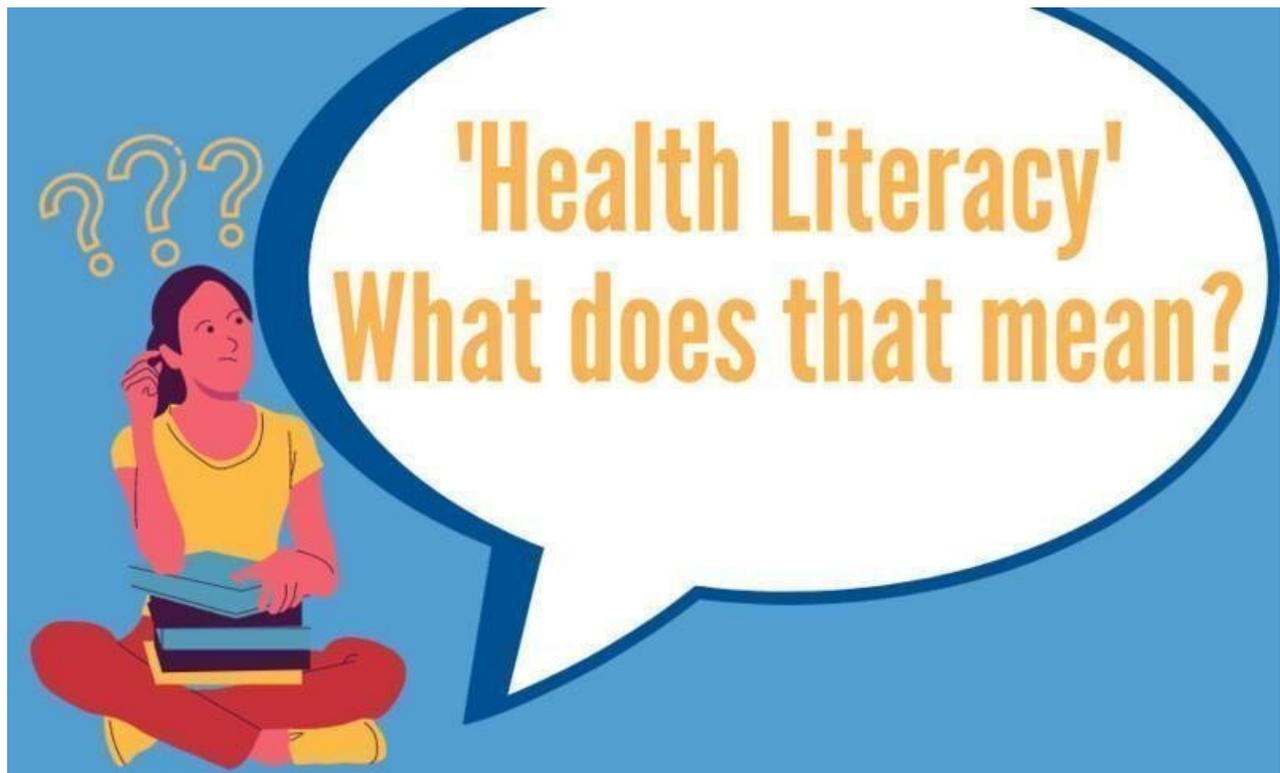


IN THE LOOP

A WEEKLY SSW STUDENT NEWSLETTER
Fall Semester | October 28, 2024

Social Justice Spotlight



In October we recognize Health Literacy Month.

The US Department of Health and Human Services defines **personal health literacy** as the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

They define **organizational health literacy** as the degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

US HHS calls out the following six healthy people objectives that align with health literacy:

1. Increase the proportion of adults whose health care provider checked their understanding
2. Decrease the proportion of adults who report poor communication with their healthcare provider
3. Increase the proportion of adults whose health care providers involved them in decisions as much as they wanted

4. Increase the proportion of people who say their online medical record is easy to understand
5. Increase the proportion of adults with limited English proficiency who say their providers explain things clearly
6. Increase the health literacy of the population

As future social workers, advocating for our clients' complete understanding of their personal healthcare information is critical.

To learn more, visit [Health Literacy in Healthy People 2030](#).

Leah Neal

YOU MATTER

Let's focus on the importance of setting boundaries: Setting boundaries is a vital aspect of self-care that empowers students to protect their mental and emotional well-being. In a demanding academic environment, it's easy to feel overwhelmed by commitments, whether they come from coursework, extracurricular activities, or social obligations. Learning to say "no" when necessary and prioritizing your own needs can help prevent burnout and create a healthier balance in your life. Establishing clear boundaries allows you to allocate time for rest, study, and personal interests, ensuring that you don't stretch yourself too thin.

Moreover, communicating your boundaries to friends, family, and peers fosters understanding and respect in your relationships. This not only helps you maintain your well-being but also encourages others to establish their own limits. Remember that it's perfectly okay to prioritize your needs; doing so is not selfish but rather an essential part of maintaining a healthy lifestyle. By embracing boundary-setting as a self-care practice, you can cultivate a more balanced and fulfilling student experience!

- Jasmine Dean.

STUDENT SPOTLIGHT

Jacqueline Raya is a Graduate Student Leader Volunteer for the Fall Semester. She is in her second semester of the MSW Program. Jacky received her undergraduate degree in Psychology at the University of Texas at San Antonio. In her free time, she enjoys spending time with her family. Her goal after graduation is to take her licensure exam to become a social worker in an education school setting. Jacky hopes to be a source of support for her peers as they embark on this new journey of an MSW. Jacky, you have done just that. I have witnessed your constant involvement in the student leader chat and your continued engagement in getting answers to all presented questions.

You have shown enthusiasm and initiative when representing the program. You have set the standard for all of your peers to follow. Jacqueline Raya, you are our student of the week. Continued Success.

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

-
- **Nov. 4:** Registration begins for Spring 2025
 - **Nov. 5:** Election Day
 - **Nov. 13:** Last day 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 & EVENTS

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



GSLs serve as advocates and communication facilitators for MSW students, fielding questions about all of aspects of the graduate experience, including advising, field, registration, orientation, scholarships, deadlines, program policies, and more. They can track down accurate answers to questions quickly by reaching out directly to program administrators and connecting students to services and resources. Students who reach out to their GSL with a question most often receive resolution to their presenting issue within minutes or hours of posing a question.

Become a GSL

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!!!

The SSW Virtual Mental Fitness Clinic is excited to invite you to our upcoming virtual peer-led support groups, starting **October 22nd**. This is a safe space for individuals to share experiences, find understanding, and support each other through the challenges of grief, loss, and trauma.

Session Details:

Start Date: October 22nd

Format: Virtual support groups

Facilitator: Peer-led sessions for authentic connection

Join us to connect with others who understand what you're going through. Together, we can navigate the complexities of these experiences.

[Join the Virtual Clinic](#)



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

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.

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.

[Learn About Early Voting Here](#)

Student Activities



STUDENTS WANTED JOIN OUR SPECIAL TOPICS COURSE & RESEARCH STUDY

SOCW 4350 MENTAL HEALTH FOCUSED CHW CERTIFICATION

We are seeking undergraduate students to participate in a groundbreaking special topics course that seeks to understand the relationship between depression/anxiety and the social determinants of health.

About the Study

Our research study is designed to equip non-specialist undergraduate students with the essential skills and competencies necessary to deliver a brief evidence-based behavioral activation treatment for depression/anxiety and understand the effects of the social determinants of health on mental health.

Why Participate?

By joining this course and study, you'll gain valuable insights into mental health treatment, and become eligible to receive a Certified Community Health Worker (CCHW) certification. This certification opens doors to impactful career opportunities in healthcare and community services. After successful completion of the course, you will be eligible to receive a stipend and an opportunity for a paid internship in the subsequent semester.

Eligibility

-  Be 18 Years or Older
-  Be an Enrolled Undergraduate Student at UTA with Unmet Internship Hours
-  Be Able to Give Consent
-  Have Three Semesters Left in BSW & Able to do "Split" Internship

How to Get Involved

Ready to make a difference in mental health and embark on a journey towards CHW certification?

HAVE QUESTIONS? CONTACT

martha.buendiacastro@mavs.uta.edu
allison.tomlinson@uta.edu

COMPLETE THIS
INTEREST FORM



Interest Form for Mental Health Focused CHW Certification

We are excited to announce a new course for the upcoming semester: **SOCW 430 - Special Topics: Mental Health Focused Community Health Worker Certification.**

This course offers a unique opportunity for students to gain specialized training and certification as a **Community Health Worker (CHW)**, focusing on mental health in diverse communities. There is a stipend for tuition for the course and a potential for a paid internship.

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.)

APPLY NOW

Scan to apply or visit:
<https://shorturl.at/mbdt0>

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

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

Are you interested in pursuing a Ph.D. and advancing your research career? The McNair Scholars program at UTA is now accepting applications from October 1st through November 15th, 2024!

This is an amazing opportunity to gain valuable research experience and support for your academic journey!

Apply for the McNair Scholars Program

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-swifellowship@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
 - PSI F eligible employer for loan forgiveness
 - Generous university benefits package, including \$30/mo robust health insurance

Our two-year fellowship program is designed to provide high level clinical interdisciplinary education, supervision, and psychotherapy experience for MSWs to gain clinical licensure.

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.

Career Development Center

Prepares you as a student and as an alumni for professional success. The Career Development Center creates connections with future employers through innovative programs and events including mock interviews, job fairs, one-on-one appointments, Career Spot drop-ins, the mentoring program called MavMentors, networking nights, and more.

- Student Employment
- Jobs & Internships
- Mentorship Program
- Services & Events for Employers
- Experiential Major Map

Learn more about the Career Development Center

SCHOOL OF SOCIAL WORK RESOURCES

STUDENT SUCCESS

ACADEMIC ADVISING

FIELD PLACEMENT

LICENSURE

DEAN'S LETTER FOR LICENSURE

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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