



February 7, 2023

**SOCIAL JUSTICE SPOTLIGHT**

**February 11<sup>th</sup> is National Don't cry over spilt milk Day!**

**On February 11<sup>th</sup> we celebrate National Don't cry over spilt milk day!**

On February 11<sup>th</sup>, let us celebrate National Don't cry over spilt milk day!

This National celebration encourages people to not let little things make them angry. It teaches them how to let things go while managing stress and anger.

National Don't cry over spilt milk day can help health issues in the long run. Managing stress while young can lower blood pressure, decrease anxiety, panic attacks, heart problems, strokes and even seizures when older.

For more information, [CLICK HERE!](#)

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# Get to know your USL



## Cosette Eisenhauer

Hello everyone! My name is Cosette Eisenhauer, and this is my first semester as a USL. I am a senior graduating in the fall of 2023. I spent my first year at Dallas Baptist University and a year at TCC. I was a transfer student to UTA, so I understand it can be daunting to transfer to a new school. Growing up as a Chinese adoptee in America has allowed me to become an adoptee advocate, and I am hoping to continue my passion and advocate for adoptees, go into legislation and change policies to better the adoptees and not just the state or go into sports social work! Once I graduate, I am hoping to continue to obtain my MSW. Outside of school, I love to go to coffee shops and watch the sunsets! I am so excited to serve you and work with you all!



**YOU MATTER**

## **Breaking bad Habits**

When starting a goal, always remember that: Habits and actions are two different things. When it comes to improvement, it starts by changing the bad habits. Reaching a goal depends on what type of habits you have. It could be by losing weight, having a good GPA, graduating on time, wanting to reach higher education, etc.

In order to fix your habits, you must stay consistent and pursue the main goal. If the goal is not attainable, then the habits does not match it. Staying consistent means to take away the negative actions. This means to leave old habits to achieve your goal.

Bad friends, peer pressure, alcohol, excess fast food, staying up all night, and procrastination are a few examples of bad habits. Drinking, bingeing, unnecessary lack of sleep, and avoiding homework are examples of actions that are negative. In order to improve on a specific goal, then changing the habits and the actions for achievements.

By doing so, the goal is achievable! By changing your habits and actions, it is achievable to succeed for your objectives. It all starts with the mindset. What are your manifestations? What are you visualizing? Is it negative? Or is it positive?

Therefore, What is your goals and how are you going to achieve it?

Best Regards,  
**Andwelah Givens**

**BSW Student, undergraduate Student Leader,  
The University of Texas at Arlington**



## 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 [here](#). Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

## LICENSING

- If you're in your final semester and want to get started on applying to ASWB to take the LBSW 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](#).
- 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.

## MSW ADMISSIONS

Did you know that if you pursue your MSW at UTA within 6 years of graduating with your BSW, you can finish your Masters in as fast as 1 year? We accept MSW admissions on a rolling basis. The admissions calendar can be found [here](#). If you have any questions about the process of applying to the MSW, please contact [leslie.reyna@uta.edu](mailto:leslie.reyna@uta.edu)

## Important Dates

### Spring 2023

- **Feb. 1<sup>st</sup> – Field Applications OPEN**
- **Feb. 1<sup>st</sup>- Census Date**
- **March 13<sup>th</sup>-17<sup>th</sup> Spring Break**
- **March 31<sup>st</sup>- Last day to drop classes;** submit requests to advisor prior to 4:00pm
- **March 31<sup>st</sup> Field Applications Closed**
- **April 23<sup>rd</sup>- Registration begins for Summer 2023 & Fall 2023.**
- **May 2<sup>nd</sup>:- Last day of classes**
- **May 12<sup>th</sup>: Grades Due**

## FIELD PLACEMENT Summer 23

- **All students, agencies, and Field Instructors should use this URL for InPlace:** <https://inplace.uta.edu/>
- The InPlace fee is \$67 per year or \$130 for a lifetime. Each student will need to plan to pay the InPlace fee on the first day of class for that semester they are starting field.
- [InPlace Training](#) and [Logbook Training](#) can be found here!
- If you are having technical difficulties with InPlace please email [sswfield@uta.edu](mailto:sswfield@uta.edu) and include a screenshot of the issue.
- [Field forms are available here!](#)
- [Field FAQ](#)
- **Contact [Sharon Martin](#), LMSW, Field Advisor, with any questions!** You can also connect with her during her Field Power Hours every 1st & 3rd Thursday of the month from 3:00-3:30. [Click here to join the meeting](#)
- The Summer 2023 Field Application will be open Feb. 01 – March. 31<sup>st</sup>, 2023. These dates are subject to change. See the full Summer 2023 Field Education Calendar [here](#).

# A New Beginning for all!



## The University of Texas at Arlington's SOCW/NURS Building

**HISTORY HAS BEEN MADE!** The University's newest building is finally open to all faculty, staff, administrators and students! Since Social Work and Nursing have a lot in common with the wellbeing of the clients/patients, both majors are now combined into one building! According to Support UTA, "This building serves as a new center for interdisciplinary learning, encouraging students of both SSW and CONHI to think outside of their skillsets." This 15,000 square foot building is also a mixture of flexibility, state of art, and technology as a whole!

## JOB OPPORTUNITY



## Spring 2023 All Majors Job and Internship Fair

**When and Where? March 1<sup>st</sup> from 12pm to 4pm in the Mavericks Activities Center**  
Open to all UTA students and alumni seeking full-time positions, part-time jobs, internships and field placements. Over 100 employers expected to attend!

# The Diaper Dive

How to

## Host a Diaper Drive



Welcomed!



Thank you so much for having the passion and interest to host a diaper drive! Hope Cottage shares that passion and will do what we can to help your drive be successful. Your drive will make a difference in the lives of babies, toddlers, and parents across the DFW area. Every diaper, wipe and dollar donated will benefit those in our community who need it most.

In this toolkit, we have included a registration form, planning checklist, tally sheet and contact collection sheet, sample social media posts, a sample email, and a sample thank you note. We also have some flyers to help publicize your event. These materials can help with the organization and operation of your diaper drive. We encourage you to share these with your friends, family and or coworkers. Even a few diapers can help improve the lives of our neighbors. We are available to help answer questions or help you plan to make your diaper drive successful. Thank you again for generously donating your time to help families in need.

Good luck and have fun!

### **RUN A DIAPER DRIVE IN FOUR EASY STEPS:**

- Register your event
- Pick a drop-off spot
- Spread the word
- Collect & Deliver

#### **CALL:**

Gretchen | +503-421-3759

#### **MORE CONTACT INFO:**

[gweaver@hopecottage.org](mailto:gweaver@hopecottage.org)  
[hopecottage.org/diapers](http://hopecottage.org/diapers)

609 Texas Street, Dallas, Texas 75204 USA  
Main Phone: 214-526-8721 Toll-Free Number: 1-800-944-4460



Or click here  
to register  
online

#### **CALL:**

Gretchen | +503-421-3759

#### **MORE CONTACT INFO:**

[gweaver@hopecottage.org](mailto:gweaver@hopecottage.org)  
[hopecottage.org/diapers](http://hopecottage.org/diapers)

609 Texas Street, Dallas, Texas 75204 USA  
Main Phone: 214-526-8721 Toll-Free Number: 1-800-944-4460

# BSW Degree Plan

Check out the BSW and BSSUT Degree Plan: Your degree plan is one of the best ways to help you stay on track toward your college goals. Your degree plan can help you plan future semesters more efficiently and communicate with your advisor. You can reference the degree plans to check if you have taken your required courses.

UNIVERSITY OF TEXAS AT ARLINGTON SCHOOL OF SOCIAL WORK THE WORLD TALKS ABOUT CHANGE, BUT WE CREATE CHANGE. BACHELOR OF SOCIAL WORK

Name:	Course Number - Title	Credit	Enrolled/Completed
<b>SOCIAL WORK</b>	SOCW1231/UNIV 1131 (for Freshmen) or SOCW 3300 (for Transfer Students) SOCIAL WORK PROFESSIONALISM & STUDENT SUCCESS <sup>4</sup>	3	
<b>INTENDED STUDIES<sup>4</sup></b>	SOCW 3305 SOCIAL WORK PRACTICE I	3	
<b>STUDIES<sup>4</sup></b>	SOCW 3307 DIVERSE POPULATIONS <sup>4</sup>	3	
<b>SOCIAL WORK MAJOR STUDIES</b>	SOCW 3309 SOCIAL WORK PRACTICE II	3	
	SOCW 3308 SOCIAL WORK RESEARCH METHODS	3	
	SOCW 3301 THEORIES OF HUMAN BEHAVIOR	3	
	SOCW 3303 SOCIAL WELFARE POLICY AND SERVICES	3	
(Must meet the BSW Major requirements to continue)	SOCW 3306 SOCIAL WORK PRACTICE III: MACRO PRACTICE	3	
	SOCW ELECTIVE <sup>4</sup> :	3	
	SOCW ELECTIVE <sup>4</sup> :	3	
	SOCW ELECTIVE <sup>4</sup> :	3	
	SOCW ELECTIVE <sup>4</sup> :	3	
<b>SOCIAL WORK INTERNSHIP</b>	SOCW 4451/4451 SW FIELD INSTRUCTION/ SW FIELD SEMINAR OR	9	
	SOCW 4454/4455 SW FIELD SEMINAR BLOCK PART 1/SW FIELD INSTRUCTION BLOCK PART 1		
	SOCW 4452/4452 SW FIELD INSTRUCTION/ SW FIELD SEMINAR OR	9	
	SOCW 4456/4456 SW FIELD SEMINAR BLOCK PART 2/ SW FIELD INSTRUCTION BLOCK PART 2		
	<b>Total SOCW hours</b>	<b>54</b>	
	<b>Total hours for Graduation</b>	<b>120</b>	

<sup>4</sup>SOCW Elective Options (a minimum of 2 SOCW electives must be at the 4000 level):  
 SOCW 3310 Environmental Justice & Green Social Work  
 SOCW 3312 Disability and Social Work  
 SOCW 3314 The Latina Experience  
 SOCW 3315 Introduction into Substance Use Disorders  
 SOCW 3320 U.S. Immigration & The SOCW American Dream  
 SOCW 4310 Social Work with Children & Families  
 SOCW 4314 Intimate Partner Violence  
 SOCW 4335 Aging in American Society  
 SOCW 4396 Seminar in Women's Issues  
 SOCW 4370 Social Work in Schools  
 SOCW 4371 Inequalities and Incarceration  
 SOCW 4350 or 4391: With Permission of the BSW Director, students may complete an Undergraduate Research Project or Independent Study for up to 2 Social Work Electives.

Students are responsible for enrolling in classes in MyMax. This document is not a guarantee that classes will be offered every semester. This degree plan is subject to change. Please meet with your academic advisor prior to registration each semester to stay on track with your degree plan.

Interested in the BSSUT program? Want to minor in SUT? The BSSUT degree plan details the required courses for this degree. If you have additional questions about this degree click [HERE!](#)

# The Open House Event

THE SCHOOL OF SOCIAL WORK

## THE SOCW OPEN HOUSE EVENT



### SAVE THE DATE!!!

SSW OFFICE OF ACADEMIC AFFAIRS ARE HOSTING AN OPEN HOUSE ON 2/21/23 FROM 11:00AM- 3:00PM IN OUR NEW BUILDING THE SOCIAL WORK SMART HOSPITAL BUILDING MEET THE DIRECTOR AND PROGRAM STAFF 11:00AM- 12:00PM OPEN HOUSE WITH FIELD AND ADVISING 2:00PM- 3:00PM

### When is the Open House Event?

The Open House Event will be held on February 21st from 11:00am to 3:00pm.

### Where is it Located?

The session will be held at the new SOCW/NURS Building. This building is located in front of the SEIR building. Address: 501 W. Mitchell, Arlington TX, 76109

### What to expect?

An opportunity to learn more about the program and student organizations in a personalized way. You will meet the Undergrad Director, Dr. Allison Tomlinson and your awesome BSW advisors to engage in a Q&A Session all while meeting other students in the Program.

### APPLY TO GRADUATION!!!

- Remember the deadline is Wednesday, March 1, 2023, for spring 2023.
- If late to apply, a delay fee will occur of \$60, and possibly not have your name published in the commencement booklet.

### CONTACT US

ANDWELAH.GIVENS@MAVS.UTA.EDU  
OR MXC5965@MAVS.UTA.EDU

## Save the Date!!!

SSW OFFICE OF ACADEMIC AFFAIRS ARE HOSTING AN OPEN HOUSE ON

2/21/23 FROM 11:00AM- 3:00PM

IN OUR NEW BUILDING THE SOCIAL WORK SMART HOSPITAL BUILDING MEET THE DIRECTOR AND PROGRAM STAFF 11:00AM- 12:00PM

OPEN HOUSE WITH FIELD AND ADVISING 2:00PM- 3:00PM



# Upcoming Events within UTA



## MSW Thesis Peer Support

Click the flyer to fill in an interest form at <https://forms.office.com/r/WvfDxpeyaf>

We're looking to start an ongoing group that will share a Teams chat to provide a space for coworking and support



## Interested in macro social work?

The Student Association for Macro Social Work provides Peer Support & Professional Development for students interested in macro social work!

First Mondays 7-8pm via Teams  
February 6 - March 6 -  
April 3 - May 1



For questions, email [monica.canizares@mavs.uta.edu](mailto:monica.canizares@mavs.uta.edu)



## SSW CAP GRADUATES

SAMSW IS COLLECTING ALUMNI CONTACT INFORMATION FOR A CAP ALUMNI NETWORK



SCAN OR CLICK TO REGISTER!

**ANDREW MARKS STUDENT ADVOCACY AWARD**

NOMINATIONS DUE February 20, 2023

**DESCRIBE**

- Problem or Issue
- Population Affected
- Advocacy Action & Your Role
- Outcome of the Advocacy Action

**SUBMIT**  
[bit.ly/AndrewMarksAward\\_2023](https://bit.ly/AndrewMarksAward_2023)

**PRIZE**  
\$100 Gift Card for BSW and MSW winners!

Winners announced on Social Work Advocacy Day, March 3, 2023!

## SOCIAL WORK ADVOCACY DAY (SWAD) 2023

Save the date!

March 3, 2023

Texas State Capitol

@naswtx\_advocacy

[naswtex.naswtx@socialworkers.org](mailto:naswtex.naswtx@socialworkers.org)





# STUDENT SUCCESS COORDINATOR

[UTA Academic Calendar](#)

[Evidence-Based Practice Research Guide](#)



My name is Traecia Nichols, I am the Student Success Coordinator for the School of Social Work. In my role I work with students who are facing crises and need help accessing university and community resources. This section will consist of resources that are available to you as a student. If you are in need of resources or have any questions or concerns, please contact me at [traecia.nichols@uta.edu](mailto:traecia.nichols@uta.edu)

Sincerely,  
Traecia

## AVAILABLE RESOURCES

### RVSP- Relationship Violence and Sexual Assault Prevention

The purpose of RVSP is to empower students who are victims and survivors of relationship and/or sexual violence to seek advocacy and support with assistance through the healing and justice process. The RVSP program is part of Student Affairs' commitment to creating a Community That Cares. RVSP also has a Confidential Advocate. The RVSP Confidential Advocate, Tiffany Bland (she/her/hers), facilitates a victim-centered, social justice, and trauma-informed approach to facilitate support and advocacy services for victims and survivors of sexual and/or relationship violence. When seeking support, the confidential advocate's priority is to ensure the student feels safe, is academically successful, and feels supported.

Contact information

Website email: <https://www.uta.edu/student-affairs/rvsp>

Phone: 817-272-3947

Address: Ransom Hall Suite 301 Arlington, TX 76019

### CAPS-

Counseling and Psychological Services CAPS services are available to help students increase their understanding of person issues, address mental and behavioral health problems, and make positive changes in their lives. CAPS provides individual, couples, and group counseling. CAPS Psychiatry provides diagnostic assessment and ongoing treatment for psychiatric conditions, including medication and brief psychotherapy. Currently enrolled UTA undergraduate and graduate students are eligible for services. Please refer to [uta.edu/caps](http://uta.edu/caps) for fee information. Contact Information Ransom Hall Rm 303 Arlington, TX 76019 817-272-3671 Maverick Activities Center Rm 212 Arlington, TX 76019 817-272-3671

### [SAR Center](#)

(Formerly Office of Students with Disabilities)

If you have any questions or content suggestion for the newsletter, please contact Maria Cruz [mxc5965@mavs.uta.edu](mailto:mxc5965@mavs.uta.edu)



**SCHOOL OF SOCIAL WORK**

211 S. Cooper Street, Arlington TX 76019  
Social Work Program  
(817) 272-3613

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*"We Make A Living By What We Get, But We Make A Life By What We Give."*

- Winston Churchill