



CWEP NewsLine

CWEP Website

<http://www.sw.uh.edu/communityoutreach/cwep.php>

Volume 10 Issue 2

October 2008

Back to Normalcy

Over the last few weeks everyone has been hectic. Many of us have been subjected to varying degrees of stress and different levels of hope (see our Director's Comments below). We hope that the month of October bring you all *back to normalcy*.



CWEP Staff

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Director's Comments

Joe Papick

“As we are all recovering from the effects of Hurricane Ike, we all are experiencing various levels of hope. We hope for electricity, we hope to get our homes repaired quickly. We hope for safety and security for our families. **Hope though requires action and we all must act together to help our family, friends, neighbors, and community and in so doing we spread hopes to others.** Through this time I have seen action and I have seen and heard about ways that each and every one of us has helped others. I am immensely proud of the way the larger community has come together to help each other. It happened in my neighborhood, with neighbors helping neighbors, sharing our food, water, generators and checking to be sure that we were all okay. All of Houston seems to be pulling together and it makes me feel very proud of each of you and this community. My hope is that all of you are by now safe and healthy and that our community continues quickly on the road to recovery. My hope is that we get back to the routine of working, teaching, and learning as we move to bring hope to the families and children we serve. **May peace and safety and quick recovery be with you all.**”



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CWEP Staff Spotlight

This month we are highlighting



Stephanie Yau

former Graduate Assistant (GA)

Working in CWEP is a great experience! I was fortunate to be one of the graduate assistants working for CWEP. I learned a lot about child welfare even though I only worked in this project for two semesters (January – August 2008). I really enjoyed my work as a GA under CWEP!

The atmosphere in the workplace was very warm and supportive. It was so true that there should be an answer whenever you have a question. If not, there should be someone working on the solutions with you. With such a supportive working environment, I felt like I had more energy despite working under stress.



In addition, **time management is very essential for working in this position.** When multiple tasks were assigned to me, I would prioritize them according to their urgency. But sometimes, when numerous tasks required immediate attention, I would decide to do the easiest one first. I am confident that my time management skills have greatly improved after working in this position.



Further, it occurred to me that I have a close connection with CWEP because of my internship in the Child Protective Services (CPS) during these two semesters. I discovered that I had a deep interest in both working and researching issues related to children and families, especially the child abuse issues. I used the knowledge that I have learned from my internship to the work of GA, and vice versa. Those two semesters were so fruitful that I have **developed a good relationship with my colleagues as well as supervisors.** I treasured those moments a lot and I will make good use of what I have learned from that position to my career as a professional social worker in the future!

Many Thanks to Stephanie!



Kids to Parents: Leave the Stress at Work

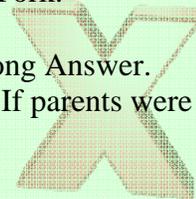
By Jeanna Bryner

Whether adults realize it or not, their **job-related stress affects their children.**

"...one in three employees in the United States reports feeling chronically overworked," said Ellen Galinsky, president of the Families and Work Institute in New York.

Most parents guessed their children would wish for more parent time. Wrong Answer.

Most children wished their parents would be less stressed from work. If parents were less tired and stressed, I think that the kids would be less tired and stressed.



Children are little detectives. Subtle cues, such as a parent's down-turned expression or heavy footsteps, also led kids to easily detect their parents' moods.

De-stress. Quality time at home makes a difference. The most important piece of information to impart to kids is that your bad mood isn't their fault.



Source: FOX News.com. For details, please visit <http://www.foxnews.com/story/0,2933,245938,00.html>

Announcements

Learning Enhancement Opportunity (LEO)



CWEP Welcomes **Corrine Walijarvi**, LEO Mentor for CWEP Students

Your LEO Mentor is here to help you! When you want to get a **third-person perspective** about your academic preparation, or when you need someone to go over your presentation outline or paper format, please email or see Corrine Walijarvi, your LEO mentor for CWEP students.



Corrine writes, "My name is Corrine Walijarvi, and I am a first year student in the Ph.D. program at GCSW. I just received my MSW at GCSW last May, after completing four years in the program as a part-time student. I received my undergraduate degree in economics from Harvard, and worked as a public accountant while earning my M.S. in Accounting degree from New York University. I then earned an MBA from Harvard Graduate School of Business Administration, and pursued a management career while working for General Motors and General Electric. Following a diagnosis of cancer, I retired from the corporate world and devoted myself to raising my children and contributing to a variety of volunteer and charitable activities. I applied to the MSW program at GCSW after I had regained my health and my children had reached an age of relative independence.



I am currently working as a Doctorate Research Assistant with Dr. Monit Cheung. I am looking forward to the opportunity to help students currently in the CWEP program; I hope I can help you achieve your goals while avoiding unnecessary stress!"

Corrine's office hours for CWEP students are Tuesday and Thursday, 1-5pm. Feel free to email Corrine any time at cwalijarvi@hotmail.com to ask any questions related to your academic preparation, or to confirm a specific time for meeting with her. She looks forward to meeting with you in Room 429 and helping in any way that she can. Remember, your LEO mentor is available for CWEP students only. Please take full advantage of it.

-Dr. Monit Cheung, P.I. of CWEP

NewsLine is accepting submissions from CWEP students

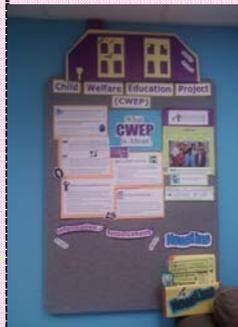
Would you like to contribute a **short article**, **poem** or **editorial** relating to **child welfare**?

Please send submissions for consideration to CWEP NewsLine editor, **Venus Tsui**, at sftsui@uh.edu.

Deadline:
November 10, 2008, Monday



CWEP Bulletin Board 2/F Student Lounge, GCSW Bldg.



Check out our CWEP Bulletin Board!

You can find some basic information about CWEP program, staff list/photo, current NewsLine, information/announcements that may be of interests to you.

CWEP Staff Spotlight

This month we are highlighting

Annie Chan

former Graduate Assistant (GA)

I first came to GCSW as an exchange student from Hong Kong under the Reciprocal Educational Exchange Program (REEP). I came back to GCSW for my master's degree and graduated in August 2008. I worked as a GA (August 2007 – August 2008) under the CWEP program during my course of study. I believe I would not be able to finish the degree without this part-time employment as it carried me through financially and emotionally.

The GA position provided me an alternative to student loan under such economy. Of course the CWEP program itself, as a well organized stipend program, provides substantial financial assistance to social work students and CPS workers who dedicate themselves to child welfare work. Personally, I think CWEP reveals the social work vision of serving the all-rounded well-being of people. The project makes GCSW not only an institution provides quality social work education, but also a graduate college that takes into consideration of *how* can students obtain the quality education and benefit the society. It goes along with the vision that social workers are not only “dreamers”, we also are “doers”.

As a GA, I worked 20 hours every week. That means I had to spend most of my time in the GCSW Building attending classes and working. It made **GCSW my second home!** As an international student, this served as my important source of support and sense of belonging. GCSW became a place where I could be very familiar with, I had particular duties and contributions, I had a strong network with students, faculty, administrative staff, project staff, and all other personnel. I worked with **Dr. Cheung, the Principal Investigator, and Joe Papick, the Director, who were both very warm and supportive.** They were not only my supervisors, but were also my mentors who gave me guidance and genuine support throughout my course of study.

A CWEP graduate assistant has dual identities: being both social work student and employee. This is a job position that social work knowledge would help you work better and build a stronger sense in working with people while you could take much more out of it. This job had a wide range of duties and responsibilities. **This job experience had enabled me to recognize new talents and learn new skills.** This is how Venus, NewsLine Editor, and I have become very good friends. We had been exchanging a lot of phone calls tried to tackle word-processing problems together! **Other than gaining precious friendship and new skills, the experience of working in CWEP also enhanced my ability to work as a team member and work in the office environment. I am sure these will contribute to my career as a social worker in the near future.**

I am very honored to have graduated from GCSW and am also very grateful to all the CWEP staff for their support which greatly enriched my experience in GCSW and Houston.



Annie's family from Hong Kong and Joe
(May 2008)



Dr. Leung, Dr. Cheung and Annie's family
(May 2008)



Annie & Venus



Many thanks
to Annie !!



HAPPY HALLOWEEN!



HAPPY HALLOWEEN!



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