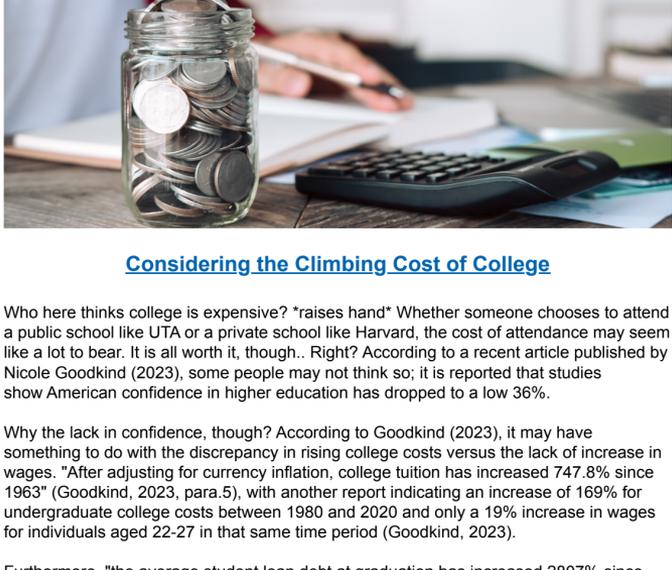


SOCIAL JUSTICE Spotlight



Considering the Climbing Cost of College

Who here thinks college is expensive? *raises hand* Whether someone chooses to attend a public school like UTA or a private school like Harvard, the cost of attendance may seem like a lot to bear. It is all worth it, though.. Right? According to a recent article published by Nicole Goodkind (2023), some people may not think so; it is reported that studies show American confidence in higher education has dropped to a low 36%.

Why the lack in confidence, though? According to Goodkind (2023), they may have something to do with the discrepancy in rising college costs versus the lack of increase in wages. "After adjusting for currency inflation, college tuition has increased 747.8% since 1963" (Goodkind, 2023, para.5), with another report indicating an increase of 169% for undergraduate college costs between 1980 and 2020 and only a 19% increase in wages for individuals aged 22-27 in that same time period (Goodkind, 2023).

Furthermore, "the average student loan debt at graduation has increased 2807% since 1970 ... after adjusting for inflation, the average debt increased by 317%" (Goodkind, 2023, para.32). That is a lot of debt, which does not even mention interest rates!

So, how do we deal with these rising costs? Well, one way is to ensure you get "the most bang for your buck." In an effort to do this, the GSL team is currently seeking feedback from the student body regarding their experience in the MSW program. Your input will help faculty discover ways in which they can improve the program to ensure you become the most effective social worker you hope to be and that the value of your degree is worth all the effort, time and money you put into it!

Please click here to take our short survey.

[Click here to learn more about rising college costs](#)

Student Spotlight

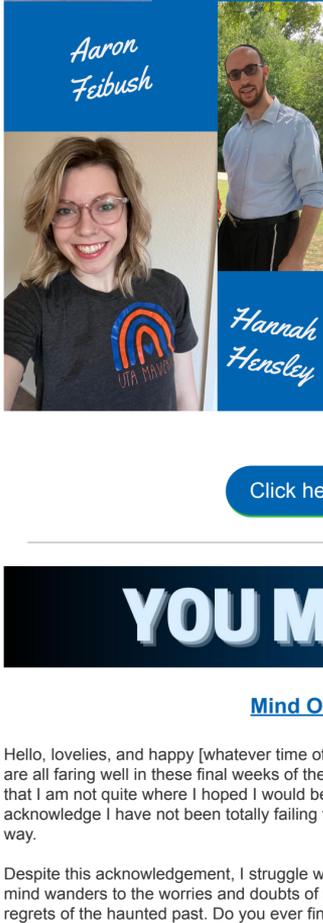
Meet our Project Leads!

I am excited to introduce you all to Melainie Lauderdale, Blake McCafferty, Aaron Feibush and Hannah Hensley. These four superstars have served as our project leads since Spring 2023. From planning and hosting events, organizing focus groups, conducting interviews, administering surveys, spending countless hours on research, collecting data and so much more, they have proven themselves to be excellent leaders by implementing various projects intended for **your** benefit.

Do you have any ideas on how the MSW program should be improved for you and your fellow peers?

Then you should consider becoming a GSL and pitch some awesome project ideas!

Leave a lasting legacy, my friend, and apply today!



[Click here to apply](#)

YOU MATTER!

Mind Over Matter

Hello, lovelies, and happy [whatever time of day you are choosing to read this]. I hope you are all faring well in these final weeks of the semester. Last week I divulged with you all that I am not quite where I hoped I would be at this point in my life; however, I acknowledge I have not been totally failing for I have accomplished small wins along the way.

Despite this acknowledgement, I struggle with maintaining that thought process. I find my mind wanders to the worries and doubts of the unforeseen future or the resentments and regrets of the haunted past. Do you ever find yourself in this state of mind as well?

Again, know you are not alone.

Though it may be easy for your mind to wander to these anxiety/depressive-inducing thoughts, it is important to practice mindfulness and focus on the present moment. According to the [NIH](#) (2012), practicing mindfulness can lead to "greater enthusiasm for life and improved self-esteem" (para.4) among other benefits.

To practice mindfulness, it is important to: sit, limit your time, make sure your body is comfortable, pay attention to your breathing, acknowledge when your mind drifts away from the present moment and gently bring yourself back without judgment of your wandering mind. [You can click here for more thorough tips.](#)

Remember, it is okay to find yourself in moments of worry or fear, loneliness or doubt, and sadness or anger. Remember too, though, you do not need to stay there for you have the tools to get yourself out and bring yourself back into the present moment.

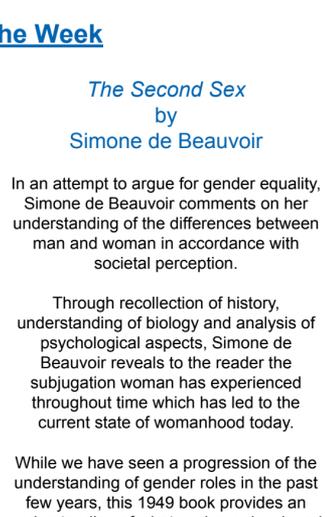
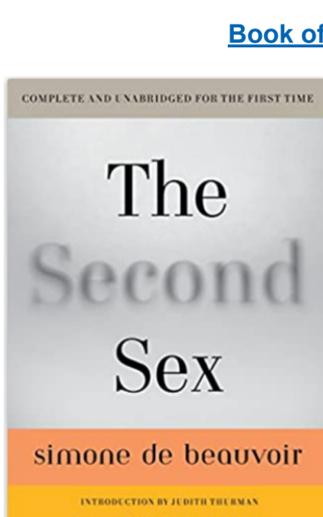
With love,
Jordon Ward
Graduate Student Leader | Newsletter Lead
The University of Texas at Arlington

Important Dates

- July 24:** Last day to drop classes for the 11-week summer session; submit your request in MyMav by 4pm
- August 09:** Last day of classes
- August 10/11:** Final Exams
- August 20:** Last day to register for Fall courses



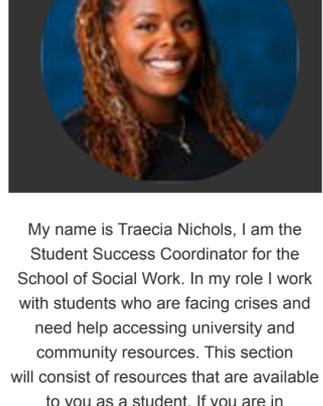
Opportunities



Texas DFPS is hosting a statewide virtual job fair on **July 25th, 2023**. We will have an informational session at 9:00am where applicants can schedule their SAME day interview. During the informational session applicants will hear from Program Management about the role of a CPS Conservatorship specialist.

[Click here to learn about the job qualifications!](#)

Book of the Week



The Second Sex
by
Simone de Beauvoir

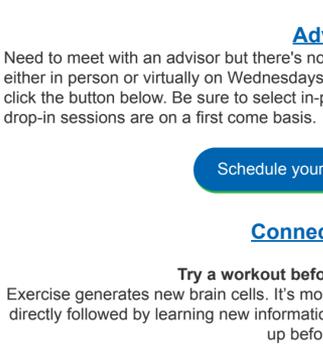
In an attempt to argue for gender equality, Simone de Beauvoir comments on her understanding of the differences between man and woman in accordance with societal perception.

Through recollection of history, understanding of biology and analysis of psychological aspects, Simone de Beauvoir reveals to the reader the subjugated woman has experienced throughout time which has led to the current state of womanhood today.

While we have seen a progression of the understanding of gender roles in the past few years, this 1949 book provides an understanding of what we have developed from and the potential for where we can go.

[Now \\$17.99 on Amazon](#)

Student Success Resource



Maverick Pantry

Are you or someone you know experiencing food and financial insecurity? UTA Maverick Pantry can provide support to our fellow mavericks with essential food items, blankets, baby food, professional attire, and more.

Website:

<https://www.uta.edu/student-affairs/dos/advocacy/maverick-pantry>

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.

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

Try a workout before that study session!

Exercise generates new brain cells. It's most effective at creating new brain cells when it's directly followed by learning new information. Physical activity also helps your brain wake up before studying.

[Write for that research class! Tips for effective research writing](#)

[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 \$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!
- [Field forms are available here!](#)
- [Field FAQ](#)
- If you are having technical difficulties with InPlace please email sswfield@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 advisors' 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 (mxb8093@mavs.uta.edu), Chloe Glenn (cjg1385@mavs.uta.edu), Reagan Leslie (reagan.leslie@uta.edu), or Jordon Ward (jxw9372@mavs.uta.edu).

[Click here to meet our GSL's](#)

Licensing

- If you're in your final 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
- 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

"Education should be a right, not a privilege. We need a revolution in the way that the United States funds higher education."
- Senator Bernie Sanders

Follow UTA School of Social Work on:

