Pass/Fail
The University has announced an optional pass/fail policy:
1. Students may opt for pass/fail up until Monday, May 25th.
2. After formal grades post, the pass/fail option is still available, but will be a Pass and will have no effect on GPA.
3. Grades of F will still impact the same way as if it would.

For additional information, please see:
- The 2020 page
- 2020 video from the MSW Director

SSW Advising
- Summer and fall face-to-face advising has started.
- All advising appointments are still available online.
- New office hours for online advising:
  - Monday – Thursday: 9:00 a.m. to 3:00 p.m.
  - Friday: 9:00 a.m. to 12:00 p.m.
- New location: 510 JPR

MSW Field Spring 2020
- UTA will allow students to reduce hours by 15% for Spring 2020 from now through June 30th. Hours will need to be reduced for the following hours to complete their field placement.
- Students:来临1:00—2:00 hours for the remaining Spring 2020 to now for the Spring semester and Summer semester totaling 10 hours eligible for Spring 2020.
- All students must be in compliance with UTA tutoring policies for their field placements.
- New office hours for online advising: 9:00 a.m. to 12:00 p.m.
- New office location: 510 JPR

MSW Field Summer 2020
- All students will need to reduce hours by 20% for Summer placements. The number of hours needs to be reduced for 20% of the time eligible for Summer 2020.
- All students must be in compliance with UTA tutoring policies for their field placements.
- New office hours for online advising: 9:00 a.m. to 12:00 p.m.
- New office location: 510 JPR

Online Instruction
- All courses will be online for Summer 2020.
- Summer/fall instructors are being assigned now.
- No decisions have been made about the format for fall 2020 as of yet.
- Remote: Remote classrooms, digital learning, and flex, and some
- No remote: In-person face-to-face
- Students who need an accommodation letter per the ADA for the ODS.
- Graduate Student Assistants are expected to continue working.
- Most SFW faculty and staff will be working remotely, remotely for now and further notice. They should be accessible to students during normal office hours.

Mindful Eating
- Practice mindfulness and mindfulness meditation every day.
- Eliminate distractions; no TV, computer, or phones when eating.
- Mindful eating is a slower, more thoughtful way of eating…
- The Harvard Health Letter describes it as “a slower, more thoughtful way of eating… here are a few tips:"

Course Spotlight
Course Spotlight - 3 Minute Mindful Eating Exercise
- Mindful eating along with this week’s self-care tips, the TAO Library has a great mindful eating tool for me to share with you. It’s called Mindful eating and will have me to “take a step back and enjoy the moment” as I sip my coffee or eat my breakfast.
- How can we practice mindful eating?
- Stop what you are doing, a moment, take a few deep breaths to center yourself, relax your shoulders, and open your mind.
- Pay attention to the sounds, smells, and tastes of your food.
- Notice the colors, flavors, and textures of your food.
- Chewing slowly.
- Getting rid of distractions like TV or reading.
- Learning to cope with cravings and overeating.
- Going along with this week’s self-care tips, TAO Library has a great mindful eating tool for me to share with you. It’s called Mindful eating and will have me “take a step back and enjoy the moment” as I sip my coffee or eat my breakfast.
- If you are interested in trying TAO’s mindful eating exercise, you can access this information in the TAO Library.
- Navigate to the TAO Library.
- In the TAO Library, select the Mindfulness Library.
- In the Mindfulness Library, select the Mindful Eating exercise.
- Click on the “Mindful Eating exercise” link.
- Follow the instructions on the page.
- TAO Tip #5: Mindful Eating
- Take a 3-minute mindful eating exercise.
- This exercise is designed to help you slow down and enjoy your food.
- It will help you focus on the present moment and enjoy the flavors and textures of your food.
- Mindful eating can help you make healthier food choices and reduce stress.
- You can try this exercise before or during your next meal.
- Mindful eating is a mindfulness practice that involves paying attention to the sensations of eating and the feelings associated with eating.
- It is also a way of eating that is less focused on the act of eating itself and more focused on the experience of eating.
- Mindful eating can help you develop a more healthy relationship with food.
- It can also help you develop a more healthy relationship with yourself.
- Mindful eating can also help you develop a more healthy relationship with others.
- Mindful eating can also help you develop a more healthy relationship with the world.
- Mindful eating can also help you develop a more healthy relationship with the universe.
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