Many of you are in the process of submitting graduate school applications, completing written assignments and studying for the final exams. You begin to question — “have I done enough”? In the midst of self-doubting questions, there is a tendency to forget about self-care. In order to be successful (as a student and as a professional) we must pay attention to taking care of self. The confluence of the various responsibilities associated with family, work, holidays, and academic requirements can create demands that appear to be overwhelming. How do we go about maintaining a healthy balance that will contribute to our personal and professional success?

I would like for each of you to engage in activities and practices that reduce stress and support healthy wellbeing. Ask yourself:

Am I receiving enough sleep? Is my diet healthy? (trash in – means – trash out), Am I exercising?, and Do I schedule enough “down time” (away from the phone, emails, and unhealthy relationships) to recharge my batteries?

Assessing and evaluating whether or not you are implementing strategies that reduce stress and enhance wellbeing is the first step. Each person is unique and consequently how one might go about paying attention to self-care may vary. However, the second step is to figure out what works for you (writing in a journal, getting a massage, going for a run, or getting more sleep) and then implementing that activity enough times to reduce stress and strengthen your personal wellbeing.

Dr. F. K. Franklin, LCSW
BSW Program Director

The end of the semester can be a stressful time. All of the work, time and commitment that you have poured into your courses will culminate in a grade that you have earned for this semester. As the “2017 Fall Semester” approaches closure, maintaining a healthy balance between the various domains of your personal life and the academic expectations of your program is important.

If you have any information you would like to include in our newsletter, Please send it to editor, Jane Kung: mjkung@gmail.com

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1200 N. DuPont Highway
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MSW Newsletter is a Great Tool for Connecting MSW Students, Professionals and the Community.

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The MSW Newsletter

My Field Experience
By Kristen Ames

My name is Kristen, and I am a 3rd year MSW student. I am so excited to graduate! In the past three years, I have learned so much about myself, and this program has allowed me to grow personally and professionally. Last year, I interned at New Behavioral Network working with children who received intensive therapeutic services (some up to 8 hours of therapy per week). I loved this internship, as it gave me the opportunity to learn how to write treatment plans, how to interact with clients, and how to work on a professional team.

This year, I am interning at Children’s Choice in the Interstate Compact on the Placement of Children department (ICPC). This internship is a wonderful opportunity for the advanced year, because the ICPC system is very complex. It has allowed me to learn and grow even more. My internships have taught me valuable tools needed to work in the field as an MSW (and hopefully LCSW one day!).

Kristen Ames, BS
Project Supervisor, Permanency Department
Training Educational Facilitator
Children’s Choice, Inc.

The Food Pantry is a collaborative effort through the Department of Public and Allied Health Sciences and is manned by public health majors.

The Harry K Foundation, the Delaware Food Bank, and campus driven initiatives fill our pantry shelves with non-perishable food items and personal hygiene products. The pantry is open to all of the DSU community - students, staff and faculty to take 30 pounds of food items and 5 lbs of personal hygiene products when we are open.

Remaining dates for this semester are: Friday 12/1 & 12/8

We are open from 12-1:30 on scheduled days, however if there is a need, students can contact: agootee@desu.edu; padams@desu.edu; krawlins@desu.edu for additional days and times.

Once a month we schedule for fresh foods: chicken, eggs, bread, vegetables and fruits - that is limited through the Delaware Food Bank for Delaware residents only and for the first 50 people. Interested people can contact padams@desu.edu to be placed on that list.

American Association of University Professor

Will you join us in telling Congress not to make higher education unaffordable by taxing tuition waivers and eliminating the Student Loan Interest Deduction?

H.R. 1, the Tax Cuts and Jobs Act, if enacted as written, will have a severe negative impact on students and higher education in the US.

Tell 15 key members of Congress to protect students and vote no on the tax bill.

The legislation would repeal provisions exempting from taxation tuition waivers for campus employees and graduate students, causing a devastating tax increase for thousands and making it impossible for some to continue their studies.

The legislation would also repeal the current Student Loan Interest Deduction, causing an increased cost of roughly $24 billion to student borrowers over the next decade.

Sign the petition now. We’ll deliver it to the 15 members of Congress before the vote.

The AAUP
November
Upcoming Events

No December meeting
Jan. 11, 2018: DE NASW Meeting
6pm - 8pm @ John Price Bldg. Room 215
Jan. 15, 2018: Social Work Licensing Board
9am - noon @ 861 Silver Lake Blvd. #203
Dover, DE 19904

December
Upcoming Events

Millersville University's School of School Work's
Learning Institute announces the
Call for Proposals
for the 5th Annual Global Well-Being and Social
Change Conference.

This year’s conference, Wellness in our Global Community: Clarifying Definitions, Providing Opportunities, Protecting Rights, invites presentations (paper, roundtable, and workshop) that explore different understandings of wellness and its myriad dimensions and manifestations. Our conference welcomes research that identifies barriers to wellness, as well as strategies (policies, programs, and practices) to promote wellness across diverse populations. These presentations may be original research, theoretical framework(s), clinical interventions, pedagogy, and/or policy/advocacy. Scholars, practitioners, students, and agents of social change from all disciplines are encouraged to submit proposals.

For more information on proposals or the conference, go to: http://blogs.millersville.edu/learninginstitute/

Proposal Deadline:
All proposals are due no later than January 30, 2018, by 11:59 PM EST.
Please submit your proposal to learninginstitute@millersville.edu
Department Goal

- prepare social work practitioners to develop an understanding of the importance of a Black perspective based on strengths-based empowerment approach for social work practice;
- prepare culturally competent professionals guided by values and ethics who are capable of promoting social and economic justice when working with diverse and at risk populations in a global society;
- prepare practitioners for evidence-based professional practice and leadership roles; and
- educate students to think critically and to evaluate their own practice.

Faculty of Social Work

Dr. John Austin, Full Professor
Ms. Shacre Bennett, Secretary
Mrs. Cherita Brown, Technical Analyst
Dr. Chavon Dottin, Director of Field Instruction
Dr. Ezekiel Ette, Associate Professor
Dr. Delores Finger-Wright, Associate Professor
Dr. Frann Franklin, Assistant Professor, BSW Program Director
Dr. Anthony J. Hill, Associate Professor
Dr. Eleanor Kiesel, Assistant Professor, MSW Program Director, Acting Chair
Dr. Sheridan Quarless-Kingsberry, Associate Professor
Dr. Leela Thomas, Associate Professor

It’s the most wonderful time of the year!
Let us celebrate by spreading goodwill and Christmas cheer!
Happy Holidays to all our MSW students,
Dr. Kiesel and MSW Faculty