Happy New Year. I hope you had a holiday season filled with lots of love and yummy food... and a little bit of rest too. I was able to get into the sun in a warmer climate, read a lot, and spend some much needed time with my family.

The beginnings of a new year allows social workers to reflect on their lives and interactions with others. I encourage you to use this year to find a few strategies to help you take care of yourself and prevent burn out. Taking care of your own well-being makes you more present for your clients.

Here are the things I am doing in 2015:

1. **Read 52 books** – I love to read, and this has been my goal for the past seven years. Reading fiction helps me be more empathetic. I am allowed to explore worlds and experiences different than my own. I like to spy on the lives of people I’ll never meet, tromp abound in times I did not live in, get lost in places I might not get to travel, and eat dinner with families that I’ll never join. To learn more about reading and empathy visit: [http://www.scientificamerican.com/article/novel-finding-reading-literary-fiction-improves-empathy/](http://www.scientificamerican.com/article/novel-finding-reading-literary-fiction-improves-empathy/)

2. **Write a handwritten letter of gratitude twice a month to someone who has made a difference in my life.** Saying thank you for things big and small is a tiny gesture that can brighten a day. I am hoping that by saying thank you to others, I’ll be able to appreciate and focus on small things that make my life great. Some cool TED talks on the topic: [http://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful?language=en](http://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful?language=en) and [http://www.ted.com/talks/lakshmi_pratury_on_letter_writing?language=en](http://www.ted.com/talks/lakshmi_pratury_on_letter_writing?language=en)

3. **Sleep more.** I’ve been fascinated with the research coming out about how getting 8 hours of sleep is the best thing you can do for your health. Sleep makes your brain and body work better. Sleeping is the simplest thing you can do to prevent Alzheimer’s, control your weight, lower your risk of cardio vascular disease and diabetes, and cut down the chance of catching a cold. Check on some of the NRP reports on sleep: [http://www.npr.org/blogs/health/2014/07/17/332058265/skimping-on-sleep-can-stress-body-and-brain](http://www.npr.org/blogs/health/2014/07/17/332058265/skimping-on-sleep-can-stress-body-and-brain)

I hope that the adventures we have in 2015 change us, and the world we live in.

~ SARAH
Seventy-seven students registered in the Greater Miami Valley Joint MASW program during Fall 2014. The program has doubled since the first year, 2012. Thirty-eight students are on track to graduate Spring 2015 compared to sixteen students in the first graduating class in 2014.

The faculty at WSU and Miami are excited about the program’s growth. The students have begun to form honors societies at both campuses and semester student gatherings. The program plans to have a combined graduation hooding ceremony like we had last year. We will need a larger space though. Any current students interested in helping plan the graduate ceremony should send an email to carl.brun@wright.edu. Any current students interested in joining the graduate student clubs, please contact hicks.87@wright.edu.

Deadlines for applying to the program are quickly approaching. Advanced standing students (must have a 3.25 GPA across all social work courses) must apply by January 15, 2015 and could begin classes Summer 2015. All other students must apply by February 15, 2015 and would start classes Fall 2015.
The TIP JAR: Tips on getting better rest

FACT—In order to function at your highest level, you need to get sufficient sleep on a regular basis. Students and busy professionals may often find themselves yearning for a good night’s sleep and wanting to ‘catch up’ on missed sleep. TIPS—check the temperature and light in your room. Set the temperature to a comfortable level for you and keep light and noise to a minimum. Your mattress and pillow should offer you optimum comfort and support. Find the right fit for you for both in terms of size and firmness to help you fall asleep and stay asleep. In order to sleep well, you need to exercise during the day. Make time for walking, running, bike riding, etc.

Don’t let this happen to you! Sleeping on your schoolwork is not the way to go………………………………

Meet Mel Brown
COLA advisor to Pre Social Work students. Find Mel in the COLA Advising Office, 120 Millett Hall, call 937-775-2601, or email him at mel.brown@wright.edu. He looks forward to assisting you as you prepare to enter into the Social Work Major.

To get all the latest social work department news and events….

Like us on Facebook
@wright.state.socialwork

Follow us on twitter
@wsu_ssw_dept
Dear Jane-
What kind of help is available from my advisor?
- Advice Seeker

Dear Seeker,

Your advisor has two main roles: monitoring your curriculum plan and fostering your profession development. Monitoring your curriculum plan means checking your DARS, figuring out what courses you need, signing off on your readiness to start practicum (in the Winter of your Junior year), and performing a final graduation check (in the Winter of your senior year). Assisting with your professional development may include chatting about your interest in the gerontology or engaged citizenship certificates, promoting opportunities with the University Partnership Program (UPP), exploring your interest in going to graduate school, and brainstorming career and job opportunities. Students should get to know their advisor and feel free to ask for assistance. In addition, each term students will be asked to complete a satisfaction survey about their advising experience. This helps the social work department know what is going well and identifying ways to improve the advising experience.

~ Jane

Dear Jane:
Do I need to get a graduate degree?
- Working All the Time

Dear W A the T,

It depends. Students often get a MSW to advance their clinical skills, and be eligible to perform certain social work tasks such as mental health diagnosis and treatment, and supervision of employees. WSU has a joint MASW program with Miami University. It is possible for students to enroll in the program part-time. For more information about the MASW program, visit our website (http://liberal-arts.wright.edu/social-work/programs/master-of-arts-in-social-work) or schedule an advising appointment with Dr. Brun by calling (937) 775-2751.

~ Jane

Dear Jane:
I am applying to the Social Work Major. How do I know if my packet is complete and ready to submit?
- Double Checking

Dear Checking,

The Social Work Major is competitive and it is important to submit a strong application packet. The department provides two opportunities, Thursday, January 22 and 29, 12:30-4:30, to have your packet checked before the submission due date of Feb 2. Please also see the instructions on our website (http://liberal-arts.wright.edu/social-work/advising/admission). The most common application mistakes involve your recommendation letters and your personal statement. Be sure to follow the instructions and call Carole in the social work office with questions, (937) 775-2751. As they say, “An ounce of prevention is worth a pound of cure.”

~ Jane
Match the Pet to the Person

Submit your best guesses to the Social Work Dept for a chance to win a $20 gift card and #BRAGGINGWRIGHTS

Sarah Twill
Mystery Pet #1
Carl Brun
Mystery Pet #3
Dean Sobollik
Mystery Pet #2
Mystery Pet #4
Jenny McDermott
Laura Tran
Mystery Pet #5
Mystery Pet #6
Carole Staruch
Mystery Pet #6

Sarah Twill &
mystery pet #___
Carl Brun &
mystery pet #___
Dean Sobollik &
mystery pet #___
Jenny McDermott &
mystery pet #___
Laura Tran &
mystery pet #___
Carole Staruch &
mystery pet #___

Submit your guesses by February 6, 2015 to the Social Work Dept, 270 Millett Hall, or by email to carolyn.staruch@wright.edu. Winner will be announced and answers will be posted on Facebook at wright.state.socialwork on February 9, 2015. Like our page today!
Carole’s Recipe of the Day

My Mom’s Stuffed Shells

**Ingredients:**
- 16 oz. Ricotta
- 16 oz. Mozzarella
- 1/2 c. Grated Parmesan
- 1/2 t. Salt
- 1/2 t. Pepper
- 2 Eggs
- Marinara Sauce
- Large Shells

Cook the shells according to directions.
Shred mozzarella and mix with ricotta, eggs, parmesan, salt and pepper. Spread some sauce on the bottom of a baking dish, just to cover.
Begin filling the shells with the cheese mixture and placing them cheese side up in the pan.
Cover shells with sauce. Cover pan with foil and bake for 30 mins, or until cheese is bubbly and cooked through, at 350.

2015 WSU Social Work Alumna of the Year

Naomi Ewald-Orme, BSW graduate in 1990, is the 2015 Wright State University Social Work Alumna of the Year. After graduating from WSU, Naomi went on to receive her MSW from University of Cincinnati in 1999. She worked for Montgomery County Children’s Services for three years before founding her own agency in 2000 called Adoption Link, Inc. In fourteen years, this agency has grown to serve families throughout Ohio, including Columbus, Dayton, Toledo, and Cleveland. The agency works with birthparents and adoptive families to assist in the adoption process. Adoption Link provides birthparents with resources, supportive services and referrals. Agency social workers conduct required home studies, counseling, and education for adoptive parents. Adoption Link was featured in a 2011 Yellow Springs news article, highlighting the agency’s focus on supporting the collaborative plans of the adoptive and birth parents. The agency provides domestic adoption as an option to those seeking adoption services.

Support our Efforts

Please consider the many opportunities to give to the WSU Social Work Department through the SW Program Fund, SW Student Scholarships, and SW Alumni Society Scholarships. Check these out and give at [http://www.wright.edu/giving-alumni/your-gifts-at-work](http://www.wright.edu/giving-alumni/your-gifts-at-work)

Thank you!!!
January 19 Martin Luther King Jr Day, University Closed

January 22 SW Club Meeting at 11:00-11:30 in the Millett Atrium or 5:00-5:30 in 162 Millett.

January 26 WSU Social Work Alumni Society Book Club, 6:00 pm, reading Pride and Prejudice by Jane Austen, contact the social work office at 937-775-2751 for more information.

February 5 SW Seniors, Donuts with the Chair, 11:00-12:00, 270 Millett Hall

February 5 WSU production of Pride and Prejudice. Members of the Book Club will be in attendance

February (date to be determined) WSU Social Work Alumni Society Book Club reading First Impressions: A Novel of Old Books, Unexpected Love, and Jane Austen by Charlie Lovett.

February 12 NASW, Licensure, MSW Q&A sponsored by the SW Club, 5:00, location to be announced.

February 19 SW Club Meeting at 11:00-11:30 and 5:00-5:30, location to be announced.

February 26 SW Juniors, Donuts with the Chair, 10:30-11:30, 270 Millett Hall

March 2-6 SPRING BREAK!!!!!!!!!!

March 12 SW Club Meeting at 11:00-11:30 and 5:00-5:30, location to be announced.

March 13 House of Bread Annual Fundraiser. Watch Facebook for details.

April 2 SW Club Meeting at 11:00-11:30 and 5:00-5:30, location to be announced.

April 3 Kids Nite Out, 5-8 pm in the Student Union.

April 10-11 Relay for Life on WSU campus

April (date to be determined) Senior Awards Ceremony. Watch Facebook for details and come to the SW Club meetings to help with the planning.

April 30 MASW Hooding Ceremony

May 2 University Commencement, EJ Nutter Center