

## *Inside this Issue*

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- **Advisor Updates** *Important*
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# SOCIAL JUSTICE *Spotlight*



## International Literacy Day

Since 1967, the annual celebrations of International Literacy Day (ILD) have taken place on September 8th around the world to remind policymakers, practitioners, and the public of the critical importance of literacy for creating more literate, just, peaceful, and sustainable society.

Literacy is a fundamental human right for all. It opens the door to the enjoyment of other human rights, greater freedoms, and global citizenship. Literacy is a foundation for people to acquire broader knowledge, skills, values, attitudes, and behaviors to foster a culture of lasting peace based on respect for equality and non-discrimination, the rule of law, solidarity, justice, diversity. Literacy also enables people to build harmonious relations with themselves, other people and the planet. It is thus central to achieving the 2030 Agenda for Sustainable Development and the 17 Sustainable Development Goals (SDGs) [UN, 2015], forming the basis of peaceful and sustainable societies in which no one is left behind.

Love and Light,  
Ashley Moody  
Undergraduate Student Leader



#freshcheckdayuta  
freshcheckday.com/uta

CENTRAL LIBRARY MALL

RAIN LOCATION: Mavericks Activity Center Front Gym

Wednesday • 11:00AM -2:00PM

**October 9, 2024**

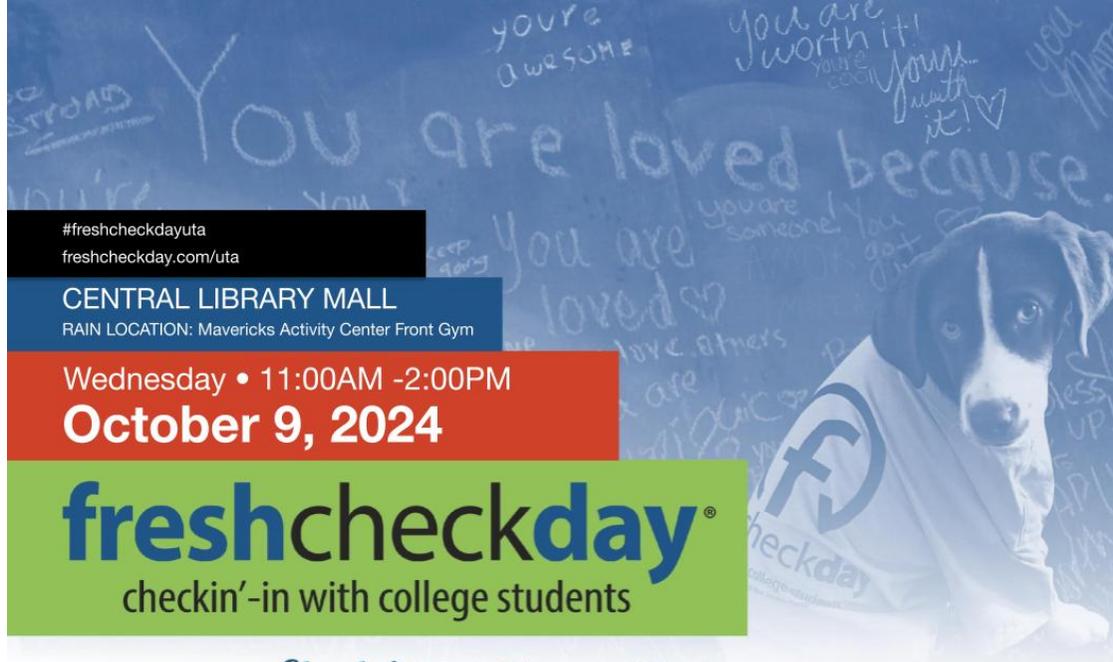
**freshcheckday**<sup>®</sup>  
checkin'-in with college students

A MENTAL HEALTH *Check-in* WITH INTERACTIVE BOOTHS *Free Food* PRIZES & MORE!



A program of the Jordan Pecos Foundation | [jordangepecosfoundation.org](http://jordangepecosfoundation.org)

**UTA** Counseling and Psychological Services  
DIVISION OF STUDENT AFFAIRS

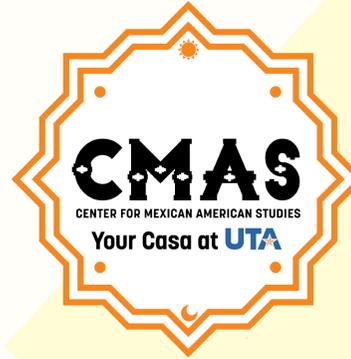


CMAS ACADEMIC & LEADERSHIP WORKSHOP SERIES PRESENTS:

# LINKEDIN

WITH GABRIELA RODRÍGUEZ

Unlock new opportunities for professional growth by joining our LinkedIn workshop, where you'll learn about strategies to enhance your online presence & network effectively. Don't miss out on this chance to elevate your career!



**OPPORTUNITY TO GET A FREE  
PROFESSIONAL HEADSHOT TAKEN!\***  
**DRESS PROFESSIONALLY!**



Swift Center\*,  
Room 125



Wednesdaay  
October 2<sup>nd</sup>,  
12:30 - 2:00 pm

Sign Up!:



\*Must attend workshop to be eligible  
for free professional headshot

\*Swift Center located at:  
1022 UTA Blvd (West Campus)



Questions? Contact: [jose.ayalarodriguez@uta.edu](mailto:jose.ayalarodriguez@uta.edu)

# FIND YOUR PATH

# MSW

## Specialty Info Session

**Pursuing your MSW?**  
Not sure which specialty is  
the best fit for you?

Hear from faculty and  
students about the  
benefits of selecting each  
specialty:

- Aging
- Children & Families
- CAP (Community,  
Administration & Policy)
- Health
- Mental Health &  
Substance Abuse



Online via teams!  
Scan the QR code  
or click here to join!



October 9th, 2024  
7:00 - 8:00 PM CST

Join us to have a  
chance to win Amazon  
Gift Cards!





**LEARN & CONNECT!**  
**HONOR & RECOGNIZE!**  
**EARN PRIZES!**  
**TRY AN INDIAN TACO!**  
**JOIN & PARTICIPATE!**

The Native American Serving NonTribal  
Institution ERG & Native American  
Students Association at UTA Present

## **INDIGENOUS PEOPLES' DAY FAIR**

**MON, OCT 14**  
**10 AM - 3PM**  
**UTA LIBRARY MALL**

**YOU MATTER!**



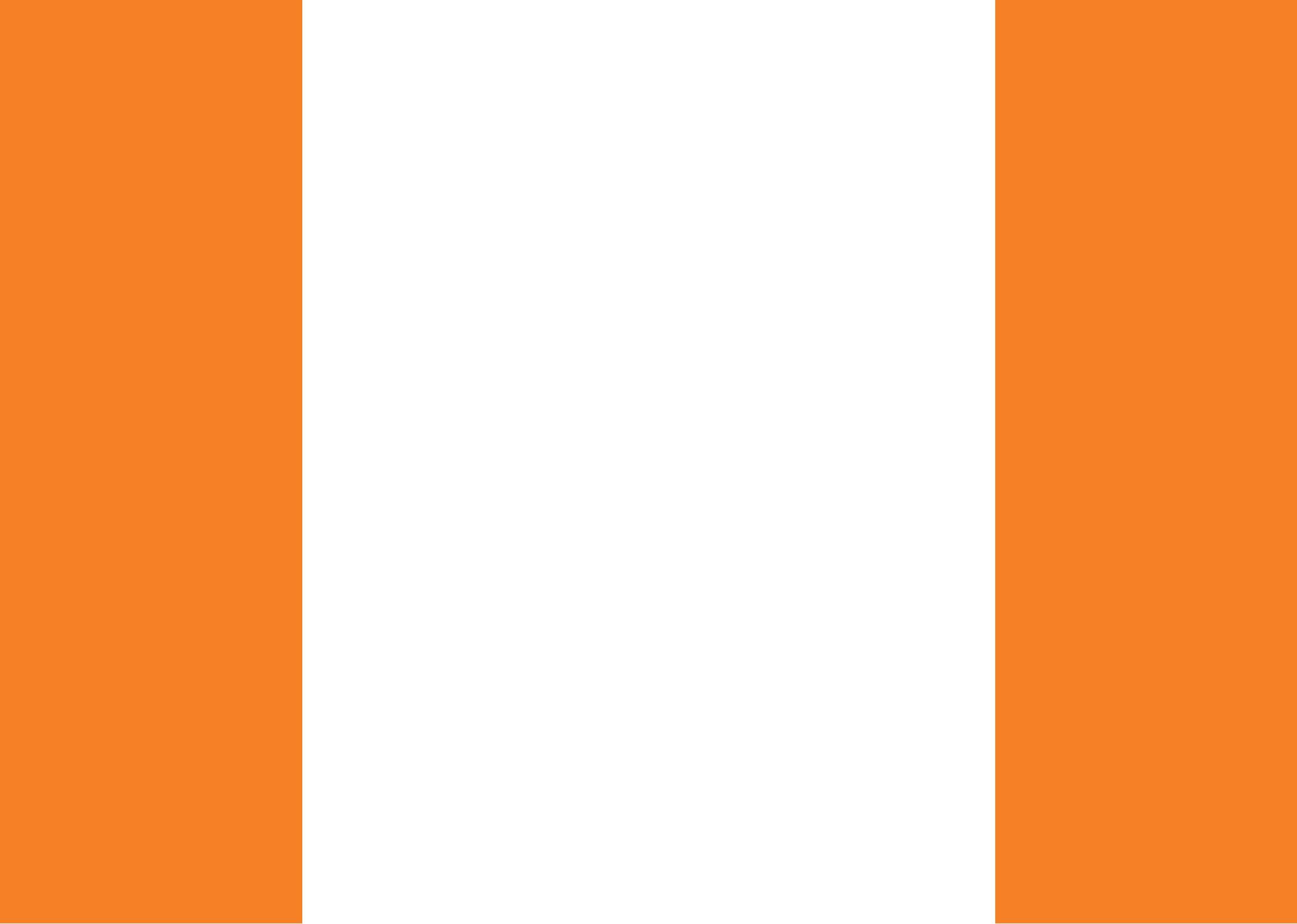
# TAKE CARE OF YOURSELF

## Mindfulness and Meditation

In the hustle and bustle of student life, mindfulness and meditation can be powerful tools for enhancing well-being and managing stress. Mindfulness involves paying attention to the present moment without judgment, which can help students become more aware of their thoughts and emotions. Practicing mindfulness can be as simple as taking a few minutes each day to focus on your breathing or observe your surroundings.

Meditation, on the other hand, is a more structured practice that involves dedicating time to sit quietly and concentrate on a specific focus, such as your breath or a mantra. Regular meditation practice has been shown to reduce stress, improve concentration, and promote emotional health. For busy students, even short sessions of 5-10 minutes can make a significant difference in their daily lives. By incorporating mindfulness and meditation into their routines, students can cultivate a sense of calm and clarity that supports both academic success and personal growth.

# Student Organization Spotlight





# DIVERSITY READING NOOK

Find new friends and bond over a love of literature!  
Follow us on Instagram @diversityreadingnook

Join us at one of our meetings from 12 pm - 1 pm!  
9/18. 9/25. 10/9. 10/23. 11/6. 11/20



# Student *Spotlight*



I, Simone Corbett, am a first-generation student in my family to pursue my degree and a fourth-year student at the University of Texas at Arlington's School of Social Work, where I am pursuing a degree in Social Work. I have always been passionate about child and family safety and development, only finding out as I got older that is a definitive career path. While in high school, I learned more about children and family services while volunteering at Metrocrest Family Service's Food Pantry and working with families as a counselor and volunteer at Cimarron Center in Irving, Texas. I work as a tour guide at UT Arlington's Welcome Center, which has helped in expanding my group communication skills and expanded my comfort of talking to people from around the globe. Additionally, I am the Community Outreach Chair of African Student Organization and I am proud to receive accolades for my knowledge of the campus, outreach services, and commitment to education, as well as for my welcoming and comforting spirit. and upon completion of my undergraduate studies, I will further my education through doctorate studies and what is wonderful about the path I am on is that I am thrilled every day about what is possible.

Love and Light,  
Issa Reyes  
Undergraduate Student Leader

# Advising Updates

**Peer Advisors & Fall Advising Dates are currently being updated**

## IMPORTANT DATES

Sept.30- Midterm Evaluations Due

Oct. 1- Deadline to apply for Graduation for Fall 2024

Oct. 25-Last day to drop classes; submit requests in MyMav prior to 4:00pm

Nov. 4-Registration begins for Spring 2025

Nov 5-Election Day

Dec.3 -Last Day of Classes

Dec.11- Last Day to Earn Hours

# Opportunities

# Upcoming Opportunities



## Hello, UT Arlington!

I am Kamille Byrd, and I will serve as the recruiter for students at the University of Texas at Arlington. I will be your point of contact for any questions you have about Teach For America and our programs. I am excited to get to know and support the students at UT Arlington this year! Go Blaze!



## Job Opportunities



### Corps Program:

Are you looking for a full-time job post-graduation that will allow you to begin a career of impact? Consider applying to our Corps Program. Teach For America is an equity-driven organization that equips leaders to make an impact both in and outside of education in over 40 regions across the United States. Being part of this full-salaried leadership program will give you hands-on experience to develop transferrable skills that can be applied to any industry. You will teach a K-12 subject of your choice in your choice of location, making a life-changing difference in your students' lives while launching your meaningful career.

- Check out the application [here](#). Apply by **September 16 at 11:59pm CT**.

### Ignite Fellowship:

The Ignite Fellowship offers all college students a paid tutoring opportunity that fits into your schedule. This leadership opportunity will allow you to make a meaningful difference in the lives of young people in an under-resourced school by supporting their academic progress and sense of belonging through customized instruction during their school day. The Ignite Fellowship allows you to gain a unique experience and professional badges that will validate your marketable skills; this experience will give you an edge in landing and performing in any job after college.

- Check out the application [here](#). Apply by **November 20 at 11:59pm CT**.



## Upcoming Events



- **Teach For America Corps Information Session**
  - September 11, 7 pm CST
  - [RSVP Here](#)
- **Teach For America Corps Application Workshop**
  - September 12, 6:30 pm CST
  - [RSVP Here](#)
- **Ignite Information Session**
  - October 9, 5pm CST
  - [RSVP Here](#)

More Social Work Opportunities from CSWE Compass

# Student Volunteers Needed!

## NASW-TX Conference in Irving

**PLEASE SPREAD THE WORD! Social work students who volunteer four (4) hours at the 48th Annual NASW-TX State Conference can enjoy full conference benefits for just \$50-\$60 (up to a 75% discount!)**

Volunteer benefits include:

- **Professional Development:** Enhance their resume with this valuable service experience.
- **Learning Opportunities:** Join insightful sessions to boost their knowledge and skills.
- **Networking:** Connect with fellow students and experienced social work practitioners.
- **Fun and Prizes:** Participate in activities and contests for the chance to win prizes.
- **Graduating MSWs:** Attend the LMSW licensing review course.

This volunteer opportunity is **open to all current social work students**, regardless of membership status (i.e. members and non-members, BSW/MSW/DSW.) Please encourage your students to act quickly, as there are a limited number of spaces. **Registration is open through October 9** or whenever all spaces fill, whichever happens first.

If you have any questions, please contact Deanna Gabelein, NASW-TX Events & Communications Director, at [dgabelein.naswtx@socialworkers.org](mailto:dgabelein.naswtx@socialworkers.org).

Thank you for your support!

Click the links below to learn more about the NASW-TX conference:

Learn more and register to volunteer

Find out what's in store at the 48th Annual NASW-TX State Conference

See the list of sessions curated for students

Learn more about NASW student membership

**48th Annual NASW  
TEXAS STATE  
CONFERENCE**

**November 7-9, 2024  
Irving, Texas**

**Earn up to 21 CEUs!**

Presented by:

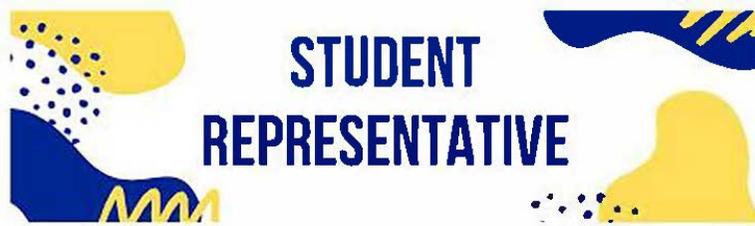
- Upbring
- UTA School of Social Work
- Valley Hope

EMPOWERING SOCIAL WORKERS!  
*Inspiring Action, Leading Change*

NASW  
National Association of Social Workers  
TEXAS CHAPTER

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## Student Representatives

We are looking for student representative for department committees. We want the student voice heard at the department level. We are asking for volunteers to please attend a meeting once a month and share their perspective. To sign up please click [here](#) or Visit <https://utaedu.questionpro.com/studentcommittee>

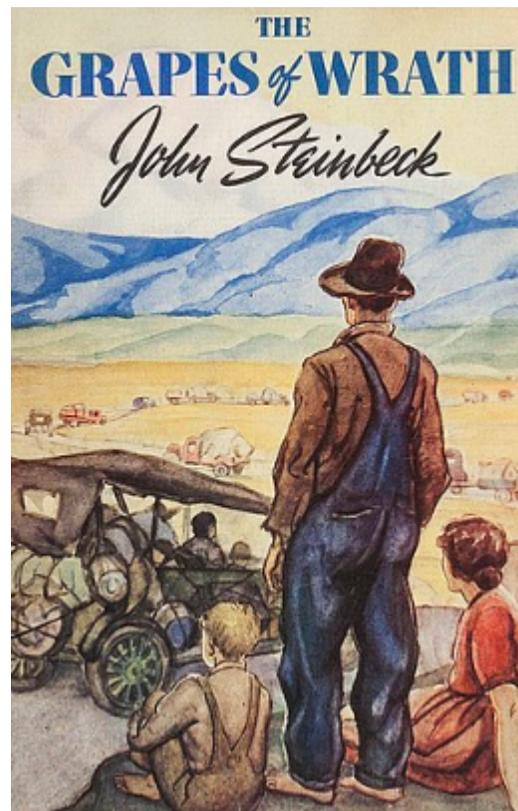


### Research Mavs

Through the Research Mavs program, experienced students provide guidance, share research skills, and offer support to fellow students navigating the research process. This peer-to-peer collaboration is designed to enhance academic skills, promote knowledge-sharing, and create a supportive community within the Libraries and University. For more information, please visit <https://libraries.uta.edu/about/dept/rss/researchmavs> or click [here](#).

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**Book of the Week**



The Grapes of Wrath by John Steinbeck

The Grapes of Wrath is a story of hope and survival. The story takes place during the Great Depression, and it follows the Joads, a poor family of farmers living in the Dust Bowl in Oklahoma, who are driven from their home due to drought, economic hardship, industry changes, and bank foreclosures forcing them out of work. The story starts with Tom Joad, who was recently paroled from prison after killing a man in a bar fight. We watch Tom reconnect with his family, and put together a plan to escape Oklahoma, attempting to find a better life.

The family goes through tremendous hardship as they travel to California and end up in camps filled with large numbers of migrants. Some of their family members die along the trip and have to be buried along the way. Numerous social justice elements are woven throughout the book including labor unions, exploitation, oppression, and more. The novel helps us understand the depths of difficulty a family can face due to forces beyond them, including economic disaster, climate change, and political collusion.

Love and Light  
Leah Neal  
Graduate Student Leader

# Student Success Resource



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

## Nutrition Services

*Did you know UTA offers nutrition services for a small fee?*

One-on-one nutrition counseling with a registered, licensed dietitian is available for the following:

- Weight management
- Weight/fat loss
- Weight/muscle gain
- Sports nutrition
- Medical nutrition therapy
- Skin nutrition
- Eating disorders/disordered eating
- Wellness/preventive nutrition
- Basic nutrition education

Nutrition Consultation is \$25.00 per session with a minimum to start of 2 sessions (initial + follow-up).

concerns, please contact me  
at [traecia.nichols@uta.edu](mailto:traecia.nichols@uta.edu).

Additional sessions are available as  
needed for \$25 each session; and as  
agreed upon by the client and dietitian.

Schedule your Nutrition Consultation today  
by submitting a [request form](#).

OR

Join wellness information sessions, Food  
for Thought, for a free presentation the first  
Wednesday of October and November at  
noon to 1pm. Join in person or online. Click  
below for more information.

Learn more about "Food for  
Thought"

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# Academic Resources

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## 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](#)

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## Field Advising

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

### **BSW and BSSUT Students**

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

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

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

### **Advanced Mental Health/Substance Misuse**

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

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

[Field Application Instructions](#)

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## 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

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/Tri-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:

