After the Rain

Even though the holiday season is supposed to be a time of joy and celebration, it is sometimes easy to become overwhelmed. This can be compounded when you are working in a stressful profession such as social work. No matter where you are on the career spectrum: on the brink of entering your career, in your first position, or an experienced professional it is important to continue to build your resilience so that you can maintain the energy and positivity needed to best serve your clients.

In her article, “Building strength and resiliency: Tools for early-career social workers,” Marilyn Lammert addresses some issues social workers starting their careers can often face: feelings of inadequacy, feeling they should be doing more, feeling they have chosen the wrong profession, and feeling they can’t balance life/career.

She suggests that the first step in dealing with these feelings is realizing that “These feelings don’t go away with experience—we need to recognize and deal with them. If we think they show weakness, then we’re ashamed and unlikely to talk to about them. A negative spiral of isolation, more vulnerability and shame may result.”

She offers several strategies to manage issues. They include self-compassion, peer groups, positive emotions and appreciative inquiry. She explores the principle of appreciative inquiry in some depth and concludes that “These principles and the reframing process can help us change the story of something negative to one that has some positive meaning. We become more aware of our internal and external dialogues and intentionally shift or reframe them so that our focus is on what we want more of rather than on what we don’t want.”


Are you interested in becoming a Field Instructor for Mount Mary University? If so please email the Social Work Department (reedb@mtmary.edu or walterhe@mtmary.edu) or call us at 414-256-1229, and we will send you information about our program and what you need to do to become a Field Instructor for one of our Social Work Majors.
Social work is a rewarding, busy, challenging, life changing career for hard working individuals who are not in it for the glory or awards. This lack of glory can be seen in the media. Attention grabbing stories of how a social worker, and the system, failed are more likely to be in the news. While the stories about the child who was saved from abuse, the elderly person who finally got the care he or she needed, or the adoption that had a happy ending, go by the wayside.

Almost everyone is touched by a social worker in some way, directly or indirectly, whether they know it or not. Social workers change the world by changing political policies, laws, havens, procedures, availability of resources, lives, etc. They affect hospital procedures and policies, elderly care, social welfare, bills and laws, even schools: kindergarten - college. And they do all this for the good of the people, with small recognition or praise save that which they receive from colleagues and those they help.

This multifaceted career is for the individual who values a smile from a child, or a hug from the person whose life they changed; a squeeze of the hand from an elderly person, or the phone call that didn’t come again because this time it worked out. These rewards come from people who are beautiful, bright and shining stars that guide each social worker on his or her journey.

No, this is not a job for those who wish to have glowing stories written about them, or special medals and awards. This is a job for the selfless person who wishes to change the world, one star at a time.

* **Marion Art Gallery:**
  Wisconsin Designer Crafts Council Exhibition: March 3-29, 2014
  Artists Closing Reception on March 28, 7:00-8:30 p.m

* **A Night of Art and a Night of Pizza:**
  **From Art and Design** – Faculty Work Featured in Local Gallery
  "Dirt is My Favorite Color," featuring 2007-2014 photographs by Paul Calhoun at Gallery 2622, located at 2622 N. Wauwatosa Ave., Wauwatosa. Opening Reception March 7, 6-9 p.m. Other gallery hours by appointment.
  **From the Fashion Association** - Pizza Fund Raiser
  The Fashion Association will host its second annual Pizzeria Piccola fund-raising event on Sunday, March 9 from 3-9 p.m. in the Wauwatosa Village. We invite the entire campus to come out, enjoy the great cuisine and support the Fashion Association.

* **Untold Stories: Spring Showcase “Crime & Responsibility”**
  Panelist present information and views on crime and responsibility, crime statistics and prevention, and restorative justice. Discussion and Luncheon take place on Thursday, March 20, 2014 from 11:30 am - 1:30 pm in Helfaer Hall, which is located in Caroline Hall here at Mount Mary University. For more information please go to: Untold Stories.

* **More New and Events**
  Please check out Mount Mary University’s Events Calendar for more spring events (Mount Mary Calendar of Events) including:
  - Faculty Music Concert: March 30th
  - Alumnae Networking Breakfast : April 3rd
  - Writers on Writing Series: April 15th

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**Spring Events.**

Graduation is May 17th.
Social Work Club

The Social Work Club has been active on the Mount Mary University campus since 1974.

PURPOSES
The purposes of the club are:
* to promote a sense of community among social work majors by providing opportunities for socializing and sharing of common interests and concerns;
* to provide opportunities for community service;
* to encourage growth and enrichment through participation in seminars and conferences;
* to demonstrate social work values and commitments to the larger Mount Mary community.

MEMBERS
All social work majors are considered to be members of the club. Students from other majors can also participate as members due to their interest in the club’s activities.

ORGANIZATION
The Social Work Club has no officers. The club started with the intention of having a flat organizational structure, allowing leaders to emerge as they wished in order to address the issues of the club. The club advisor facilitates the club meetings, but the direction of the club activities is dependent upon the interests of the members.

MEETINGS
Meetings are held approximately every two weeks during the semester.
Meeting Dates and Locations: Check email for updates.

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Phi Alpha Honor Society
Rho Nu Chapter

A National Honor Society for Social Work Students

MEMBERSHIP REQUIREMENTS

A. Social Work Major in program accredited by the Council on Social Work Education

B. Undergraduate Students
1. minimum of sophomore status
2. achievement of a cumulative grade point average of 3.0 or above and a GPA of 3.25 in major
3. attainment of at least nine semester hours in the Social Work Program, and
4. demonstration of leadership ability and a dedication to social work practice

Current Members:
Sherri Nunn--President
Alexandria Graham--Secretary
Colleen Prividera--Treasurer
Crystal Medrano

For more information on Phi Alpha please see Melinda Kiltz in the Social Work office (NDH 245)

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Spring WCSWE Conference

April 3 and 4, 2014
Wintergreen Resort, Wisconsin Dells

The 2014 Spring conference will highlight practice models, theory and techniques that demonstrate excellence in social work education, and topics that bridge the educational practice world.

The Wisconsin Foster and Adoptive Parents Association, Inc. (WFAPA) is also holding their Spring conference at the Wintergreen Resort April 4th—6th. This will be a good opportunity for the next generation of social workers to network and get to know the WFAPA.

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Sr. Regina Simpson (Class of 1973)

Please have a moment of silence for Sr. Regina from the Carmelite Home, Inc. who passed away at the age of 88.

Sr. M. Regina of Christ the King, DCJ was called to her Lord Jesus on Wednesday, December 11, 2013 at St. Joseph's Home.

She was born on April 15, 1925 in St. Louis, Missouri and professed her vows in Carmel DCJ on December 8, 1946 in Wauwatosa, WI.

- See more at: [www.piasecki-althaus.com/obituary/view/2666#sthash.AKVcJYmx.dpuf](http://www.piasecki-althaus.com/obituary/view/2666#sthash.AKVcJYmx.dpuf)

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