



WEEKLY UPDATE  
July 18, 2022



SOCIAL JUSTICE SPOTLIGHT

July 24 is International Self Care Day!

On July 24, the International Self Care Foundation developed a device to raise awareness and promote living a healthy lifestyle. Ultimately, it is important to take care of oneself, physically and mentally. The International Self-Care Day, symbolizes that the benefits of self-care are experienced 24 hours a day, 7 days a week.

**What are the different types of self-care?**

- Health literacy
- Mental wellbeing
- Physical activity
- Healthy eating
- Risk avoidance
- Good hygiene

**How to Observe**

- Try a workout class/ take a walk
- Meditate
- Read a good book
- Prioritize yourself (try to have a good sleep schedule, pay bills on time)

Sources: <https://nationaltoday.com/international-self-care-day/>



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## STUDENT SPOTLIGHT



### Get to know our Student Leaders!

Hello! My name is Jessica Quinones. I am a first-generation student and will soon be the first in my family to receive a BSW degree from UTA! I am a full-time student and will graduate Spring '23. I have always loved the feeling of helping others in need! I was originally undecided about my major until I was convinced about taking a social work course. After researching what social work is and what they do, I switched my major to Social Work! My first goal is to continue my education to receive my LCSW and help others as a medical social worker. Growing up, I've been in and out of hospitals helping my grandmother, sometimes my mom, and now my grandfather. It took me a while to figure out which field I wanted to be in but after consideration, I knew I belong in the medical field as a social worker. My second goal is to become a school social worker in a higher education institution. Wherever my path takes me, I know that I will be doing my best to help others in need!

#### What does being a USL mean to you?

As a student, I know it can get confusing and stressful not knowing who to go to for certain questions. It's also a bit difficult to receive answers in a timely manner. That's where I step in as an Undergraduate Student Leader! I enjoy being a point of contact that students can turn to for anything. The feeling of helping students receive answers is rewarding to me. I also love being able to give students information about resources they might miss. I hope more students get the chance of becoming USL's!

Interested in becoming a USL in the fall? [Click here!](#)

## YOU MATTER



### Imposter Syndrome. What is it?

Hi everyone, I hope everyone is having a great summer. I'm going to be honest with y'all, I hadn't felt "imposter syndrome" since I graduated with my BSW in December of 2020. I know that during the COVID pandemic, my form of self care was surviving. Some days it was simply getting out of bed and getting ready. I felt like I put my career plans on pause to explore different aspects of life. I don't regret doing so but being back in school has honestly made me doubt myself. Am I good at what I'm doing? The feeling of self doubt has been crossing my mind more than I'd like to admit. It has been mixed in with persistent feelings of not feeling worthy of my accomplishments and digging myself into a very lonely hole. To tell you the truth, battling imposter syndrome is tough, but taking a step back to analyze what I was feeling was my first step. To tell you the truth, this has been a scary whirlwind of emotions.

#### What is imposter syndrome?

Imposter Syndrome is the feeling that you are not good at your role, heavily doubting your abilities and believing you're an imposter. It can create anxiety and cause a feeling of loneliness. It is NOT a real medical syndrome or diagnosis.

Being self aware of yourself, especially when people give you positive criticism can be helpful. Do you tend to push positive feedback away? Do you convince yourself that the tasks you've accomplished are thanks to external forces? Learning that failures are "growing" experiences is important as well. It creates a mindset where one can find positive attributes even in "failed" situations. Find and share your strengths with the people around you. You are growing and becoming a better you everyday. Know that you are not alone.

Interested in writing your own "YOU MATTER" section for others? Email: [Olga.carrillo@mavs.uta.edu](mailto:Olga.carrillo@mavs.uta.edu)

Sources: <https://www.cwauthors.com/article/What-is-the-Imposter-Syndrome-in-academia/>

## COURSE SPOTLIGHT

How do pollution & climate change impact vulnerable communities?  
What can social workers do about it?

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### Environmental Justice & Green Social Work

Fall 2022

**Topics include:**

- Environmental Racism
- Ecological issues for children, older adults, women, and low-income populations
- Climate-forced Migration
- Natural Disaster Response
- Health & The Environment
- Ecotherapy for Mental Health
- Environmental Policy
- Micro and Macro Level Advocacy Strategies

**All readings are free!  
No textbook to purchase!**

**Course:** **SOCW 3310** (Undergraduate) / **SOCW 5310** (Masters)  
Environmental Justice & Green Social Work

**Modality:** Online- Asynchronous (with recorded lectures and optional live sessions)

**Instructor:** Karen Magruder, LCSW-S  
Assistant Professor of Practice  
karen.magruder@uta.edu

 UNIVERSITY OF TEXAS ARLINGTON | SCHOOL OF SOCIAL WORK

## IMPORTANT DATES

### SUMMER 2022

- **July 21** - Last Day to Drop Classes
- **August 10** – Last Day of Classes
- **August 13** – Commencement Ceremonies
- **August 22**– First day of Fall classes
- **September 5** --Labor Day Holiday
- **September 7**– Census Date
- **Oct. 28**-- Last day to drop classes; submit requests to advisor prior to 4:00pm

## BSSUT SPOTLIGHT

The Bachelor of Science in Substance Use & Treatment (BSSUT) “The degree will use a multidisciplinary approach to understand the biological, psychological and social aspects of substance misuse,” said Scott Ryan, dean of the School of Social Work. “Its curriculum for assessment and treatment methods for substance misuse are based on evidence-informed and research-supported practices that will enable students and future professionals to understand and treat individuals, families, groups and communities while preparing graduates for careers in this field.”

Continue reading [here](#)

Shermell Osborne  
[shermell.Osborne@uta.edu](mailto:shermell.Osborne@uta.edu)

Dr. Allison Tomlinson, PhD, LCSW-S  
[allison.tomlinson@uta.edu](mailto:allison.tomlinson@uta.edu)

For more info and FAQ's [Click Here](#)

Degree Progress Worksheet [Click Here](#)



## ADVISING

- Need to meet with your 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.
- **If your advisor's appointment schedule is full, please consider emailing them for email-advising, or attend their weekly Power Hour.** Please check advising appointments every Monday when new availability opens up for the coming weeks.

### BSW Academic Advisors:

- Sabrina Earle – [sabrina.earle@uta.edu](mailto:sabrina.earle@uta.edu)
- Kyleigh Easter- [kyleigh.easter@uta.edu](mailto:kyleigh.easter@uta.edu)

## 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](#).
- **Click [here](#) for a recording of our Social Work Licensing Information Session, held in April 2021.**
- 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 [doloresbevins@uta.edu](mailto:doloresbevins@uta.edu)



## FIELD PLACEMENTS

### General

- **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](#)

### Fall 2022

- The Fall 2022 Field Application is now open.
- Application Deadline is **June 24, 2022**.
- See the Summer 2022 Field Education Calendar for Block and for Split [here](#).  
**InPlace fee is due on the first day of class**

### Spring 2023

- The Spring 2023 Field Application is open **October 03, 2022**.
- Application deadline is November 25, 2022
- See the Spring 2023 Field Education Calendar for Block and for Split [here](#).  
**InPlace fee is due on the first day of class**



## GET INVOLVED

**The School of Social Work Virtual Clinic**  
Need additional support? The School of Social Work Virtual Clinic offers FREE services. Support groups are offered virtually, weekly to BSW students. Please email [SSWVirtualClinic@uta.edu](mailto:SSWVirtualClinic@uta.edu) for more information.

### The School of Social Work Virtual Clinic

#### Weekly Virtual Support Schedule

Tuesday	Thursday	Saturday
Parenting After a Pandemic 6pm - 7pm	Caregiving for Others 6pm - 7pm	First Generation and International Students' Success 9:00am - 10:00am
Promoting Healthy Habits 7:15pm - 8:15pm	Women's Virtual Room of Recovery 7:15pm - 8:15pm	Accommodating for Success 10:15am - 11:15am Building Better Interpersonal Relationships 11:30am - 12:30pm

Need additional support? The School of Social Work Virtual Clinic offers FREE services. Support groups are offered virtually, weekly to BSW students. Please email [SSWVirtualClinic@uta.edu](mailto:SSWVirtualClinic@uta.edu) for more information.



## STUDENTS FOR GLOBAL CHANGE (SGC)

Interested in making an impact regarding social injustices? Advocate for social issues? Join Students for Global Change (SGC) to start making an impact!!

MEETS EVERY 3RD WEDNESDAY PDF EACH MONTH | 5-6 PM | TEAMS VIRTUAL MEETINGS EVERYBODY'S WELCOME!

To participate, please register:  
<https://forms.gle/8nHefgf53iB1EXqa9>



Follow us @SGCUTA- Students for Global Change



Email us at [sgc.uta@gmail.com](mailto:sgc.uta@gmail.com)

## GRADUATING THIS SUMMER?

TAKE THE  
**EXIT SURVEY**

## Connections Tutoring Lab

UTA School of Social Work

**NOW OPEN**

Schedule a 30 minute session with a writing tutor!

Book your session **HERE!**

<https://outlook.office365.com/owa/calendar/UTASoWConnectionsLab@mavs.uta.edu/bookings/>



## EVENTS

### SSW DEI Event Calendar

Join us in a brave space as we both celebrate cultural heritage months and discuss local social justice issues within our campus and surrounding communities.

May  
20

Topic:  
Asian American and Pacific Islander Heritage Month  
with  
Student Government Impeachments

June  
16

Topic:  
Pride Month & Immigrant Heritage Month  
with  
Parent Rights in Education Bill & Immigrant status and Higher Ed.

July  
15

Topic:  
Roe V Wade

August  
25

Topic:  
Diversity Awareness Month  
with  
the anti-Critical Race Theory push

## UNIVERSITY OF TEXAS AT ARLINGTON

### School of Social Work

Invites you and your family to a

## Graduation Reception

in recognition of your outstanding student achievements

Saturday, August 13, 2022  
11:00 am-1:30 pm (come & go)  
School of Social Work  
Building B, Room 107  
211 S. Cooper St., Arlington, TX 76019

Please join us for sandwiches and refreshments prior to the 3:00 pm Commencement Ceremony!

### SSW Community of Caring

Join us in a brave space for the UTA School of Social Work community (students, staff, faculty) to support one another as we face local and global injustices. This month focuses on Roe V. Wade.

📅 Friday, July 15 at 10:00am to 11:00am  
📍 Virtual Event



# ACADEMIC OPPORTUNITIES

## IPE Distinction Certificate

Interprofessional education (IPE) is "when students from two or more professions learn about, from and with each other" (WHO, 2010).

Have you participated in IPE activities while attending UTA?

Want to be recognized for your hard work?

Apply for an **IPE Distinction Certificate!**

### REQUIREMENTS:

- MUST HAVE COMPLETED AT LEAST TWO IPE ACTIVITIES WHILE ATTENDING UTA
- MUST BE ABLE TO DISCUSS THE IPE ACTIVITIES IN WHICH YOU PARTICIPATED
- SUBMIT A COPY OF YOUR RESUME THAT INCLUDES THE IPE ACTIVITIES
- SUBMIT AN EXAMPLE COVER LETTER EXPLAINING HOW IPE HAS HELPED YOU TO PREPARE FOR A JOB

To fill out an application [CLICK HERE!](#)

**APPLICATIONS ARE DUE: July 15, 2022**

Questions?  
Contact: Professor Tracy Orwig  
[tracy.orwig@uta.edu](mailto:tracy.orwig@uta.edu)



## Introducing the 1st Annual SOCIAL WORK AND LAW National Symposium

Strengthening Pathways and Partnerships to Advance Empowerment, Justice, and Change

ONE DAY VIRTUAL EVENT  
FRIDAY | SEPTEMBER 30, 2022

### CALL FOR PROPOSALS

The 1st Annual Social Work and Law National Symposium exists to harness energy, passion, and wisdom to advance the field of forensic social work and the capacity of forensic social work practitioners. This is a future forward event bringing together educators, researchers, community practitioners, justice-oriented leaders, and students for synergistic learning collaborations.

We seek dynamic presenters to lead engaging workshops and interactive discussions focused on advancing knowledge, skills, and abilities around forensic social work practice including the intersection of social work and law as related to this year's theme, "Strengthening Pathways and Partnerships to Advance Empowerment, Justice, and Change."

**DEADLINE FOR RECEIPT OF PROPOSAL IS JUNE 15, 2022**  
See attached for submission instructions.

**FOR INQUIRIES AND PROPOSAL SUBMISSION:**  
[SWLSymposium@gmail.com](mailto:SWLSymposium@gmail.com)

### CALL FOR EXHIBITORS

Exhibition for the *Social Work and Law Symposium* is a virtual platform to provide information about an advocacy campaign, inspirational idea, cutting-edge research, services as well as personal and professional stories pertinent to the national audience. Prospective exhibitors will be solely responsible for the facilitation of their session and maintaining event connections.

Exhibit types include visual displays in the form of posters, banners, pamphlets, storied images, flyers, expressive arts (e.g., drawings, paintings, poetry, etc.), books, and other types of information. Exhibits should be accompanied by a clear statement of purpose. Exhibitor should be prepared to respond to attendee questions during their 10-minute session.

Prospective exhibitors must submit proposals that are consistent with the virtual orientation of the symposium and this year's theme, *Strengthening Pathways and Partnerships to Advance Empowerment, Justice, and Change*.

### SUBMISSION

**General Guidelines:** Proposals are to include the following information for consideration. Student submissions are encouraged.

- Title of session
- Name, title, affiliation, and contact for each presenter (include phone number of lead presenter)
- Session type
- Learning area and learning objectives
- Describe interdisciplinary, cross-professional or student collaboration (if applicable), DEI emphasis, and relevance of the topic (50 words)
- Description of the topic (200-300 words)
- Summary of interactive elements and technical requirements (150-200 words)
- Biographical statement for each presenter

Proposals should be saved as PDF files and submitted to *Symposium Review Committee* by email ([SWLSymposium@gmail.com](mailto:SWLSymposium@gmail.com)) no later than **June 15, 2022**. Notifications about participation will be delivered by July 1, 2022. Registration will be available by July 15, 2022. All accepted presenters must register to confirm virtual attendance no later than August 1, 2022.

**COSTS:** Regular \$45 before August 1, Regular \$55 after August 1. Student registration is Free. CEUs included. Certificates available at a cost of \$5 per certificate upon request.

# VOLUNTEER OPPORTUNITIES

USLs Needed!  
UTA School of Social Work

Attention BSW students! The School of Social Work is recruiting Undergraduate Student Leaders (USLs).

Application opens in April, for the Summer 2022 semester!

Are you interested in applying? If so, contact Ashley Schmidt or Esther Rocha.  
[ashley.schmidt@mavs.uta.edu](mailto:ashley.schmidt@mavs.uta.edu)  
[esther.rocha@mavs.uta.edu](mailto:esther.rocha@mavs.uta.edu)

### BECOME A CONFERENCE VOLUNTEER

Internationally recognized, the Crimes Against Children Conference is the premier conference of its kind providing practical and interactive instruction to those fighting crimes against children and helping children heal. At the last in-person event in 2019, we hosted 5,100 attendees from all over the world.

#### VOLUNTEER RESPONSIBILITIES AND EXPECTATIONS\*

- Must attend Volunteer Training.
- On-site responsibilities: Attendee registration, VIP Registration, traffic control, room monitor and other duties as assigned.
- Please ensure availability for one FULL DAY listed below.

VOLUNTEER TIME COMMITMENTS		
Thursday, August 4th	Volunteer Training	8:00 pm - 8:30 pm
Friday, August 5th	Conference Set-up	10:00 pm - 4:00 pm
Saturday, August 7th	VIP Registration	10:00 am - 11:30 pm
Sunday, August 7th	Attendee Registration	1:00 pm - 9:30 pm
Monday, August 8th	Conference Day 1	8:30 am - 6:00 pm
Tuesday - Wednesday, August 9-10th	Conference Day 2 & 3	7:00 am - 6:00 pm

\*Please note:  
1. This can be a high impact and physically demanding volunteer opportunity and can include moving/lifting boxes and walking/standing for long periods of time.  
2. Criminal defense attorneys are not eligible for this placement.  
3. Some of the workshops contain graphic in nature. You are not required to sit in on workshops.

Commitment deadline: June 10, 2022  
No dropouts after July 8, 2022  
For more information, contact Bria Manning at [bmanning@cac.org](mailto:bmanning@cac.org)

[www.cacconference.org](http://www.cacconference.org)

#CACConference @CACConference @CACConference @CACConference

### PERMISSION TO CHECK RECORDS

DALLAS CHILDREN'S ADVOCACY CENTER BOARD MEMBERS, STAFF AND VOLUNTEERS

**Purpose:** The purpose of this form is to grant representatives of authorized Volunteer Organizations permission to request, on the behalf of potential and current volunteers, employees, and board members:

- Criminal History check from the Texas Department of Public Safety (DPS) and
- Check from the Texas Department of Family and Protective Services (DFPS) Central Registry of Child Abuse and Neglect.

The authorized volunteer organizations include: Big Brothers and Sisters of America, Child Advocacy Centers of Texas, Make-A-Wish Foundation of America and Hope 4 Children. This form is completed by the subject of the background check or a designee.

**Disclosures:** The subject of the background check or designee reads and completes Sections 1-3, and submits this form to a Dallas Children's Advocacy Center Designee.

- Board Member and Staff Designee: Julie Smith, [jsmith@cac.org](mailto:jsmith@cac.org)
- Volunteer Designee: Bria Manning, [bmanning@cac.org](mailto:bmanning@cac.org)

A **Valid Designee:** The designee is responsible for ensuring the information provided by the subject in Section 1 is complete and accurate. The information must be verified by viewing official documents provided by the subject of the check, such as a driver's license or social security card.

#### SECTION 1: SUBJECT OF THE BACKGROUND CHECK

Please print. The information in this section must be provided by the subject of the background check before the check is conducted. Missing information may result in delays.

First Name	Middle Name	Last Name	Married Name
Alternate First Name	Alternate Middle Name	Alternate Last Name	
Birthdate	Sex	Race	Ethnicity <input type="checkbox"/> Hispanic <input type="checkbox"/> Other
SSN/State ID #	TX Driver's License #	Phone Number	
Final Address	City/State	Country	
Place of Birth	City/State	ZIP	
PREVIOUS ADDRESS	City/State	ZIP	
Street	City/State	ZIP	

#### OFFICE USE ONLY

VerFTH:  Approved  Not Approved Initials \_\_\_\_\_ Date \_\_\_\_\_

DFPS:  Approved  Not Approved Initials \_\_\_\_\_ Date \_\_\_\_\_

Quest:  Approved  Not Approved Initials \_\_\_\_\_ Date \_\_\_\_\_

**TARRANT AREA FOOD BANK**  
tafb.org

# Volunteer TODAY



# RESEARCH

[Social Work Course Guides](#)

[Student Research Opportunity Center](#)



**UNIVERSITY OF TEXAS ARLINGTON | SCHOOL OF SOCIAL WORK**

## TITLE IV-E STIPEND FOR BSW/MSW STUDENTS

**FOR STUDENTS WHO ARE INTERESTED IN:**

- CHALLENGING AND REWARDING WORK**  
Students will be working with children, parents and families impacted by child abuse and neglect, and who are in foster and adoptive placement.
- FINANCIAL AID**  
Stipend amount offered through Title IV-E Child Welfare Programs are:  
BSW Students: \$ \_\_\_\_\_  
MSW Students: \$ \_\_\_\_\_
- INTENSIVE TRAINING AND SOCIAL WORK EXPERIENCE**  
No other field and work setting offers such wide range of opportunities to learn, network, and grow.
- POST GRADUATION OPPORTUNITIES**  
Students sign a contract with the Department of Family and Protective Services (DFPS) to complete a minimum of 8 months of employment with full salary and benefits.

**HOW TO APPLY**

- GET IN TOUCH**  
Start the process by contacting Stipend Coordinator Kimberly Evans at [kimberly.evans@uta.edu](mailto:kimberly.evans@uta.edu) or an appointment to discuss the application process and obtain an application form.
- STIPEND APPLICATION & WRITING SAMPLE**  
Complete the stipend application and writing sample online, and return to [kimberly.evans@uta.edu](mailto:kimberly.evans@uta.edu) by stipend deadline.
- LETTER OF RECOMMENDATION**  
Submit letter of recommendation from a UTA professor to [kimberly.evans@uta.edu](mailto:kimberly.evans@uta.edu) by stipend deadline.
- PRELIMINARY INTERVIEW**  
Participate in a preliminary interview with UTA Title IV-E Stipend Program Coordinators.
- FINAL INTERVIEW AND SELECTION**  
Eligible candidates will be invited to a final interview with Child Protective Services staff.

**CONTACT US:**  
KIMBERLY EVANS, LCSW  
TITLE IV-E COORDINATOR  
[KIMBERLY.EVANS@UTA.EDU](mailto:kimberly.evans@uta.edu)

**VISIT US ONLINE:**  
[UTA.EDU/SSW](http://UTA.EDU/SSW)

*The Child Welfare Stipend is provided through the Title IV-E Training Contract, a federally funded initiative to enhance child welfare practice by infusing the work force with more BSW and MSW educated practitioners.*



# STAY SAFE



## Covid-19 Vaccine

Contact [covidvaccine@uta.edu](mailto:covidvaccine@uta.edu) with any questions. If the dates and times of these clinics don't work for you, the COVID-19 vaccine is free and widely available in Arlington and surrounding communities. To find a vaccine or booster near you, enter your zip code into the [CDC's COVID-19 vaccine finder](#).

[Click Here for more information.](#)

Daily Self-Check before Coming to Campus



All students must take their temperature daily before going to campus. If you experience any symptoms that are new, worsening, or not normal for you, please remain or return home.

[Required COVID-19 testing and new protective measures for Spring 2022 \(English and Español\) \(uta.edu\)](#)  
Classroom density, updated info from university on testing and return to campus

**KNOW YOUR STATUS**

No cost & confidential HIV testing

**CALL OR TEXT TO SETUP AN APPOINTMENT!**

PHONE: 602-478-6965  
EMAIL: [TYLERB@HIMHIV.CIO](mailto:TYLERB@HIMHIV.CIO)

**Dean Ryan's Statement on COVID-19 Health Disparities**



Are you a student in recovery from substance use? If so, you may be eligible to offer feedback on a new VR based tool for substance use treatment. [Click here](#) for more information.

**FALL 2022**



**SOCW 5392 ONLINE-ASYNCHRONOUS SOCIAL WORK AND LAW SPECIAL TOPICS COURSE**

Designed to provide essential forensic knowledge and skills to advance social worker influence within legal environments.

Students will learn how to:

- Discover when problems are legal and require legal action
- Respond to Subpoena
- Analyze Case Law
- Participate in Judicial Proceedings
- Perform as a witness in court
- And more

**INSTRUCTOR**  
Dr. Sherece Shavel, Assistant Professor of Practice

EMAIL FOR MORE INFORMATION: [sherece.shavel@uta.edu](mailto:sherece.shavel@uta.edu)

**As a phoenix rises from the ashes...**

"If you are military connected, 18 or older, and have transformed your trauma into a personal growth experience contributing to the growth and/or transformation of others, you may be eligible to participate in a research study."

**Posttraumatic Growth and Transformation in Military-Connected Populations**

The purpose of the research study is to better understand the factors, elements and turning points that contribute to a military loss or trauma becoming a personal posttraumatic growth experience that results in a transformation outcome of helping others. In other words, a transformation outcome creates a ripple effect of paying it forward in service to user's community and the world at large. An additional purpose of the study is to educate others to the power of posttraumatic growth and transformation outcomes through identifying factors that foster hope, growth, resilience, and purpose.

**Location for follow-up interviews:**

- Video interviews via ZOOM meeting

**You can choose to participate if you:**

- are over 18 years old,
- are a member of a military-connected population (i.e., Service Member, Reservist, National Guard, Veteran, Family member, or spouse),
- have directly or indirectly experienced a loss or trauma that is military related,
- have transformed your trauma into a personal growth experience contributing to the growth and/or transformation of others,
- have at least 2 years from last traumatic experience.

**To Access Our Survey**  
[Click or Scan QR Code Below](#)

**Time Commitment Required**

- 10 - 15 minutes for online anonymous survey
- Participants will be entered into a drawing to win 5 free Amazon gift cards
- 45 - 60 minutes for follow-up interview if chosen
- Participants will receive a \$25 Amazon gift card

**Are you unsure if you meet the requirements? Please call or email a member of the study team:**

Dr. Dawn Williams  
(MSW, Ph.D., MSW Student)  
Co-Principal Investigator  
[PW\\_1@uta.edu](mailto:PW_1@uta.edu)  
817-273-3918

**UNIVERSITY OF TEXAS ARLINGTON**  
CLICK HERE TO ACCESS OUR WEBSITE  
The University of Texas at Arlington, School of Social Work

**UNIVERSITY OF TEXAS ARLINGTON**

**Research Participation Opportunity**

Volunteers needed for an exploratory survey of childhood experiences and well-being in transition-age youth.



[youngadultwellbeing.questionpro.com](http://youngadultwellbeing.questionpro.com)

Thank you for your interest and participation! We understand that your time is valuable. Participants who complete the survey will be entered into a raffle for one of ten \$20 Amazon gift cards.

If you have any questions, please contact the research team at:  
[katherine.fahrenthold@mavs.uta.edu](mailto:katherine.fahrenthold@mavs.uta.edu)  
or  
[catherine.labrenz@uta.edu](mailto:catherine.labrenz@uta.edu)

## [UTA Academic Calendar](#)

## [Evidence-Based Practice Research Guide](#)

**MAVS UNITE**

Created for you!



**Check Canvas for the MavsUnite Page!**  
To add please e-mail:  
[Emily Clark](mailto:Emily.Clark@uta.edu)

## [SAR Center](#)

(Formerly Office of Students with Disabilities)

### MANAGING STRESS AND ANXIETY DURING COVID-19

UTA COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

#### THERAPIST ASSISTED ONLINE (TAO)

Visit [TAOconnect.org](http://TAOconnect.org)



#### THRIVE APP



Download "Thrive at UT" on App Store or Google Play

#### MAVS TALK 24HR CRISIS LINE

Call (817)272-8255



Visit [uta.edu/caps](http://uta.edu/caps) for more information

UTA is a COMMUNITY THAT CARES



**Connections Tutoring Lab**  
UTA School of Social Work

**NOW OPEN**

Schedule a 30 minute session with a writing tutor!

Book your session [HERE!](#)

<https://outpost.office365.com/www/connections/UTA/SSW/ConnectionsLab@mavs.uta.edu/bookings/>



In Crisis?  
Text HELLO to 741741

CRISIS TEXT LINE | Free, 24/7, Confidential

**Our Services**

- Peer-Led Team Learning (PLTL)**
- Supplemental Instruction (SI)**
- TRIO Student Support Services**
- Academic Coaching**

THE UNIVERSITY OF TEXAS AT ARLINGTON  
COUNSELING & PSYCHOLOGICAL SERVICES

**MAVS talk**

24 HOUR CRISIS LINE

817-272-TALK (8255)  
[WWW.UTA.EDU/CAPS](http://WWW.UTA.EDU/CAPS)  
303 RANSOM HALL

[UTA Library Accessibility](#)

[On-Demand & Live Fitness Classes](#)

**Rental Assistance Program**

The [Tarrant County Rental Assistance Program](#) assists residents who have been impacted by the COVID-19 pandemic. For more details, email [renthelp@tarrantcounty.com](mailto:renthelp@tarrantcounty.com) or call [817-850-7940](tel:817-850-7940).

The Lifeline is **FREE**, confidential, and always available.

**HELP** a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Learn the Warning Signs.

**Emergency Assistance Fund**

UTA students with a temporary financial hardship resulting from a sudden emergency [may apply for financial help](#).

[Get Microsoft 365, The Wall Street Journal and Other Apps FREE with your student email!](#)

How to gain access to SSW writing resources: [Advising & Student Success Canvas](#)

**UTA/Tri-C Food Pantry Distributions**

Currently distributing groceries on Thursdays only, from 9-11:45 a.m. and 2-4:45 p.m. To receive these grocery bags you must send an email to [utafoodpantry@gmail.com](mailto:utafoodpantry@gmail.com) to request a pickup time. Include student name, last four digits of UTA ID, requested grocery pickup time, choice of vegetarian, chicken, or any meat groceries.

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

