

As we enter this season of gratitude, we celebrate the compassion and resilience that define our School of Social Work community. Thank you for your continued dedication to social justice, service, and transformative education.

Reflection on Self-Care and Professional Growth: A Thanksgiving Reflection

As we enter a season of gratitude and giving, it's just as important to notice how we speak to ourselves. The *New Social Worker* highlights how common messages in helping professions—like “people over comfort” or “service over self”—can drive perfectionism, self-blame, and burnout. The author urges a reframe: self-care is self-full, not selfish, and a vital foundation for ethical, sustainable practice. Treat harmful messages as a cue to check in, set limits, and build a team mindset that rewards balance.

Read: [Resisting and Reframing Toxic Messages \(The New Social Worker\)](#).

“Self-care isn't selfish—it's a form of resistance.”

at San Jose State University

The #1 most
transformative university - Money Magazine



PROGRAM SPOTLIGHT

Apply to the Master of Social Work (MSW) Program
Fall 2026 Admission –
Deadline: December 1, 2025

Prepare to serve communities and lead change through professional social work education. The deadline to submit both the Cal State Apply and MSW Program applications, as well as transcripts, is December 1, 2025. Recommendation forms are due December 20, 2025.

Learn more at:

<https://www.sjsu.edu/socialwork/admissions/apply-msw/index.php>



CAMPUS RESOURCES



Non-Public Space Designation

In alignment with President Dr. Cynthia Teniente-Matson's campus communication, the School of Social Work office is classified as a non-public space, accessible to students and authorized personnel only. This designation helps maintain privacy, safety, and a welcoming environment for everyone in our SJSU community.


WELCOME

This is a NON-PUBLIC SPACE
Students and Authorized Personnel Only

In compliance with Proposition 209, this space is committed to serving all students equitably and inclusively. We foster a welcoming environment for everyone, regardless of race, gender, ethnicity, or background. As Spartans, we are community-minded, and cultivate spaces that are respectful, collaborative, and champion student success.

At SJSU, we strive to ensure that all students have the tools, opportunities, and environment they need to succeed! You belong here!

Please refer to our campus
Time, Place, and Manner Policy Addendum
for reference



**Location: WSQ 215 (Second Floor), One Washington Square,
San José, CA 95192-0124**

Campus Safety Reminder

If you encounter immigration or federal agents on or near campus:

- **Contact the University Police Department (UPD) immediately at (408) 924-2222 or through the Spartan Safe App.**
- **Do not engage directly; UPD will verify legal documents and act under California Senate Bill 98 (SB 98).**



FACULTY SPOTLIGHT



Dr. Yolanda Anyon recently published a new article in Urban Education titled

“Race-Conscious Approaches Addressing the Ecologies of Racial Discipline Disparities: Promoting School Professionals’ Understanding of Individual and Institutional Racism.”

The study reviews a decade of research on how educators can address racial discipline disparities by recognizing both individual bias and institutional racism in schools.



Dr. Yolanda Anyon

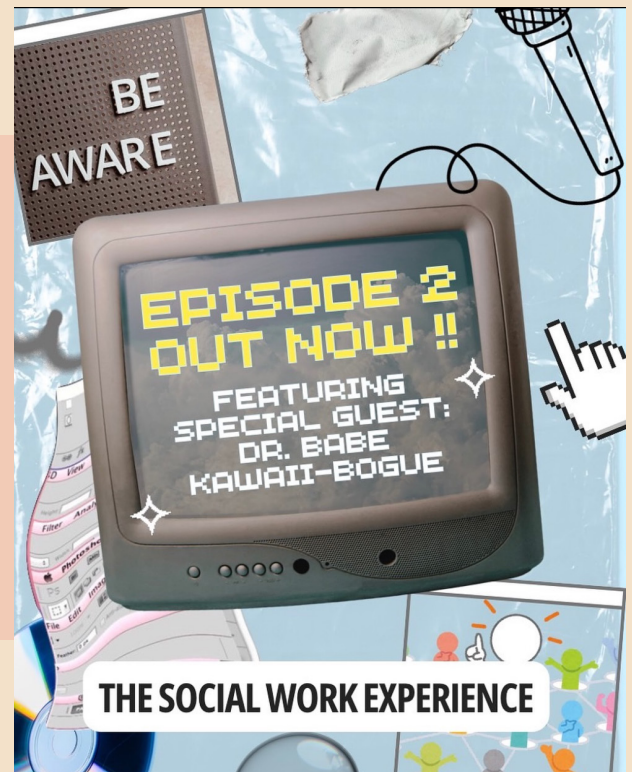
In a newly published article in Urban Education, Dr. Yolanda Anyon and her colleagues conducted a systematic review of 62 empirical studies exploring how schools can reduce racial disparities in discipline through race-conscious and ecological approaches.

Their findings reveal that while most school discipline reforms have historically focused on modifying student behavior, achieving lasting and meaningful equity requires transforming the environments, systems, and everyday practices of school professionals. The review highlights strategies that address both individual bias and institutional racism, encouraging educators to reflect on how their beliefs, policies, and classroom practices shape students’ learning experiences and long-term success.

[Read the publication here](#)

The Social Work Experience Podcast

In this episode, hosts Ana, Roberto, and Britt interview **Dr. Babe Kawaii-Bogue**, SJSU’s newest social work professor, for an honest and empowering conversation about how social workers can begin to disrupt white supremacy and anti-Blackness in both personal and professional spaces.



Listen on Spotify:
[Disrupting White Supremacy & Anti-Blackness](#)

Faculty–Student Collaboration Spotlight

Student - Gaby Divas, MSW (Class of 2023)

Faculty - Dr. Meekyung Han

Championing Disability Justice and Disability Joy

At the 71st Council on Social Work Education (CSWE) Annual Program Meeting in Denver, Gaby Divas, MSW (Class of 2023), and Dr. Meekyung Han presented their study, **“A Pilot Study on the Need for Developmental Disabilities Training in MSW Programs.”**

This research—aligned with the conference theme, **“It’s Time to Act: Championing Disability Justice and Disability Joy in Social Work”**—calls attention to how social work programs can more effectively prepare graduates to serve individuals with developmental disabilities (DD).

Bridging Gaps Through Inclusive Education

The pilot study highlights an urgent need to integrate DD-focused, culturally responsive training into MSW curricula—preparing future practitioners to advocate effectively for individuals and families living with disabilities. Participants in the CSWE session resonated strongly with the findings, leading to rich discussions on improving practice standards and advancing disability justice in social work education.

The study also encouraged dialogue on how schools can expand partnerships with community agencies to strengthen experiential learning opportunities for students. By embedding disability-related content across coursework and internships, MSW programs can promote long-term equity and inclusion in professional practice.

“Integrating DD-related content in MSW programs isn’t just about knowledge – it’s about equity, inclusion, and better care for every community,” said Dr. Han.

From Classroom Project to National Presentation

What began as Gaby’s ScWk 298: Special Project evolved into a collaborative study under the mentorship of Dr. Meekyung Han. Together, they surveyed 24 recent MSW graduates across California to assess exposure to DD-related coursework, field training, and perceived preparedness. Findings revealed low levels of DD-focused content in both coursework and internships.

Graduates who had DD-specific experience or training reported significantly higher confidence and clinical competence – underscoring the value of experiential learning and mentorship.

“Social workers play a vital role in supporting individuals with developmental disabilities, yet MSW programs often lack adequate training in this area,” the Gaby Divas noted.

Key Findings and Impact

The pilot study revealed gaps in MSW programs’ preparation to serve individuals with DD, highlighting the urgent need for integrating DD-focused coursework, internships, and culturally responsive training into social work education.

Findings emphasized that hands-on experience and mentorship improve social workers’ confidence and clinical skills when working with individuals with DD. The potential impact of this study extends beyond the classroom—informing curriculum design, practice competencies, and policy advocacy aimed at enhancing inclusivity in social work education.

Alumni Spotlight

Natasha Bui La Frinere-Sandoval, MSW Class of 2012

From Hanoi to Health Equity: Dr. Natasha Bui's Journey in Social Work

A Global Commitment to Social Change

We are proud to feature Dr. Natasha La Frinere-Sandoval (MSW '12) in our Alumni Highlights series—celebrating graduates who advance equity, inclusion, and social justice. Dr. La Frinere-Sandoval's journey in social work began with a deep curiosity about how research can drive meaningful change. As an undergraduate in Sociology at Vietnam National University in Hanoi, she worked as a research consultant for non-profit organizations, interviewing low-income women and sex workers who were undocumented, seasonal, rural-urban migrants. Through this work, she saw how personal and structural barriers limited access to essential care and deepened health inequities.


"These women's stories shaped my purpose," Dr. Bui reflects. "I wanted to turn my curiosity into action—direct, tangible change through social work."

A Transformative Journey at SJSU

In 2010, a prestigious scholarship from Vietnam's Ministry of Education opened the doors for Dr. Bui to pursue her Master of Social Work at San José State University (SJSU). At SJSU, she found mentors who recognized her potential and helped her channel her research interests into meaningful practice. She is especially grateful to Dr. Meekyung Han, whose mentorship inspired her to pursue a Ph.D. in Social Work at the University of Texas at Austin, where she studied how social determinants of health influence disparities in preventive care among women from racial and ethnic minority groups in the United States.

"Dr. Han's faith in my potential changed the course of my career," Dr. Bui says.

Today, Dr. La Frinere-Sandoval serves as a Postdoctoral Scholar at St. Jude Children's Research Hospital in the Department of Epidemiology and Cancer Control. Her research examines how unmet social needs affect long-term health outcomes among childhood cancer survivors, helping shape programs that improve access to care and support for diverse communities.



Through her research, Dr. Bui continues to bridge science and social justice—translating findings into interventions and policies that improve access and equity for vulnerable communities.

"My work at St. Jude is an extension of the same values I learned at SJSU—listening deeply, acting with purpose, and using evidence to advance justice."

Honoring 30 Years of the NASW-CA Asian Pacific Islander Social Work Council



Chris Lum graduated from our School of Social Work with his MSW degree in 2008. Since then, he has continued to show unwavering dedication to promoting diversity, equity, inclusion, and social justice within the profession and beyond. His leadership and advocacy have empowered countless social workers and communities, especially by elevating Asian and Pacific Islander voices in social work practice and education. The following story highlights the depth and impact of Chris's ongoing efforts to create inclusive spaces and amplify underrepresented perspectives in social work. We are proud to feature his work as part of our Alumni Highlights series, recognizing graduates who continue to lead meaningful change in the field.

Celebrating Thirty Years of Legacy and Leadership

On September 6, 2025, Chris Lum helped organize the 30-year anniversary celebration of the NASW-CA Asian Pacific Islander Social Work Council (APISWC), a community that has long uplifted API voices and created spaces of belonging across the Bay Area. This milestone is personally meaningful to Chris, whose connection to APISWC began as a 20-year-old community college student when his aunt, Stacie Hiramoto, invited him to his first meeting. Surrounded by API social workers at the San Francisco Chinatown Development Center, he found a space where he could share his voice while navigating cultural expectations and uncertainty about his future.

“Sitting in that first meeting, I realized how powerful it is to find your voice—and to use it for community,” Chris recalls.

Empowering Future API Social Workers

As Chair of APISWC, Chris continues to strengthen the organization's mission of uplifting future generations of API social workers—particularly during a time when diversity, equity, and inclusion work faces growing challenges. He notes that conversations about race and culture can often feel intimidating, yet the lived experiences that shape API social workers remain powerful and grounding.

To expand leadership pathways, Chris launched “Breaking the Bamboo Ceiling,” APISWC's first podcast, featuring conversations with API social work leaders about how culture influences their leadership journeys. He also created “Six Voices Dinners,” a quarterly storytelling and mentorship series connecting students, professionals, and retired social workers to share experiences that honor culture, identity, and purpose in the profession.

In March 2026, Chris will host APISWC's first annual Leadership Roundtable, an intergenerational forum designed to explore strategies for advancing social change—especially as communities continue to respond to the impact of anti-Asian hate.

“Though my voice may still be quiet at times, my passion for service speaks loudly,” Chris says. “Through every project and gathering, I hope to create opportunities that empower current and future API social workers and the allies who stand with us.”

SWGSA & USWA UPDATES

The Clinically Curious Forum

A workshop series that will meet for 12 sessions throughout the school year via Zoom. Each session will focus on topics such as clinical case formulation, major disorders, and modality spotlights. Sessions will include a combination of lectures, hands-on practice, and case analysis discussions, led by faculty members and experienced clinical practitioners.

The first session was held on Monday, December 1, at 5:00 PM.

Instructor: Professor Krass

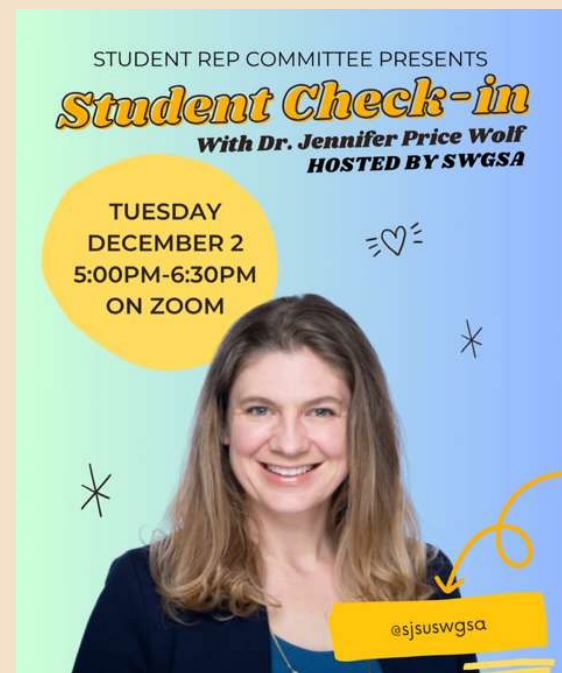
Format: Online via Zoom

To receive meeting links and future updates, please fill out the form.

SIGN UP LINK!

MSW Student Check-In with Dr. Jennifer Price Wolf

MSW students were invited to attend the Student Check-In with Dr. Jennifer Price Wolf on December 2 from 5:00 to 6:30 PM. The SWGSA Student Rep Committees hosted this space for MSW students to share feedback, ask questions, and discuss their academic and community experiences.





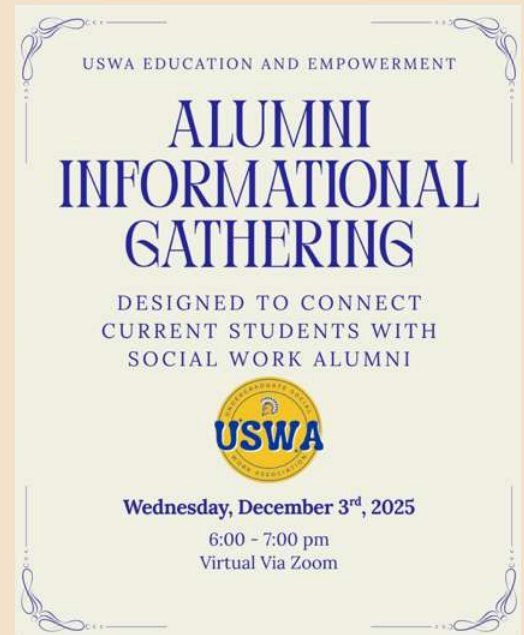
SWGSA & USWA UPDATES



Alumni Informational Gathering

December 3rd | 6:00–7:00 PM | Zoom

Join us for an engaging session featuring program alumni as they share their experiences, insights, and advice. A Zoom link will be sent out shortly. MSW students are also invited!



Holiday Feast – December 15

SWGSA and USWA invite you to join us for a warm and festive Holiday Feast on December 15th from 6–8 PM in Student Union Meeting Room 3.

Come enjoy good food, holiday vibes, and great company as we celebrate the season together!

Scan the QR code to RSVP.





SWGSA & USWA UPDATES



**SAVE THE DATE
NASW LOBBY DAYS**



**SOCIAL WORK
IN ACTION —
JOIN US AT
LOBBY DAYS!**



APRIL 12-13 2026

**FILL OUT THE INTEREST
FORM! [CLICK HERE](#)**



FIELD FAIR - JANUARY 2026



IN-PERSON

Date: Monday, Jan 12th 2026, 1 PM - 4 PM

Venue : Student Union Ballroom

Mandatory for:

- On-Campus BASW juniors (rising seniors in Fall 2026)
- On-Campus 1st-year Full-Time MSW students (entering final year in Fall 2026)
- On-Campus 3-Year Program 2nd-year MSW students (entering final year in Fall 2026)
- Not mandatory for Title IV-E

Virtual

Date: Thursday,

Jan 15th 2026, 9 AM - 4 PM

Mandatory for:

Online/ hybrid 1st year MSW students (entering final year in Fall 2026)

Attendance at both Field Fairs is mandatory for students entering their final year of the MSW program or for BASW seniors.

For more info, contact: socialworkfieldeducation@sjsu.edu or call 408-924-5897 or Extension: 45897



Celebrating Our Graduates



Celebrating Our Graduates

College of Health and Human Sciences Commencement

We are thrilled to celebrate the accomplishments of our Master of Social Work (MSW) students who have successfully completed their program. Your hard work, commitment, and passion for social justice continue to inspire our School of Social Work community.

Date & Time: Wednesday, December 17, 2025 | 1:00 PM

Location: Provident Credit Union Event Center, San José State University

A digital program and livestream link will be available soon at: sjsu.edu/commencement

The livestream will begin 15 minutes before the ceremony start time.

