Happy Social Work Month. According to NASW, there are more than 600,000 social workers nation-wide who “confront some of the most challenging issues facing individuals, families, communities and society and forge solutions that help people reach their full potential and make our nation a better place to live.” Those 600,000+ social workers serve millions of people in need in settings ranging from nurseries to hospices, from prisons to after school programs to hospitals.

The WSU Social Work Department strives to produce high quality social workers for the Miami Valley. We are pleased to announce that we have admitted nearly 90 BSW students this month – an all-time high. We are on our way to admitting nearly 70 new MSW students, another program record.

We could not do this work without our many community partners. A shout out to all of the following who help us train great social workers:

- Our alumni help us fund student scholarships, promote the profession, offer to be guest speakers
- Our adjuncts give of their busy lives to make the curriculum practical and relevant to today’s practice
- Our Professional Advisory Council provides expertise and strategic planning to help us meet the needs of the students
- Our field supervisors mentor students and help create the next generation of social workers
- Our Miami University graduate program partners, especially Dr. Anne Roma, who helps us direct the program

We also have “honorary social workers” who help get things done on campus:
- Mandy Shannon from the Dunbar Library and Adam Holbrook from COLA advising keep our students on track in their research and curriculum plans.
- Dean Kristin Sobolik and the administration and staff of the CoLA Dean’s Office who provide the support for our programs.
- Dr. Bill Ayres, Associate Dean of the Graduate School, who keeps the MASW running smoothly.

So, on behalf of the students, faculty, and staff of the social work department,

**THANK YOU!**

Sarah
How to be your own best advocate by relieving anxiety and stress

Give it your best shot and move on
Do you consider yourself a perfectionist? Do you complete an assignment and then continually doubt your work? Give it your best shot, then move on. Don’t allow the stress and anger to build up by trying to be perfect. Many Graduate students get caught in the trap of thinking they need to be the best. Let go of the anxiety and stress of that mindset and give yourself the gift of a peaceful environment in which to continue to learn and grow.

One thing at a time
How many things have you done at one time today? How many are you doing at this very moment? Concentrating on the task at hand will relieve stress and accomplish your best work as well. Your brain is at its best when you are not dividing your thoughts between several things at once. Think you will never get it all done if you slow down? Wrong. You will get it done and do it better while keeping your balance and giving yourself a chance to breathe.

What happened to fun?
Are you missing your “me time”? Do you have a hobby or favorite tv show that you haven’t enjoyed in a long time. Get back to it. Pencil time in your calendar for you. Ignoring self-care leads to burn-out, and nothing of much value gets accomplished then. If you are feeling particularly overwhelmed, give yourself an entire day. If you just need a few minutes, visualize yourself doing what you enjoy and know you have a time set aside for that purpose. It may be the jumpstart you need to get you through.

Keep calm and let it go
Ask yourself, is this in my control? Thoughts affect you physically. Am I worrying about what I cannot change? Are my thoughts on the positive or the negative? Of the many things you cannot control, you CAN control your thoughts. Think positive. Release the negative. Then you can keep calm and let it go.

Top 10 things NOT to do on a social work job interview

By Dr. Jennifer Hughes

1. Label the population you hope to work with - say without homes, rather than homeless clients.
2. Wear an outfit you would wear out on Saturday night. You should be conservatively and professionally dressed.
3. Come unprepared – review the agency website and come prepared by knowing about services provided.
4. Have no questions at the end of the interview – when in doubt, ask about how mentoring is provided to new social workers.
5. Forget to send a follow-up thank you email - good manners go a long way.
6. Ignore alumni connections - there might be an alumni at the agency who can help you prepare.
7. Have your cell phone on - its easy - turn it off.
8. Demonstrate either too little or too much confidence.
9. Arrive late - this is your first impression to a new employer.
10. Do you post negative comments about “clients who no show.” Now is a good time to review your postings and privacy settings.
We decided to raise awareness and funds for homeless services. As part of the project, we shared facts about homelessness by staying outside on a cold February day. Twenty-two students helped raise $300+ for St. Vincent de Paul's network of homeless shelters. We all enjoyed our experience and are looking forward to doing another event like this soon! Special shout outs should go to Joanna Meyer and Nicole Bitters for their creativity, initiative, and for staying outside all day.

Congratulations Mallory Evans, BSW Senior, for being chosen as the College of Liberal Arts Student of the Semester!
Dear Jane—

I recently graduated from the MASW program but would like to continue to be involved with the university. How do I go about this?

Signed,
Wanting to be Involved

Dear Wanting Involvement,

One way to stay involved is by joining the WSU Social Work Alumni Society, a diverse group of undergraduate and graduate alums. The group provides service to the WSU Social Work program by supporting the program and students in many initiatives throughout the year including fundraising and outreach activities. The alumni society meets quarterly and also has a book club which meets monthly. The group also attends university events such as basketball games and theatrical events. Contact Barbara Keferl with questions at bkeferl@sbcglobal.net and learn a little more at http://www.wrightstatealumni.com/services/alumni-societies/social-work-alumni-society.html

~ Jane

Dear Jane—

I don’t have the money to pay for a licensure review course. Are there any inexpensive resources to help prepare for licensure.

Signed,
Seeking to Review

Dear Seeking Review,

The WSU Paul Lawrence Dunbar Library has resources to prepare you for the social work licensure exam. You can find them at the library website http://libraries.wright.edu/ by typing social work licensure in the search box. Contact social work librarian, Mandy Shannon, mandy.shannon@wright.edu, for help.

~ Jane

Dear Jane—

Graduation is approaching and I am having trouble finding a job. Where can I find social work job postings?

Signed,
Where are the Jobs?

Dear WATJ,

There are many resources available for Wright State students when looking to find a job. CoLA’s CLASS provides job search assistance and job development skills. The Wright State Social Work Department also provides job postings on its Facebook page. Lastly, along with a membership, the Council of Social Work Education and National Association of Social Workers have job centers, which list the most recent job opportunities across the nation. All links are provided below.

http://liberal-arts.wright.edu/careers-and-internships
https://www.facebook.com/wright.state.socialwork
http://careers.cswe.org
http://careers.socialworkers.org

~ Jane

Jane Addams,(1860-1935), was a pioneer American settlement social worker, public philosopher, sociologist, author, and leader in women’s suffrage and world peace. In 1931 she became the first American woman to be awarded the Nobel Peace Prize and is recognized as the founder of the social work profession in the United States.
The Social Work Department in 270 Millett has a new look.

Student Workers happily greet you from the new Student Worker desk area. They are pleased to have ample room to accomplish their many tasks.

Phi Alpha – Phi Eta Chapter (the National Honor Society for Social Work), at Wright State University would like to thank everyone for their support on our most recent event: Flint2o. This campaign raised over $1000 to purchase discounted water (at $1.97 a case), for the residents in Flint, Michigan affected by the current water crisis.

Like us on Facebook 
@wright.state.socialwork
Upcoming Calendar Events

Eleventh Annual

Hunger Awareness Dinner
SPONSORED BY
The Catholic Order of Foresters and
The Wright State University Social Work Club and
Phi Alpha – Phi Eta Honor Society

In gratitude for all we have, please join us for a fundraising event at the House of Bread on Friday, March 18, 2016 at 6:00 p.m.

9 Orth Avenue
Dayton, OH 45402

Tickets are $10 and available by contacting the Social Work Department at 937-775-2751

Spring Kids Nite Out
For Kinship Caregivers

Saturday, March 19, 2016
5:00-8:00 pm

~ Only $5 per child ~

facilitated and hosted by
Wright State University
Social Work Club

Reserve your space and register today contact Nicole Rhodes at rhodes.28@wright.edu or 937-684-1075

* Crafts * Face Painting *
* Open Gym *
* Rock Wall * Pizza *

Sleepover for Scholarship

Who: Dr. Sarah Twill
Where: Social Work Dept, 270 Millett Hall
When: Finals Week Monday, April 25, 5:00pm through Tuesday, April 26, 7:00 am

Dr. Twill has been challenged by the Social Work Alumni Society to spend the night in the department, pillow, pajamas and all. They pledged $1000 if she raises $1000 and makes it through the night in the office. Come by for pizza, popcorn and a movie Monday evening and donuts Tuesday morning. Watch Facebook, email and the office bulletin board for more information.

St. Patrick’s Day Cards for Greenbriar Nursing Center through March 17

Stop by the Social Work office, 270 Millett, and make a card to brighten up the holiday for the residents of Greenbriar Nursing Center. We need 80 cards!!

If everyone stops in and makes just one, we will have more than we need!
Your efforts will be appreciated so much!

Additional Dates to Note:
March 31 Advocacy Day
April 22 New BSW Student Orientation
April 23 Last Day of Classes
April 25-29 Finals Week
April 25-26 Alumni - Dr. Twill Sleepover Fundraiser
April 27 Alumni Networking Event, 7pm, Fox & Hound
April 28 NASW Hooding Ceremony
April 29 BSW Senior Awards Ceremony
April 30 Spring Commencement

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
Week of March 7
Get the Love: Stop by the SW Office for candy, candy, candy. Sweets for a sweet major, Social Work!

Share the Love: Let’s say Thanks. Write a Thank You card to your field supervisor in Field Education class.

Week of March 14
Get the Love: Come and visit with Dr. Twill on Tuesday, March 15, 270 Millett Hall
SW Seniors Coffee Time with the Chair @ 8:45-9:30 am
SW Juniors Dessert with the Chair @ 2:30-3:30 pm

Feasting with Faculty! Our very own Dr. James Carter and CLASS will be your hosts, Wednesday, March 16 @ 12:30 in 106 Millett. You MUST register for this free lunch event at https://liberal-arts.wright.edu/advising-and-resources/feasting-with-faculty

Share the Love: Eleventh Annual House of Bread Fundraiser
Friday, March 18, 2016 @ 6:00 p.m.
9 Orth Avenue, Dayton Ohio 45402

Week of March 21
Get the Love: Stop by the SW Office for snacks and energy courtesy of our SW Alumni Society.

Share the Love: Kids Nite Out, Saturday, March 19, 5-8pm. This event supports kinship caregivers with a night out while the kids have a night of fun. Sponsored by the Social Work Club. WSU Student Union Atrium.

Week of March 28
Get the Love: Popcorn and a video in the SW Office. Come and learn about the University Partnership Program and being a child welfare advocate. Date TBA

Share the Love: Advocacy Day, Thursday March 31st NASW Ohio Chapter Advocacy Day brings together social work professionals and students to influence our decision-makers at the Ohio Statehouse in Columbus.