Welcome to your 2014-2015 academic school year

From the desk of Sandra:

I am looking forward to a fantastic year of change and possibility for us all. If you have questions about anything, please feel free to talk with me. I cannot wait to see my senior friends and classmates and meet all the juniors.

I want you to all know that there will be frequent and varied opportunities to get involved. Being engaged gives each of us a new perspective and clearer understanding of the populations we might be working with in the future.

Junior classmates, please check your preferred email for inclusion into the 2+2 Student Facebook group. In addition, during the year you will receive upcoming reminders, event notifications, etc. via email. This year participation in-group activities are registered, so that at the end of the year you will have a record of time donated to the community through outreach activities. The classmate with the most logged hours will win a delightful gift basket in the spring, happy volunteering.

From the desk of Chantille:

The Word on the Street

Hello everyone and welcome to the fall 2014 Semester!! It is yet another exciting year and I look forward to getting back to work with my fellow seniors and meeting all of the incoming juniors. My intentions for this section of the newsletter will be related to substance abuse and substance dependence. I will be writing about different drugs of use, new and old, in order to educate and give insight into the ever changing world of substance use. As a practicing Licensed Addiction Counselor, this is part of my job and continuing education, but I feel it is even more important for soon-to-be social workers to have the knowledge to work with any
population that may be affected by drugs and alcohol. No matter what our area of interest, we will have clients with lives that are affected by substance use. It is important to have a basic understanding of what we might see in order to understand the role it plays in our clients lives. As we work through this program, we have or will soon, grasp the importance of having a broad resource book at hand as well. I will be giving a spotlight to substance abuse resources in the KC Metro area to assist us as we grow into our specific areas of social work. I hope everyone enjoys this column and finds it useful.

If anyone has a specific subject matter, they would like to read about in my column then please send me an email at chantillecampbell@gmail.com.

ROCK CHALK!!

From the desk of Robin:

“You get out of life what you put in to it.” this is true with our communities, classes, and relationships. Do not be afraid to stretch your point of reference, you will be glad you did.

From the desk of Brianna:

Having just finished my junior year, I am well acquainted with the excitement and anxiety that you may be experiencing as you begin the final 2 years of your degree. It will be thrilling, frustrating, interesting, and at times overwhelming! The great thing about this BSW program is that we all have one thing in common- the desire to help people. With that in mind, I am SO excited to launch a mentoring program for the 2+2 students, where each junior is assigned to a Senior Mentor to help ease the transition and ensure that you have many levels of support over the course of the year. I am a self-proclaimed "human behavior expert" and along with LaShea will match you with a senior we believe will be a great fit by personality and interests.

You will receive a short questionnaire, and your answers will help us find the very best match for you, so please give some thought to your responses! Please bring it with you on the first day of classes or email it directly to Brianna at breezomatic@gmail.com.

If you do not receive it by 8/10/2014 please let Sandra Petrosino know via email to s929p778@ku.edu.

“Life doesn't get easier or more forgiving, we get stronger and more resilient.”  
— Steve Maraboli (Life, the Truth, and Being Free)

“The struggle you’re in today is developing the strength you need for tomorrow.” unknown.

“You don’t have to have all the answers you just have to be willing to share what you know.” …unknown

“You get out of life what you put in to it.” — Steve Maraboli (Life, the Truth, and Being Free)

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Welcome to the Self-Care Corner with Heather and Ada. We will be recommending monthly self-care tips that we hope to aid in nurturing your mind, body, and spirit. As future social workers, it is crucial to practice good self-care in order to reduce stress and emotional strains associated with this helping profession. We hope to be a reminder that it is important to dedicated time to focus on yourself and your happiness that can in turn be beneficial in the goal of becoming a social worker. Stay tuned to our self-care column in the upcoming newsletters.

Upcoming Events

- Please check your email for important mentor/mentee information
- Friday, Aug. 15th Practicum Mtg. for seniors at Best Center
- Tuesday, Aug. 26th First Day of Classes
- Thursday, Sept. 4th Group meeting (room to be announced). Dinner and drinks provided
- Oct. 2nd Group meeting

- Oct. 3rd Lecture Series at Edwards Campus 9-11:30am
- Fall Break – No Classes 10/14 & 10/16
- Nov. 6th Group meeting
- Thanksgiving Break 11/24-11/29
- Last Practicum day for fall for seniors 12/11, make sure you have your hours.
- Dec. 11th Group meeting, celebration…last day of Fall Classes
- Times for volunteering yet to come

Spotlight

Molly Askew, birthday is January 17th, she is a Capricorn. I am currently reading 9 rooms of happiness by Lucy Danziger and Catherine Birndorf and recommend it to everyone! I have a 2-year-old puppy named violet who is currently my only child. Right now, my two favorite things are Netflix and traveling. My DREAM vacation would be anywhere with a beach but if I could travel anywhere right now it would be New York. My best friend just moved there and I have yet to experience the big apple.
Mistie McReynolds, her birthday is 2/13. She loves reading, currently not reading for pleasure. Mistie is working on required readings for fall classes. Her two favorite things are her 3 and 5-year-old daughters and swimming. Mistie has a desire to travel to each continent and visit at least one country on each. Mistie is a preschool teacher and work with MOCSA (Metropolitan Organization to Counter Sexual Assault).

Makeba Latishe Green, was born in the 70's, March 28th of 71 to be exact. That makes her 43 for those of us who need math help. Her two favorite things are reading and chocolate, in that order. Right now Makeba is reading fluff because anything that makes her think about before school starts again is just too much. But usually it's either something sci-fi or spiritual. Which goes to say she spiritual and not religious. To each their own is her motto. Makeba’s favorite quote is from the great Maya Angelou. Sad that she’s gone and never got to see her! Life loves to be taken by the lapel and told: I'm with you kid, let's go..." Her dream vacation would be anywhere with her partner is but preferably, on a beach, with a fruity drink and clear water. Makeba has a special event in September planned, ask her what it is.

Congratulations to Ariel Fink on her wedding during our summer break. We wish you much happiness and joy.

Heather Brewer has a new job within her desired field, youth and family. She will be working before and after school care. Way to go Heather.

To make your writing life easier check out these helpful and informational websites:

- www.socialworkers.org
- https://owl.english.purdue.edu/owl/resource
- http://www.citationmachine.net

Familiarize yourself with Blackboard prior to the beginning of classes. It is your go to information cite.

- https://courseware.ku.edu/

Below is a link to a fantastic article on the ethical dilemmas of social media. Educate yourself, pause before you post.


If you know of anyone who states they are not receiving information from us, please make sure to have them email or contact an officer. If you have newsworthy information you would like to share please send by second of the month for submission.