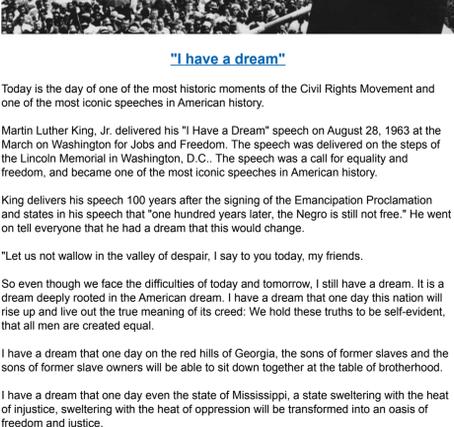


Inside this Issue

- **Event Spotlight** *New*
- **Advising Updates** *Important*
- **Field Updates** *Important*



SOCIAL JUSTICE Spotlight



"I have a dream"

Today is the day of one of the most historic moments of the Civil Rights Movement and one of the most iconic speeches in American history.

Martin Luther King, Jr. delivered his "I Have a Dream" speech on August 28, 1963 at the March on Washington for Jobs and Freedom. The speech was delivered on the steps of the Lincoln Memorial in Washington, D.C. The speech was a call for equality and freedom, and became one of the most iconic speeches in American history.

King delivers his speech 100 years after the signing of the Emancipation Proclamation and states in his speech that "one hundred years later, the Negro is still not free." He went on to tell everyone that he had a dream that this would change.

"Let us not wallow in the valley of despair, I say to you today, my friends.

So even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident, that all men are created equal.

I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today." (NPR, 2023).

[Read the full speech transcript here](#)

Event Spotlight

School of Social Work

AUGUST MOVIE SERIES EVENT!

08-31-2023 ★ **6pm-8pm** ★ **Rooms 104/105**

501 W. Mitchell Street Arlington, TX 76010
Join us for a discussion panel discussion after the film.

This month's film "Remember Me- The Mahalia Jackson Story".

Important Dates

- **August 25th:** Late registration ends
- **Sept 4th:** Labor day
- **Sept 6th:** Census date
- **Oct 27th:** Last day to drop by 4pm

SELF-CARE MONTH

1	WATCH A TED TALK	2	DRINK AT LEAST 8 GLASSES OF WATER	3	CREATE A NEW ROUTINE	4	CLEAN UP YOUR FEELS	5	STRETCH ALL MORNING
6	DO SOMETHING NEW	7	TRY SOMETHING NEW	8	COOK HEALTHY MEALS	9	PRACTICE SELF-CARE	10	DO ONE THING POSITIVE EVERY DAY
11	PRACTICE COOKING	12	REMOVE WHAT DOESN'T SERVE YOU	13	CLEAN OUT YOUR PHONE	14	GRUDGE YOURSELF	15	MAKE A MEDITATION PLAN
16	SET A GOAL FOR YOUR DAY	17	WASH YOUR FACE	18	CREATE A NEW ROUTINE	19	WATCH A DOCUMENTARY	20	DO YOUR HAIR
21	WRITE DOWN YOUR DREAMS	22	MAKE A SOCIAL MEDIA FREE DAY	23	WRITE A LONG LETTER TO YOURSELF	24	DE-CLUTTER A DRAWER	25	BOOKEND YOUR DAY
26	DRINK AT LEAST 8 GLASSES OF WATER	27	RESEARCH A NEW TOPIC	28	TRY A NEW PHYSICAL EXERCISE	29	LETTER TO YOURSELF	30	STRETCH

YOU MATTER!

Self care topic title

Welcome Back Mavericks!

As the semester begin, I would like to encourage you to remember the importance of intentionally setting aside time within your busy schedule for self-care. Self-care is the art of nurturing your physical, mental, and emotional health. Even the simplest acts like deep breathing, short walks, or a pause for mindfulness can make a significant difference.

During the semester if you find yourself struggling mentally, don't hesitate to seek professional help. **The Counseling and Psychological Services (CAPS)** at UTA is your go-to resource. They offer six free in-person or virtual sessions with licensed counselors, CAPS provides a safe space to navigate challenges, build coping strategies, and gain insights. Remember, you're not alone in this journey, and seeking support is a sign of strength.

Your well-being matters – embrace self-care and utilize the resources available at **CAPS** to thrive both academically and personally.

With love,
Anadja
Undergraduate Student Leader Intern
The University of Texas at Arlington

Student Spotlight



New GSL Intern: Makita Johnson

Makita is in her final year of the advanced standing MSW program with a focus in CAP. She completed her undergrad at St. Edward's University in Austin, TX where she lives with her partner, Marcus. Together they have 4 boys, 2 mischievous cats, and 1 diva dog.

Advising Updates

Advising Update Title

Hello Mavericks!

The School of Social Work Advisors are working hard to enroll students who have been waitlisted for applicable courses. Please check your mymav account to make sure you are up to date on your enrollment.

If you have any questions, please email your advisor for more information. You can find all undergraduate and graduate advisors contact information [here](#).

Opportunities

Same Day Interviews

TEXAS Department of Family and Protective Services

Virtual Career Fairs

for Child Protective Services Conservatorship

What we do:

- Responsible for a child's welfare whenever they are removed from their home
- Work closely with parents, family and legal parties to help children find a safe and permanent place to live

Join Our Team
Scan to RSVP today!

MENTAL FITNESS PEER PROGRAMS

MINDFULNESS & MENTAL RESILIENCE

Sign up today!

Italian Ice Think Twice

MAVERICK STAMPEDE FALL 2023

August 30 | 3:00 - 7:00 PM
501 W. Mitchell Street
Corner of Nedderman & West St.

SWEET TREATS | GIVEAWAYS | MUSIC

FREE EVENT
ALL ARE WELCOME

Maverick Cookout & Activity Fair Day

Held at the start of each fall and spring semester, Activity Fair Day is a chance for UT Arlington student organizations, departments, and community agencies to showcase their services, interests, and involvement opportunities to the campus community. This event has been held since 1981 and continues to draw a crowd. Activity Fair Day is a prime opportunity to meet face-to-face with an array of campus and community resources. It's a great way to begin or expand your co-curricular involvement.

Wednesday, August 30 at 10:00am to 1:30pm
Brazeos Park, UC Mall and Library Mall

Book of the Week

What happened to you?

by Dr. Bruce Perry & Oprah Winfrey

This book explores adverse childhood experiences and the trauma that often arises from them.

It focused on how you can turn these experiences into strengths and build resilience while healing.

Now \$14.99 on Amazon

Student Success Resource



CAREER DEVELOPMENT CORNER

Visit the career development corner to learn about all UTA has to offer to students once they're ready to start their employment journey.

Read resources on how to market yourself as a BSW or MSW and learn about the evolving field of social work and emerging career opportunities.

[Click here to see the Career Development Corner](#)

Academic Resources

Academic Advising

Need to meet with an advisor but there's no upcoming appointment available? Drop-in either in person or virtually on Wednesdays. To schedule your 30-minute drop-in time, click the button below. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

No drop in appointments available? [Visit this page](#) to find your advisor's power hour where you can always drop in and ask questions, no appointment needed.

[Schedule your appointment here](#)

Connections Lab

Set a Study Schedule

Create a study habit. Study at the same time every day to get your mind and body in the habit so it's easier to start and maintain focus.

[Schedule your online tutoring session here](#)

Field Placements

System Update: The Field Office will be switching to a new system called Tevera in the Fall 2023 semester. As soon as leadership releases the information regarding the new system transition, then students/agencies should receive an email with additional details and updates. The Field Office will be using Tevera by the time students start their field placement in the Fall 2023 semester. Please keep an eye on your email for updates from the Field Office regarding the new system for additional details and updates.

Due to the short time frame of the transition from InPlace to Tevera, there is a large quantity of last minute tasks that need to be completed in order for you and your placement locations to have access to Tevera. While you are waiting for your registration link, you can check out **Knowledge Hub** before you have an active account. As soon as your account is created, you will receive an email from Tevera with your user name and instructions on how to log in. Once logged in, you will have access to the "Learning Space". This space contains tutorials for you to learn how to use Tevera. In the meantime, if you do not have access to Tevera the first day of class, you can keep track of your hours separately and add them in once you have access to your log book. You can back date in Tevera. Also, the Learning Contract will be in Tevera. This is not due until Sept. 8th. You can start working on this with your Field Instructor as soon as you have access to Tevera.

To allow time for Tevera and the Field team to work through these last-minute tasks, please hold off on contacting the field office about Tevera during this first week of classes. As soon as we are notified that everything is up and running, we will send out another announcement. Please also let your Field Instructor at your location know about the delay. They will also receive an email from Tevera with their user name and instructions on how to log in. Agency personnel that have accounts in Tevera will also have a "Learning Space" catered to their role.

When you do receive access to Tevera, two notes about charges:

- If you are in the second half of a split semester and already paid for in-place, you do not have to pay for Tevera. Contact the field office if when you gain access, you are prompted to pay.
- If you purchase your Tevera through the UTA bookstore, you can connect the fee to your financial aid.

We greatly appreciate your patience during this transition. We are encouraged this will be a positive change for all of us. Have a great semester!

- [Field forms are available here!](#)
- [Field FAQ](#)
- If you are having technical difficulties with Tevera please email sswfield@uta.edu and include a screenshot of the issue.

Field Advising

This is an opportunity for you to ask questions, similar to **Office Hours for faculty!**

BSW and BSSUT Students

- Field Advisor: Vanessa Caravello
- 1st & 3rd Thursday | 3pm - 4pm
- [Join your field advisors' power hour here](#)

Advanced Children & Families, Advanced CAP, Advanced Aging & Advanced Health

- Field Advisor: Monica Brown
- 1st & 3rd Wednesday | 4pm - 5pm
- [Join your field advisors' power hour here](#)

Advanced Mental Health/Substance Misuse

- Field Advisor: Sharon Martin
- 1st & 3rd Thursday | 3pm - 4pm
- [Join your field advisors' power hour here](#)

[View all field advisors and power hours here](#)

Undergraduate & Graduate Student Leader (USL/GSL)

USLs & GSLs serve as advocates and communication facilitators for BSW & MSW students, fielding questions about all aspects of the school experience, including advising, field, registration, orientation, scholarships, deadlines, program policies, and more. You may reach out to your USL / GSL by email or Teams.

If you do not know who your assigned USL is, you may email Anadja Tamfo (axm3404@mavs.uta.edu) or Mayte Llerenas (tmv1458@mavs.uta.edu).

If you do not know who your assigned GSL is, you may email Makita Johnson (mxj1622@mavs.uta.edu) or Andrea Moreno (axm7516@mavs.uta.edu).

[Click here to meet our USLs](#)

[Click here to meet our GSLs](#)

Licensing

- If you're in your final semester and want to get started on applying to ASWB to take the LBSW or LMSW licensing exam, [click here](#) to request the Dean's Letter for Licensure, which UTA will send to ASWB. More info can be found on [the ASWB site](#) and our [SSW licensure page](#).

- **There's lots of great updated information about licensing in the Student Success and Advising Course on Canvas—Check it out!**

- Interested in the LCDC? Scroll to the end of this [Licensing](#) webpage and click on the Texas LCDC Licensing 2021 PDF for a chart that shows how different education levels can prepare you for the LCDC.

UTA Resources

- UTA Academic Calendar
- Evidence-Based Research Guide
- Webinar Library
- UTA Counseling & Psychology Services
- SAR Center
- Free Windows Apps with Student ID
- SSW Writing Resources
- Suicide Prevention Lifeline
- Emergency Assistance Fund
- Rental Assistance Program
- Survivor Support Group
- Free & Confidential HIV Testing
- UTA Trn-C Food Pantry Distribution
- CAPS

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy

Follow UTA School of Social Work on:

