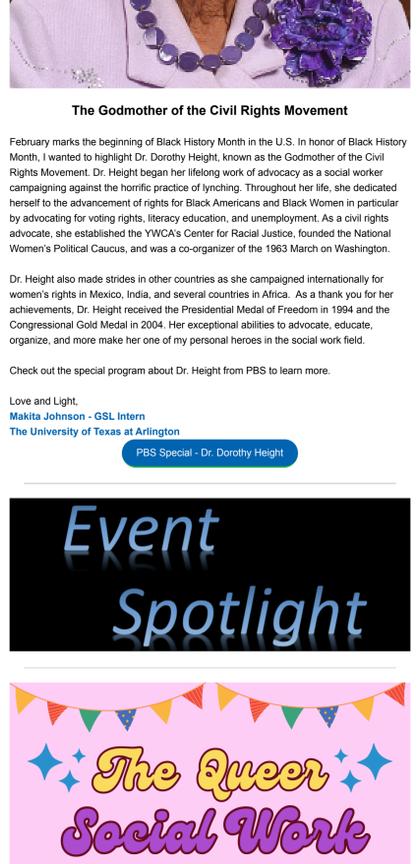


Inside this Issue

- **Event Spotlight** *New*
- **Student Spotlight** *New*
- **Opportunities** *New*



SOCIAL JUSTICE Spotlight



The Godmother of the Civil Rights Movement

February marks the beginning of Black History Month in the U.S. In honor of Black History Month, I wanted to highlight Dr. Dorothy Height, known as the Godmother of the Civil Rights Movement. Dr. Height began her lifelong work of advocacy as a social worker campaigning against the horrific practice of lynching. Throughout her life, she dedicated herself to the advancement of rights for Black Americans and Black women in particular by advocating for voting rights, literacy education, and unemployment. As a civil rights advocate, she established the YWCA's Center for Racial Justice, founded the National Women's Political Caucus, and was a co-organizer of the 1963 March on Washington.

Dr. Height also made strides in other countries as she campaigned internationally for women's rights in Mexico, India, and several countries in Africa. As a thank you for her achievements, Dr. Height received the Presidential Medal of Freedom in 1994 and the Congressional Gold Medal in 2004. Her exceptional abilities to advocate, educate, organize, and more make her one of my personal heroes in the social work field.

Check out the special program about Dr. Height from PBS to learn more.

Love and Light,
Makita Johnson - GSL Intern
The University of Texas at Arlington

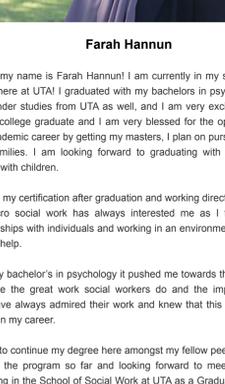
[PBS Special - Dr. Dorothy Height](#)

Event Spotlight

The Queer Social Work Association

First meeting on Wed., Feb. 7

Promoting community and solidarity within a LGBTQ+ and diversity-friendly space that fights for social justice!



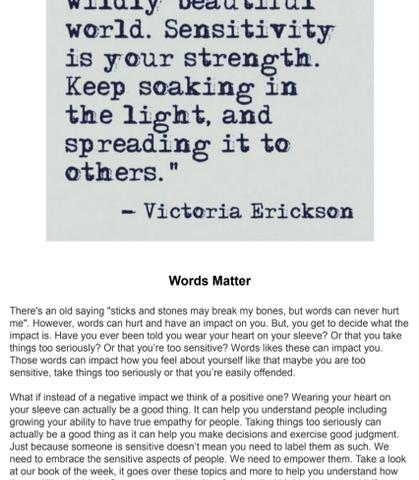
Scan our QR code for our Linktree!

Important Dates

- **Feb 5th:** Summer Field Application Opens
- **Mar 1st:** Deadline to Apply for Graduation in MyMav
- **Mar 11th-15th:** Spring Break
- **Mar 29th:** Last Day to Drop Classes; Submit in MyMav by 4pm



Student Spotlight



Farah Hannun

Hello everyone my name is Farah Hannun! I am currently in my second semester of the MSW program here at UTA! I graduated with my bachelors in psychology and a minor in women and gender studies from UTA as well, and I am very excited to be back. I am a first-generation college graduate and I am very blessed for the opportunity to be able to continue my academic career by getting my masters. I plan on pursuing a concentration in children and families. I am looking forward to graduating with this concentration and working directly with children.

I plan on getting my certification after graduation and working directly with patients through counseling. Micro social work has always interested me as I feel the importance of creating relationships with individuals and working in an environment one on one is a very effective way to help.

As I received my bachelor's in psychology it pushed me towards the path of social work. I was able to see the great work social workers do and the impact they have on the community. I have always admired their work and knew that this is the path I wanted to pursue later on in my career.

I am so excited to continue my degree here amongst my fellow peers. I have met so many great people in the program so far and looking forward to meeting many more. I am currently interning in the School of Social Work at UTA as a Graduate Student Leader. My role is to help other students in the program and be a liaison between them and the faculty and staff. It has been a great ride so far and I'm so excited to see where these opportunities take me!

YOU MATTER!

"Highly sensitive beings suffer more but they also love harder, dream wider, and experience deeper horizons and bliss. When you're sensitive, you're alive in every sense of the word in this wildly beautiful world. Sensitivity is your strength. Keep soaking in the light, and spreading it to others."

- Victoria Erickson

Words Matter

There's an old saying "sticks and stones may break my bones, but words can never hurt me". However, words can hurt and have an impact on you. But, you get to decide what the impact is. Have you ever been told you wear your heart on your sleeve? Or that you take things too seriously? Or that you're too sensitive? Words like these can impact you. Those words can impact how you feel about yourself like that maybe you are too sensitive, take things too seriously or that you're easily offended.

What if instead of a negative impact we think of a positive one? Wearing your heart on your sleeve can actually be a good thing. It can help you understand people including growing your ability to have true empathy for people. Taking things too seriously can actually be a good thing as it can help you make decisions and exercise good judgment. Just because someone is sensitive doesn't mean you need to label them as such. We need to embrace the sensitive aspects of people. We need to empower them. Take a look at our book of the week, it goes over these topics and more to help you understand how these skills could benefit you personally and professionally. I highly recommend it if anything stood out to you...

With love,
Emily Rappaport - USL Intern
Mia Cozzarelli - GSL Intern
The University of Texas at Arlington

Opportunities

THE CENTER FOR MEXICAN AMERICAN STUDIES PRESENTS

CELEBRATING 30 YEARS OF KNOWLEDGE, CULTURE, & COURAGE

30 YEARS BRING YOUR CASA AT UTA!

SPRING-2024 SPEAKER SERIES

- **WEDNESDAY, JANUARY 31**
How to Land a Good Job in a Political Campaign
DAVID DE LA FUENTE
University Hall - Room 110, 12:00 pm
- **FEBRUARY 14**
GABRIELA WARKENTIN
IBA
- **WEDNESDAY, MARCH 6**
The Politics of Policing in Latin America: Comparing Colombia & Mexico
DIEGO ESPARZA
Central Library - 6th Floor Parlor 12:00 pm - 1:30 pm
- **FRIDAY, MARCH 22**
Mapping Chicana/Mexicana Voices in the Borderlands Symposium
MARIA CORTERA - KEYNOTE SPEAKER
AMERICA CHICANA RESEARCH PROFESSOR
Central Library - 6th Floor Altam 9:50 am - 7:00 pm
- **WEDNESDAY, APRIL 17**
Reclaiming our History & Heritage
JULISSA ARCE - AUTHOR, ACTIVIST, PROFESSOR
2024 CMAS DISTINGUISHED SPEAKER
Central Library - 6th Floor Altam, 6:00 pm

FOR MORE INFORMATION CONTACT 817-272-2933 OR CMAS.UTA.EDU

March 2nd 2024
28th Annual UTA Powwow

VOLUNTEERS WANTED

Learn About Native American Culture While Serving the Community

Email: js4824@msw.uta.edu



Empowerment Pathways Series: Student Success Series Event

PLEASE JOIN US FOR A

A College Student Guide to better Nutrition

WITH GUEST SPEAKER:

STACIE ELLIS
LIS, RDII, LD

UTA'S REGISTERED DIETITIAN

RSVP



VIRTUAL LINK TO JOIN FOUND ON FORM

FEB 15 | 6:30 - 7:30 PM

LOCATION: SOCIAL WORK BUILDING RM 231

FOR MORE INFORMATION CONTACT TRACIA.NICHOLS@UTA.EDU

UTA School of Social Work THE UNIVERSITY OF TEXAS AT ARLINGTON

SURVIVOR LINK

TEEN DATING VIOLENCE & AWARENESS INTERVENTIONS

Learn how to identify and support victims of teen dating and LGBTQ+ survivors of violence in a digital age.

SPRING SESSION PART 2 OF 3

DIGITAL INTERVENTION
Understand the risks and benefits of digital use for teens.

TEEN DATING VIOLENCE
Learn the signs of teen dating violence and how to intervene.

LGBTQ+ SURVIVORS
LGBTQ+ survivors of IPV face unique challenges. Learn how to identify and address them.

JOIN US **FEB 21 @ 4PM CST** via Microsoft Teams

In Partnership With **AmeriCorps** **ASU** School of Social Work

Book of the Week

THE HANDBOOK FOR HIGHLY SENSITIVE PEOPLE

How to thrive in a feeling overwhelmed and frazzled world

MEL COLLINS

The Handbook for Highly Sensitive People by Mel Collins

An insightful and instructive handbook for highly sensitive people, filled with helpful tools to understand, manage and make the most of the gift of sensitivity.

Are you often told to stop taking things to heart or to toughen up? Do you have a lot of empathy for others? Over analyse things and get 'stuck in your own head'? Or become easily overwhelmed and frequently need to withdraw?

If the answer is yes, you are probably a highly sensitive person, and this handbook will be your survival guide!

Now \$12.30 on Amazon

Student Success Resource

Nutrition Workshop

Join us for an exciting Nutrition Workshop featuring a Registered Dietitian who will guide us through on-campus resources and help us create delicious and nutritious snacks!

Event Details:
Date: Thursday, February 15th
Time: 6:30pm-7:30pm
Location: SSW Room 231 or Join us Virtually

About the Workshop:
Registered Dietician Expertise: Our special guest, Stacie Ellis, MS, RDII, LD, who will share expert advice on creating a balanced and nourishing diet, especially tailored to the on-campus lifestyle.
On-Campus Nutrition Resources: Discover nutrition resources available right here on campus! From healthy dining options to nutritional counseling services, you'll gain insights into making informed food choices.
Hands-On Snack Making: Get ready to roll up your sleeves! An interactive session will provide you the opportunity to create a tasty and wholesome snack.
Q&A Session: Our Registered Dietician is here to provide personalized advice and address your inquiries.

Save the Date: Secure your spot for this hands-on and insightful event. Feel free to bring friends who are also eager to enhance their nutrition knowledge!

Please RSVP [here](#) by Tuesday, February 13th to reserve your spot. Space is limited in-person, so act fast!

[Click here to RSVP for the Nutrition Workshop](#)

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.

Options are listed below:

- Wednesdays 2-3pm (SWSH Suite 203/204)
- Thursdays 6:30-7:30pm (Virtual)

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](#)

Field Placements

- The Field Application for Summer opens on Feb 5th.
- [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 Caraveo
- 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 Emily Rappaport (emilyrappaport@mavs.uta.edu) or Jackie Flores (jackie.flores@mavs.uta.edu).

If you do not know who your assigned GSL is, you may email Makita Johnson (mj1622@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 [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.

UTA Resources

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

