Most SSW faculty and staff will be working remote.

Graduate Student Assistants are expected to continue working and may come to campus as needed for their work.

All office hours.

Accessible accommodations for classes online, digital tutoring, tech devices, and more at oit.uta.edu/sos.

May 22

May commencement ceremonies have been postponed.

The field office is working on placing as many students as possible.

1. How will students complete field in the summer?
   - Split students:
     - Spring semester.
     - Block students:
       - Spring 2020. Students will now need to have the approval of their Field Advisor right away.

2. Will reduced hours be the policy for summer field as well?
   - Yes.

3. When does the field office need to know if students for summer field are ready?
   - ASAP. If a student reached out to their assigned agency and they are told to not come in because field is canceled, they must immediately contact their Field Advisor.

4. Many outside of the DFW area are being rejected by the agencies they approach. How will they need to speak with their Field Advisor regarding online placements?
   - The same applies. If students have contacted multiple agencies to no avail, they need to contact their Field Advisor and they will be assigned a new Agency.

How do you eat mindfully?

Eliminate distractions; no tv, computer, or phones when eating

Set a 20 minute timer in which you slowly eat a “normal-sized” meal

How do you eat mindfully:

- This will help students who are currently completing their hours.
- Students completing summer field who either cannot get a position or cannot complete the required hours will still be able to complete the cooperative education component of their degree.

Mindful Eating

From this week's self-care tip, the TAO Tip #5: 3-Minute Mindful Eating Exercise

Mindful eating may be self-determined, guided by individual taste, preference, and needs, and honor family and cultural traditions.

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What is mindful eating?

The Harvard Health Letter describes it as "a slower, more thoughtful way of eating…noticing the colors, smells, flavors, and textures of food during the meal". From this week's self-care tip, the TAO Tip #5: 3-Minute Mindful Eating Exercise

Mindful eating is about food. From Mindful Eating, a 20 minute timer in which you slowly eat a "normal-sized" meal

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