Virtual Events

Self Reflection: Feeling Like Yourself

Self-reflection can be used for so much more than school assignments, down-on-the-heels, or field supervision. A personal check-in is especially important when thinking about the events of the past year. In this module, we will have students take a moment to see where they are now. And in a small group, reflect on their experience working with TAO’s relaxation lab. What was the most surprising thing you learned? 

This week consider rating one item for yourself (preferred place of residence, favorite place to work, and field supervision). As you think about places, resist the urge to check off items quickly. Instead, spend some time picturing each place. What emotions (good or bad) come to you as you consider each item? 

Self Reflection: Feeling Like Yourself

What activities help you feel like yourself?

Take some time with this exercise. Don’t be too quick to answer right away. Just take a moment to consider and look around. What do you see? 

Finally, don’t settle for the first item that comes to your mind. And when you’re done, take a moment to reflect. How did you feel putting those activities in order? Did you feel your energy increase or decrease? 

Resources

For UTA related COVID-19 information, visit https://www.uta.edu/announcements

For UTA related COVID-19 information, visit https://https://libguides.uta.edu/c.php?g=407408&d=10795569

For All students (Online and Face to face)

SWS Advising

• All advising appointments will be done via phone or Microsoft Teams.
• Summer and Fall 2020 Registration ends June 9, 2020 for Summer 2020 & August 31, 2020 for Fall 2020
• SWS Students beginning their last semester in Summer 2020 need to meet with their Academic Advisor during MSW Field Placement Spring 2020

MSW Field Placement Spring 2020

• UTA will allow students to reduce hours by 15% for Spring 2020.
• Students between 600-699 hours for Spring 2020
• Initial contact between 550-600 for Spring semester and Summer semester; totaling 408 to 480 total.
• Students will now need to have the following hours to complete their field placement:
  • Minimum of 350 to complete field in the summer?

MSW Weekly Program Update

April 6, 2020

Please join me in welcoming Ms. Cleondra Marable, new advisor for students whose last names are Pi through Ce.

Cleondra Marable
New MSW Advisor

I have been an employee at UTA for 1 year. I graduated from Prairie View A&M University with my Bachelor of Social Work degree. I then went on to receive a Master of Social Work degree. I have over 25 years of experience in the field of social work. My current role as a MSW Advisor will allow me to teach the students about their responsibilities. My goal is to support and assist the students in completing their academic requirements. Many questions are answered by me and I will provide a solution. I will inform you of any news and updates that would be helpful for you.

Cleondra Marable
New MSW Advisor

Online Instruction

• All classes will be online for Fall 2020 semesters.
• No deadlines have been made about Fall 2020 semester as of yet.
• Resource: Resources for classes online, digital, tech, tech devices, and more at tech.utata.edu

Resources

Weekly Updates

For All Students (Online and Face to face)

Emergency Services

USA students with a temporary financial emergency may qualify for financial help, including UTA Employment, Food, Housing, etc. To access the emergency fund, contact the MSW Field Placement Office at 806-825-1535 or email msw@uta.edu. For more information, please call your advisor.

Emergency Services

Resilience and Well-Being

What is Mental Health?

We read on the internet that you may be experiencing mental health challenges. As an education and a place to build community, the Mental Health Office is here to serve you. The Mental Health Office provides individualized, preventative, and crisis-oriented services. If you need assistance, we encourage you to seek services from the Mental Health Office.

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