

IN THE LOOP

A WEEKLY SSW STUDENT NEWSLETTER

Week of October 21, 2024.

Social Justice Spotlight



The month of October, is recognized as the Disability Awareness Month (nationally celebrated as National Disability Employment Awareness Month) to recognize our differences, including differences in ability. This is an opportunity to raise awareness on the rights of those living with a disability and to celebrate their contribution to our communities as well as our society. Living with a disability can force one to learn new skills, strategies and relearn the simple things many take for granted. They regularly encounter several challenges. Despite the obstacles, those with disabilities have found ways to thrive and survive often with a willingness to learn how to do things differently. Some have gained valuable educational experiences which they use in the workplace contributing to the country's economy as well as advocating for an inclusive society where all members no matter their abilities are treated fairly.

Natasha Sutherland

EVENT SPOTLIGHT

[Learn About Early Voting Here](#)

Stroll to the Polls Event!

If you are registered to vote in Tarrant County, join our UTA Social Work community on **10/22 at 4:00 pm** for a **Stroll to the Polls Event!** We will meet in the Social Work lobby and walk over to the Mavericks Activity Center for early voting. This is a great opportunity for first time voters to learn

about the process. Please contact Dr. Morgan PettyJohn (morgan.pettyjohn@uta.edu) for questions or mobility accommodations.

- **October 23 @ 4 PM**
[Intimate Partner Violence Awareness & Response Webinar Part 1](#)
- **October 23 @10 am** The Shorthorn Health & Wellness Expo



Let Us Know If We Will See You There

For questions and accommodations please reach out to sswspecialevents@uta.edu.

WILL WE SEE YOU THERE? RSVP NOW

FIND TEXAS HALL



THE SHORTHORN
5TH ANNUAL
HEALTH & WELLNESS
EXPO

EXPLORE • ENGAGE • EMPOWER

CONNECT WITH EXPERTS AND EXPLORE
THE NINE ASPECTS OF WELLNESS

10AM - 2PM
Wed., Oct. 23, 2024

Palo Duro Lounge
University Center

WIN PRIZES
AND GIVEAWAYS
theshorthorn.com/health

UTA Student Publications
DIVISION OF STUDENT AFFAIRS
If you need a reasonable accommodation to participate,
contact us at least ten business days prior to the event:
ashleen.reynolds@uta.edu or (817) 272-3188

YOU MATTER

Prioritizing sleep is a fundamental yet often overlooked aspect of self-care that can significantly impact a student's academic performance and overall well-being. In the hustle of college life, many students sacrifice sleep to meet deadlines or socialize, but this can lead to fatigue, decreased concentration, and increased stress. Establishing a

consistent sleep schedule and creating a calming bedtime routine can help improve sleep quality, allowing your body and mind to recharge. Aim for 7-9 hours of sleep each night to enhance your focus, memory, and mood.

Additionally, it's important to create an environment conducive to restful sleep. This includes minimizing distractions like screens before bed, keeping your room dark and cool, and practicing relaxation techniques such as deep breathing or gentle stretching. By recognizing the value of restorative sleep and making it a priority, students can boost their resilience against stress and enhance their overall academic performance. Remember, taking care of your body through adequate rest is just as important as studying hard!

Jasmine Dean.

STUDENT SPOTLIGHT

Meet Natasha Kastner

Hello Mavericks,

This is Natasha Kastner, a first-generation MSW student specializing in mental health and substance misuse, with a keen interest in neuroscience and how trauma impacts the mind and body. Natasha has been selected to be our student of the week. During the course of this semester, I have witnessed Natasha's spirit when it came to her dedication as a GSL Volunteer and the caregiver of her assigned constituents. I have seen Natasha ask questions on behalf of her constituents and didn't stop until she got the answers. Natasha not only took on this approach without hesitancy but also with great pride. Natasha, the Graduate Student Leader Program and I are forever grateful to you for all your hard work this semester. I wish you continued success in your future endeavors.

Love and Light,

Tracie Prosser

Graduate Student Leader Intern Lead



ADVISING UPDATES

UTA School of Social Work Advising FAQs can be found [here](#).

IMPORTANT DATES

- **Oct. 25:** Spring Field Applications due
 - **Oct. 25:** Last day to drop classes; submit requests in MyMav prior to 4:00 pm
 - **Nov. 4:** Registration begins for Spring 2025
 - **Nov. 5:** Election Day
 - **Nov. 13:** Last say to order your regalia and commencement memorabilia
 - **Dec. 3:** Last day of classes
 - **Dec. 11:** Last day to earn hours
 - **Dec. 13:** Fall 2024 Graduation Ceremony
-

OPPORTUNITIES

MSW STUDENTS

BECOME A GRADUATE STUDENT LEADER

The School of Social Work is recruiting Graduate Student Leader (GSL) Volunteers and Interns for Spring 2025

- Work with the MSW Director and Faculty
- Connect other students to services and resources they need
- Act as an advocate for other MSW students
- Take on roles for special projects

JOIN US

For more information:
Tracie.prosser@mavs.uta.edu
Leah Neal lgn3164@mavs.uta.edu
natasha.sutherland@mavs.uta.edu



UTA SCHOOL OF SOCIAL WORK VIRTUAL CLINIC

PEER-LED GROUPS!

GRIEF, LOSS, & TRAUMA SESSIONS

WHY SHOULD YOU ATTEND?

JOIN US FOR A 6-WEEK PROGRAM ON GRIEF, LOSS & TRAUMA!

LEARN ABOUT THE DIFFERENT TYPES OF GRIEF, LOSS, AND TRAUMA, INCREASE YOUR AWARENESS ON THE EFFECTS OF TRAUMA AND DEVELOP TOOLS, AND MINDFULNESS SKILLS TO BUILD RESILIENCE AFTER A TRAUMATIC EXPERIENCE.

STARTING THIS OCTOBER!
(10/22/2024 TO 12/5/2024)

MEET, CONNECT, AND SUPPORT MAVERICKS!

WHAT COULD GRIEF, LOSS & TRAUMA LOOK LIKE?

- A LIFE TRANSITION
- NOT GETTING YOUR DREAM JOB
- A SHIFT IN YOUR IDENTITY
- LOSS OF A LOVED ONE
- AND MORE...

FALL 2024 SCHEDULE:

TUESDAYS @ 12PM & 6PM
WEDNESDAYS @ 12PM & 6PM
THURSDAYS @ 12:30PM & 7PM

SIGN UP HERE!!!



GRADUATING THIS SEMESTER?

TAKE THE
EXIT SURVEY



**HAGAR'S
HEART - IPV**
Empower Survivors
on their healing
Journey

Donations & Information

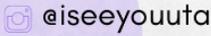


OPEN DONATION

We're Accepting :

- Chapstick
- sleep mask
- makeup or pencil bag
- large nail file fingernail clippers
- loofah
- 1-2 oz. hand lotion
- pocket size Kleenex
- small handmade soap
- 2 oz. hand sanitizer
- moisturizing hand mask
- moisturizing foot mask
- 4x6 journal
- pen
- 3 pieces of Dove chocolate

Donation Drop-off:
School of Social Work Dean Suite
Room 416



Gerontology Organization



The Gerontology Organization (GO) invites all UTA students interested in advancing the field of aging, as well as reducing agism to join us to network, realize new opportunities, and increase our understanding on the needs and ways to support our growing older adult population.

GO is a student organization created by the school of social work and open to all UTA students.

Mission statement: "The Gerontology Organization (GO) aims to create opportunities for students interested in learning about, serving, and working with older adults to network with like-minded students across UTA and to develop their professional portfolio. Together we aim to create an Age Friendly UTA campus!"

Aligned with recommendations across the literature for multidisciplinary approaches to address the needs of our growing older adult population, GO offers several opportunities to student members:

- **Networking** opportunities for UTA students across various fields of study to meet and interact with like-minded students, as well as with professionals currently working in the field of aging.
- **Collaboration** opportunities to enhance school projects, research work, and publications with perspectives outside the scope of one discipline.
- **Learning** opportunities to equip student members with a robust knowledge base of other disciplines and how they approach, perceive, and address their work with older adults.
- **Career exploration** opportunities through presentations provided by professionals working in the field of aging to prepare our student members on course work and qualifications necessary for successful employment.
- **Civic Engagement** opportunities through volunteerism, as well as by learning strategies to increase awareness across the UTA campus and in our communities regarding stereotypes, prejudices, and discrimination that may be harmful or hurtful to older adult student learners and the general older adult population.
- **Resume and curriculum vitae** building opportunities. GO encourages student involvement and welcomes student champions to suggest projects, lead or organize projects, and contribute in ways that will benefit their long-term goals.

GO welcomes all UTA students of all ages with a passion for older adults and the field of aging.

Join us and GO far!

To Join as a Student Member:

- 1) Find us on Mav Orgs:
<https://mavorgs.campuslabs.com/engage/organization/gerontology-organization>
- 2) Login using your student Net ID and password.
- 3) Select "Contact" in upper right hand corner on the organizations home screen.
- 4) We will email an invitation upon receiving your message.
- 5) Reach out to us via contact information below if you have any questions.

Soeun Jang (Selena)
Ph.D. Student / Graduate Research Assistant / President of GO
School of Social Work
The University of Texas at Arlington
sxj7706@mavs.uta.edu

Meet MyUTA: Your Maverick life, organized

Launching next month, MyUTA is a new app for easily managing your day-to-day UTA experience! Users will be able to access frequently used tools, such as academic resources, UTA email, campus maps, and parking availability. MyUTA will be hosted at my.uta.edu, which will be the new way to find MyMav. There will be no changes to the MyMav login process.

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.

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

[Learn more and register to volunteer](#)

[See the list of sessions curated for students](#)

[Learn more about NASW student membership](#)

Student Activities

- Graduate scholarship opportunity: [Charlie Health's Graduate Student Scholarship](#)
- Join our special topics course & research study: [SOCW 4350 Mental Health Focused CHW Certification Interest Form](#)
- Marketing, Messaging, and Engagement (MME) new homepage survey [here](#)
- Clinical Psychology Postdoctoral and Inter-professional Fellowship Program information [here](#)



MCNAIR SCHOLARS PROGRAM

The **McNair Scholars** program, funded by the U.S. Department of Education, prepares low-income, first-generation, and underrepresented university sophomores, juniors, and seniors for doctoral education through research and scholarly activities.



BENEFITS

- Summer research internship
- \$4,000 stipend
- Faculty mentorship
- Tutoring and academic counseling
- Graduate school application fee waivers
- Assistance w/ securing admission to graduate school
- Seminars and activities designed to prepare you for doctoral study

ELIGIBILITY

- Must be first-generation college student AND low-income OR a member of an ethnic or racial minority group.
- Full-time sophomore, junior or senior enrolled at least through the fall semester after McNair Summer Research Internship.
- UTA GPA of 3.0
- Citizen or Permanent Resident
- Sincere desire to pursue the PhD (not professional degrees such as MD, DO, JD, etc.)

📅 Applications open
**OCTOBER 1ST, 2024 THROUGH
NOVEMBER 15TH, 2024**

✉ Contact us
• mcnair@uta.edu
• ugresearch@uta.edu

APPLY NOW



Scan to apply or visit:
<https://shorturl.at/mbdto>





HEALTH

PSYCHIATRY & BEHAVIORAL
HEALTH CARE

Post-Graduate Clinical Social Work Fellowship

Must have or acquire LMSW License in Texas

What are we:

An intense two-year fellowship program providing interdisciplinary practice, didactic, and case centered learning to shape the top clinical social worker psychotherapists of tomorrow.

What we look for:

MSWs who are open to learning, excited to practice in an interdisciplinary teaching clinic, engage in department-wide learning, and develop a well-rounded skill set with diverse populations and modalities.

Starting Salary:

\$50,000/yr – Full University Benefits

Located In:

Bryan, TX

To Inquire/Apply:

Team-swfellowship@groups.tamu.edu

As the primary provider of psychiatry and psychotherapy services in the Brazos Valley, Texas A&M Psychiatry and Behavioral Health offers a robust interdisciplinary teaching clinic, featuring learners and faculty from all mental health professions.

Highlights Include:

- Experience providing 800+/yr sessions of individual, group, and family psychotherapy
- Training and experience in both in-person and telehealth interventions
- Training in Evidence Based Treatments, including modalities such as TF-CBT, Prolonged Exposure, CBT, CPT, and others
- Participation in didactic education and case presentation series with interdisciplinary learners from all training backgrounds
- Dedicated weekly supervision with LCSW-S faculty
- Opportunities to participate in additional, self-determined work with clinical and/or research faculty based on current projects.
- Ability to direct significant practice to areas of future specialization

Highlights Include:

- 100% of graduates have passed the ASWB LCSW exam
- Below state/national average Cost of Living area
- PSLF eligible employer for loan forgiveness
- Fantastic university benefits package, including \$30/mo robust health insurance.

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 concerns, please contact me at traecia.nichols@uta.edu.

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
- 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).

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

Learn more about "Food for Thought"

SCHOOL OF SOCIAL WORK RESOURCES

STUDENT SUCCESS

ACADEMIC ADVISING

FIELD PLACEMENT

UTA RESOURCES

- [UTA Academic Calendar](#)
- [Webinar Library](#)
- [UTA Counseling & Psychology Services \(CAPS\)](#)
- [SAR Center](#)

- [Suicide Prevention Lifeline](#)
- [Free Windows Apps with Student ID](#)
- [Emergency Assistance Fund](#)
- [Free & Confidential HIV Testing](#)
- [UTA/Tri-C Food Pantry Distribution](#)

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