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SOCIAL JUSTICE Spotlight

How can we make migrants and refugees more involved in our communities?



BUILDING BRIDGES WITH MIGRANTS AND REFUGEES

World Migrant and Refugee Day is coming up!

World Migrant and Refugee Day is coming up in September and we would like to highlight this particular group and ways in which we as individuals and collectively as a community can help them adjust to their new life.

In this Ted Talk, Melissa Fleming talks just about this subject. She lays out how in small ways everyone in a community can help make this population feel more secure, gain footing within their new surroundings and feel like they belong.

As Makita Johnson likes to say, "Kindness costs nothing", and in this talk you'll learn about the unique challenges this population encounters and how to be a great neighbor the next time you can.

[View the Ted Talk here](#)

Event Spotlight

MENTAL FITNESS PEER PROGRAMS

MINDFULNESS & MENTAL RESILIENCE

Starting September 5th, 6th, or 7th

We'll practice mindfulness skills and learn how to apply them to build mental resilience when processing emotions like stress, anxiety, and loss.

Available Options:

- **Tuesday at 12pm** (online or in person)
- **Wednesday at 6pm** (online only)
- **Thursday at 7pm** (online only)

Sign up today!

Sponsored by Dr. Allison Tomlinson, Lorraine Mossiah, Lisa Battle, & Stephen Silva

Important Dates

- **August 21st:** Drop & Withdrawal Period Starts
- **Sept 4th:** Labor day
- **Sept 6th:** Census date
- **Oct 27th:** Last day to drop, turn into MyMay by 4pm



YOU MATTER!

Grounding for Self Care

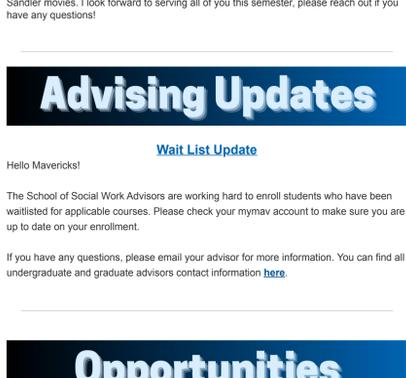
As we enter the new semester and season it is not unusual to feel overwhelmed and pulled in every direction. I want to take this time to remind everyone to carve out a few minutes every day to focus on a self-care task to ground yourself. Grounding uses mental (focusing the mind), physical (focusing the senses), and soothing techniques (talking to ourselves with kindness), depending on your state of mind in the moment.

Grounding is a great technique for managing anxiety triggers, while also being helpful to regain control when the day seems to be spinning out of control. So, the next time your anxiety gets out of hand, you will have a few tricks in your bag to help you through the moment. Grounding is a great tool for a temporary solution, so don't be afraid to utilize your resources when needed.

When the moment arrives for grounding, take a moment where it is safe and close your eyes and take a few deep breaths focusing on your breath. Open your eyes and ask yourself, "What do I see? What do I smell?" Try to remain in the moment, observing what you see and smell. Take a few breaths to close out the exercise. A personal favorite of mine is finding a safe place (ideally outside) to take my shoes off and connect with the ground, this also works indoors.

Love and Light,
Lorraine Mossiah
Graduate Intern
The University of Texas at Arlington

Student Spotlight



New USL Intern: Jackie Flores

Hello, my name is Jackie Flores and this is my first semester as a USL intern. I am a senior majoring in social work. I want to work in a school as a social worker and then a teacher. I eventually want to work in foster care. I knew I wanted to be a social worker since I was in middle school. In my free time I like reading, crocheting, and watching Adam Sandler movies. I look forward to serving all of you this semester, please reach out if you have any questions!

Advising Updates

Wait List Update

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

WANT TO LEARN MORE ABOUT IPE?

SIGN UP NOW! DEADLINE IS SEPTEMBER 8TH

When: October 1st through October 14th
Where: Via Online Discussion Boards

Focus: Students will be reading the book, *Five Days of Memorial* by Sheri Fink. Students will be given a reading guide with prompts leading up to the event to promote engagement with the material and each other. After reading the book, students will participate with students from various disciplines in an online discussion board.

Disciplines Involved: Nursing, Public Health, Speech Language Pathology, Athletic Training, Dietitians

Classes Recommended: Foundation courses (Generalist Micro, Diverse Populations), health, mental and substance misuse courses

Contact:
Tracy Orwig tracyorwig@utsa.edu
Sofia Fantus sofia.fantus@utsa.edu

JOIN US

MEET AND GREET!!

GRADUATE DIRECTOR

DR. REGINA PRAETORIUS, LMSW-AP-S

EVERY WEDNESDAY

TIME: 2:15-3:15PM, SWSH 204

TIME: 6:30-7:30PM, VIRTUAL

[\(CLICK HERE TO JOIN\)](#)

YAM HELPERS WANTED

Young Adults of Mental Health (YAM) is a student-led organization dedicated to providing peer support and resources for students in the Austin area. We are currently seeking YAM helpers to assist in our programs for students in 9th-12th grade. For more information, please contact us at yam@utsa.edu.

Registration NOW OPEN

THE COMMUNITY FOUNDATION PRESENTS
Asperia
THE MENTAL HEALTH CONFERENCE 2023
Sponsored by **DAVIDSON COLLEGE**

Attention Master's-Level Students!

Apply for an Addiction Counseling Fellowship

Awards include \$15,000 for educational support

Application deadline is Sept. 30, 2023

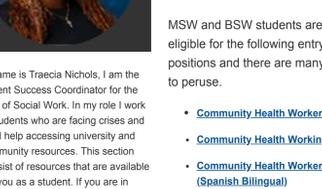
nbcc FOUNDATION | IMADC INTERNATIONAL
Minority Fellowship Program for Addiction Counselors
www.naacac.org/MFP

Resume and Cover Letter Workshop

Market yourself and gain an edge in today's job market and get ready for the job fair by learning how to create an effective resume and cover letter.

Note: Resumes and cover letters are not reviewed during this workshop. For a resume/cover letter review, we encourage you to attend one of our Career Spot Drop-in times.

UTA NIGHT AT THE RANGERS



**WEDNESDAY, SEPTEMBER 6
7:05 PM @ Globe Life Field**

Book of the Week

Codependent No More
by Melody Beattie

This book takes a compassionate look at codependent behavior and includes personal reflections, exercises, and instructive stories.

Codependent No More intends to help individuals break free from older patterns and learn to create and maintain healthy boundaries and learn to care for themselves more fully.

Now 8.49 on Amazon

Student Success Resource

JOB OPPORTUNITIES

Look at all the exciting opportunities for social workers in DFW at a top rated employer, Baylor Scott & White.

MSW and BSW students are eligible for the following entry level positions and there are many more to peruse.

- [Community Health Worker](#)
- [Community Health Working II](#)
- [Community Health Worker \(Spanish Bilingual\)](#)
- [Social Worker](#)

Careers at Baylor Scott & White

Academic Resources

Graduate Director Office Hours

Meet Dr. Regina Praetorius, LMSW-AP-S, the Director of Graduate Programs at UTA's School of Social Work during her new open office hours.

- Wednesdays, 2:15pm - 3:15pm SWSH 204
- Wednesdays, 6:30pm - 7:30pm Online ([Click here to join](#))

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

Utilize your senses! Your sense of smell and taste can trigger memory. Make yourself the same beverage or snack each time you sit down to study and you may find it easier to remember material from previous sessions.

[Schedule your online tutoring session here](#)

Field Placements

A Letter to Students from Field:
Hello SSW Mavericks,

I would like to take a minute to explain in a little more detail what occurred with the Tevera kick-off and why there were some delays in getting everything running at the start of the semester. On 8/18 during my meeting with Tevera, it was determined there was an issue with the data import from InPlace to Tevera. This issue was a 2-part problem, the first being the sites under a supervision tab were not linking up with the official site names. The second was the field instructor sites were also not linking correctly. I was able to correct the supervision sites issue by the end of the day on the 8/18. This fix allowed all the Split 2 students to be correctly imported and linked to their respective sites and Field Instructors. I then spent the first week of classes manually creating all 290 Fall Block and Split 1 student accounts. I discovered by the end of the week not all the sites were imported into Tevera. I immediately contacted Tevera to make them aware of the issue and it was corrected over the weekend. Monday, 8/28 I was able to activate all accounts in Tevera. However, as Tevera was still working on getting Field Instructors added, the Field Team was unable to link the Fall Block and Split 1 students at that time. As this is our first semester in Tevera, we are all still learning how it works and how the processes are set up. Please do not be concerned about these issues affecting Fall graduations or moving into Split 2. The Field Team and I appreciate your patience during this transition.

Thank you,
Chris Clark
Coordinator of Field Education

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.

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 Tamof (axm3404@mavs.uta.edu) or Mayte Ledezma (mvl1458@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 a lot 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 [Licensure](#) 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.