break
- **March 14:** Summer Practicum Applications close
- **April 4:** Last day to drop classes; submit requests in MyMav prior to 4 pm
- **April 11:** Social Work Advocacy Day
- **April 7:** Registration opens for Summer 2025 & Fall 2025
- **April 29:** Last day of classes
- **May 1 - May 7:** Final exams
- **May 7:** Last day of term
- **May 9:** Commencement Ceremonies

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## STUDENT SUCCESS

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How do I prepare for the social work licensure exam?

The Texas Behavioral Health Executive Council partners with the Association of Social Work Boards (ASWB) to allow prospective licensees to apply for the exam directly to ASWB. Prospective social workers in Texas benefit by being allowed to take the examination in a timelier fashion.

[More Information](#)

**SCHOOL OF SOCIAL WORK RESOURCES**

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STUDENT SUCCESS

ACADEMIC ADVISING

FIELD PLACEMENT

LICENSURE

DEAN'S LETTER FOR LICENSURE

## UTA RESOURCES

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- [UTA Academic Calendar](#)
- [Webinar Library](#)
- [UTA Counseling & Psychology Services \(CAPS\)](#)
- [SAR Center](#)
  
- [Suicide Prevention Lifeline](#)
- [Free Windows Apps with Student ID](#)
- [Emergency Assistance Fund](#)
- [Free & Confidential HIV Testing](#)
- [UTA/Tri-C Food Pantry Distribution](#)

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