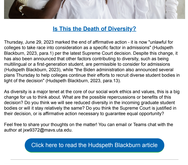
UTA School of Social Work

Graduate Weekly Newsletter
for week of
July 10 to July 14, 2023

SOCIAL JUSTICE Spotlight



Is This the Death of Diversity?

Thursday, June 29, 2023 marked the end of affirmative action - it is now "unlawful" for colleges to take race into consideration as a specific factor in admissions" (Hubpeth Blackburn, 2023). While this decision is specifically for the Ivy League schools, it has also been announced that other factors contributing to diversity, such as being multilingual or a first-generation student, are permissible to consider for admissions (Hubpeth Blackburn, 2023), while The Biden administration also announced several plans Thursday to help colleges continue their efforts to recruit diverse student bodies in light of the decision" (Hubpeth Blackburn, 2023, para 13).

As diversity is a major tenet at the core of our social work ethics and values, this is a big change for us to think about. What are the possible consequences or benefits of the decision? Do you think we will see reduced diversity in the incoming graduate student cohorts? Do you think we will see a "drop" in the number of students who apply based on their decision, or is affirmative action necessary to guarantee equal opportunity?

Feel free to share your thoughts on the matter! You can email or Teams chat with the author at jeel937@mavs.uta.edu.

Click here to read the Hubpeth Blackburn article

Student Spotlight

Meet our Newsletter Leads!

Hello my fellow graduates! Meet Reagan Leslie (bp) and Jordon Ward (bottom) - your Newsletter Leads. We are responsible for all the content you see before you. We have the opportunity to research important news, academic dates, opportunities, events, and so much more which we think you may be interested in or benefit from. We also get to be creative and share our thoughts for the "You Matter" section and share our current book recommendations.

Does this sound like a good time to you? Do you like to write and share your thoughts with your fellow student body? Do you like to conduct research and share your findings? Then you should consider applying to be a GSL for the upcoming fall semester!

Click here to apply

YOU MATTER!

Care for Yourself, Compliment Yourself

A huge part of self-care includes self-talk. So, how do you talk to yourself? Is your self-talk mainly positive or negative? In hard times, do you find yourself diminishing your self-worth or do you seek the silver linings and talk to yourself with kindness?

If you are anything like me, you may struggle with being kind to yourself. If you are not kind to yourself though, this can impact your relationships with others. Therefore, it is important for you to practice self-care by speaking to yourself with love, kindness and grace. Here are some ideas to get yourself at least once a day and see how differently it makes you feel at the end of the week.

Here are three compliments I think we all deserve to tell ourselves.

1. I am a hard-working individual who is taking great strides to make a positive difference in this world.
2. I am worthy of love from both myself and others, and
3. I am a wonderful human being with unique characteristics that make me a beautiful part of society.

If you struggle with complimenting yourself, you can try following these guided worksheets for self-talk: Rewarding Yourself Worksheet (healthychoices.org), Self-Love Worksheet (homeandcampus.com) and How to Build Self-Esteem: 5 Free Worksheets | SimplePractice ™.

Care for yourself with compliments by fellow graduates. You got this!

With love,
Jordon Ward
Graduate Student Leader | Newsletter Lead
The University of Texas at Arlington

Important Dates

- **July 10:** Last day to drop classes for the 14-week summer session; Student group meeting in MyMav by 4pm
- **July 24:** Last day to drop classes for the 11-week summer session; Student group meeting in MyMav by 4pm
- **August 08:** Last day of classes
- **August 15/11:** Final Exams

Chronic Illness Set - Mixer | July 18

Opportunities

Click the link below to sign up for an amazing volunteer opportunity!

Conservation-in-Action Work Day

Calling all Volunteers!

Calling for volunteers to help with a conservation-in-action work day!

Join us as we come together to restore the Arlington Riverbend Park in this SOM and Conservation in Action Volunteer Work Day on Saturday.

JOIN US FOR OUR VIRTUAL UTA SSW VETERANS MEETUP

Wednesday, July 12th at 6 pm on TEAMS

Meeting ID: 285 540 449 394
Passcode: 3Ldbsp

Contact Dr. Michael Ricciardelli at michael.ricciardelli@uta.edu

SOCIAL WORK LICENSING 101

SERVICE TO THE ARMED FORCES AND VETERAN TREATMENT OPTIONS, MENTORSHIP OPTIONS, WORK LICENSING, COME AND LEARN MORE!

CLICK ON LINK BELOW TO SIGN UP FOR EVENTBRITE

Social Work Licensing 101

Events

Book of the Week

Practicing Mindfulness
by
Matthew Sockolov

In this book Sockolov guides you through 75 different guided meditations that progress as you continue through your mindfulness journey.

Sockolov provides "evidence-based advice" from various experts to help the reader deal with their thoughts and handle mental blocks. There are also various types of meditations available for different situations and moods the reader may be experiencing.

Now $11.79 on Amazon

Student Success Resource

Ms. Yama is Tiarcia 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 tiarcia.nichols@uta.edu.

Emergency Housing

Students experiencing primary homelessness (i.e. living on the streets, in parks, in cars, and/or deserted buildings) are eligible to receive temporary housing assistance.
The Dean of Students office has on-campus, confidential, and temporary emergency housing for students experiencing primary homelessness (i.e. living on the streets, in a car, in parks, and/or deserted buildings) as a result of domestic violence, relationship and/or sexual violence, family violence, stalking, displacement as a result of gender and/or sexual identity, and/or other identifiable emergency related situations.

Contact Information:
Students experiencing homelessness are advised to email the Director of Student Advocacy Services and/or CM @UTA.EDU

Academic Resources

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.

Schedule your appointment here

Connections Lab

Set yourself up for success!
Don't study when you're tired, hungry, or stressed. Before you hit the books, sleep, have a snack, and listen to some of your favorite music.

Click here for tips on "Full Paper Formatting in APA"

Schedule your tutoring session here

Field Placements

- **InPlace has a new URL! All students, agencies, and Field Instructors will need to use the new URL:** https://inplace.uta.edu/
- The InPlace fee is $80 per year or $150 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 Trainings and Logbook Trainings can be found here!
- Field forms are available here!
- Field FAQ
- If you are having technical difficulties with InPlace please email support@uta.edu and include a screenshot of the issue.

Field Power Hours

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

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

- Field Advisor: Monica Brown
- 1st & 3rd Wednesday | 4pm - 5pm

Advanced Mental Health/Substance Misuse

- Field Advisor: Sharon Martin
- 1st & 3rd Thursday | 3pm - 4pm

Join your advisor Power Hour here

Graduate Student Leader (GSL)

GSLs serve as advocates and communication facilitators for MSW students, fielding questions about all aspects of the graduate experience, including advising, field, registration, orientation, scholarships, deadlines, program policies, and more. You may reach out to your GSL by email or Teams.

If you do not know who your assigned GSL is, you may email Mary Bell (mya8030@mavs.uta.edu), Chloe Olson (cko1360@mavs.uta.edu), Reagan Leslie (reagan.leslie@mavs.uta.edu) or Jordon Ward (jaw8372@mavs.uta.edu).

Click here to meet our GSL's

Licensing

- If you're in your first semester and want to get started on applying to ASWB to take the 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	Suicide Prevention Lifeline
Evidence-Based Research Guide	Emergency Assistance Fund
Webinar Library	Rental Assistance Program
UTA Counseling & Psychology Services	Survivor Support Group
SAR Center	Free & Confidential HIV Testing
Free Windows Apps with Student ID	UTA/Tri-C Food Pantry Distribution
SSW Writing Resources	

"Our diversity is our strength. What a dull and pointless life it would be if everyone was the same."
-Angela Davis

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