UB-Social Work @UBSSW
Looking forward to the Happy Hour #MacroSW chat in 15 minutes! What are YOU doing this summer? https://t.co/DD28se5WwF

Kristie Holmes @DrKristie
I wish I were here for tonight’s chat but I’m in Yosemite with 5th graders until tomorrow. However, I wanted to share with all of you since you’ve been so supportive of me through everything. https://t.co/veXh5tcYAx @birdgirl1001 @DrAngelaShenell #macrosw #disability https://t.co/vHKSqWbaDX

Stephen Cummings @spcummings
RT @DrKristie: I wish I were here for tonight’s chat but I’m in Yosemite with 5th graders until tomorrow. However, I wanted to share with a...

Stephen Cummings @spcummings
Let’s relax, take a breath, and enjoy the company of friends and colleagues at tonight’s #MacroSW chat...we’ll get starting in just under 10 minutes! https://t.co/HErbZG67fe

Social Worker @ERL_SW
Hey everyone Emily from MU here #15daystilgraduation #macrosw

Juliette Consigny @jiconsign213
Hello. Is this chat happening tonight? #MacroSW

Nick @nick_molina
Heading into GRADUATION AND SUMMER LIKE... #MacroSW https://t.co/9nR9pCLqOZ

David McCollum @VilleBananas
hi #MacroSW

Stephen Cummings @spcummings
Welcome to #MacroSW chat! It’s time to get started...

Stephen Cummings @spcummings
@ERL_SW Welcome to the chat! #MacroSW

Karen Zgoda @karenzgoda
RT @spcummings: Welcome to #MacroSW chat! It’s time to get started...

Karen Zgoda @karenzgoda
RT @nick_molina: Heading into GRADUATION AND SUMMER LIKE... #MacroSW https://t.co/9nR9pCLqOZ

David McCollum @VilleBananas
Last time using Twitter tonight! https://t.co/152Zj6e90U #MacroSW

UB-Social Work @UBSSW
RT @spcummings: Welcome to #MacroSW chat! It’s time to get started...
Stephen Cummings @spcummings
Tonight’s chat archive and upcoming chat schedule can be found at: https://t.co/c12Z71RDel #MacroSW

Karen Zgoda @karenzgoda
Have fun!! #MacroSW https://t.co/ccEdw2pSEJ

UB-Social Work @UBSSW
RT @VilleBananas: Last time using Twitter tonight! https://t.co/152Zj6e90U #MacroSW

Karen Zgoda @karenzgoda
@ERL_SW Welcome back! #MacroSW

Elizabeth Navarro @LadyOnTheMoon_ 
Elizabeth Millersville University #MacroSW

Marcie Wilson @MarcieAnnWilson
Marcie from UB here :) #MacroSW

Karen Zgoda @karenzgoda
@jconsign213 #MacroSW https://t.co/jwWtPFL2AZI

Stephen Cummings @spcummings
If you are new to our Twitter chats, check out our FAQs here: https://t.co/yJtw0fLEb #MacroSW

Kendall Krebs @kendallekrebs
Hey yall! Kendall from UB checking in #MacroSW

UB-Social Work @UBSSW
@LadyOnTheMoon_ Hi, Elizabeth! #MacroSW

Josh Nice @JoshNice4
Back for more, 15 days until walking away with MSWs... Good evening from Millersville University! #macrowsw

Juliette Consigny @jconsign213
Hi everyone! Juliette here from UB School of Social Work #MacroSW

Stephen Cummings @spcummings
As always... If you are new to Macro #socialwork, we have a FAQ for that too: https://t.co/XH6dxWtYb0 #MacroSW

Rebecca Light @rl004
Rebecca from MU here #macroSW https://t.co/rJz4YesqKQ

UB-Social Work @UBSSW
@kendallekrebs hey, Kendall - glad you could join! #macrowsw

Stephen Cummings @spcummings
@kendallekrebs Welcome to tonight’s chat, Kendall! #MacroSW

UB-Social Work @UBSSW
RT @nick_molina: Heading into GRADUATION AND SUMMER LIKE... #MacroSW https://t.co/9nR9pCLqOZ
Stephen Cummings @spcummings
@rll004 Excellent GIF out of the gate! #MacroSW

Nancy Kusmaul @nancy_kusmaul
Hi #MacroSW! Nancy from @UMBC!

Stephen Cummings @spcummings
#MacroSW chats follow a Q & A format to make the conversation easier to follow. Please use A1, A2, etc. in chat question answers. In addition, this week we will also have general Q & A after Q3.

Stephen Cummings @spcummings
@_coilqueen Nice to have you here tonight, Yvonne! #MacroSW

aubree @aubree0119
Aubree from @UBSSW #MacroSW 😊

UB-Social Work @UBSSW
@_coilqueen Another @UBSSW participant - great! (Hi, Yvonne) #MacroSW

Karen ♡ Zgoda @karenzgoda
Welcome to #macrosw! https://t.co/cWsc0u4Dod

Nancy Kusmaul @nancy_kusmaul
RT @spcummings: #MacroSW chats follow a Q & A format to make the conversation easier to follow. Please use A1, A2, etc. in chat question answers.

UB-Social Work @UBSSW
RT @spcummings: @rll004 Excellent GIF out of the gate! #MacroSW

UB-Social Work @UBSSW
RT @nancy_kusmaul: Hi #MacroSW! Nancy from @UMBC!

aubree @aubree0119
Sorry for the tweet storm, I'm participating in the #MacroSW chat for the next hour!

Karen ♡ Zgoda @karenzgoda
RT @spcummings: Tonight’s chat archive and upcoming chat schedule can be found at: https://t.co/c12Z71RDel #MacroSW

Stephen Cummings @spcummings
We have great #MacroSW partners, and here they are: @VilissaThompson @UBSSW @acosaorg @SunyaFolayan @poliSW @laurelhitchcock @porndaughter
Hiral Amin-Sharma @hiralaminsharma
Hi, I'm Hiral from UB, out of Toronto #MacroSW

Karen Zgoda @karenzgoda
@MarcieAnnWilson Welcome to #MacroSW!

Karen Zgoda @karenzgoda
RT @spcummings: If you are new to our Twitter chats, check out our FAQs here: https://t.co/ly1tw0fLEb #MacroSW

Nancy Kusmaul @nancy_kusmaul
@UBSSW @_coilqueen Alums too! @UBSSW #macrosw

Karen Zgoda @karenzgoda
Welcome back and congrats!! #MacroSW https://t.co/YFbo1Si6h0

UB-Social Work @UBSSW
@nancy_kusmaul @UMBC Hi, Nancy, you stalwart #macroSW tweeter you!

Nancy Kusmaul @nancy_kusmaul
@hiralaminsharma Welcome to #macrosw!

Bridget Rosso @brossoMSW
Hey #macrosw My names Bridget and I'm a first year MSW student The University at Buffalo :)

Karen Zgoda @karenzgoda
RAISE your hand if you are GRADUATING! #macrosw https://t.co/fAttV9XQSI

UBMak @dcmakows
Don from UB here! #macroSW

Alyssa Lotmore @AlyssaLotmore
Hey #MacroSW chatters! I can't join the awesome chat on summer plans, semester reflection & self care tonight but I'll share my summer goals. I'll try to record more shows for @socialworkersfm, where #socialworkers can share their expertise w/ the public on important issues!

Stephen Cummings @spcummings
For tonight's #MacroSW chat, we are keeping things a little open...it's the end of the semester 'open chat'! Many of our participants are students who are getting ready to...graduate? summer courses? Work? Let's talk! https://t.co/4f1RTxHt2

UB-Social Work @UBSSW
@hiralaminsharma Glad you could join us, Hiral - and give some #international #Flair to the #macroSW chat!

UB-Social Work @UBSSW
RT @spcummings: If you are new to our Twitter chats, check out our FAQs here: https://t.co/ly1tw0fLEb #MacroSW

Carolyn Wolf @Carolyn65641191
RT @karenzgoda: RAISE your hand if you are GRADUATING! #macrosw https://t.co/fAttV9XQSI

UB-Social Work @UBSSW
RT @nancy_kusmaul: @UBSSW @_coilqueen Alums too! @UBSSW #macrosw

Aliesha @unLieshedd
RT @karenzgoda: RAISE your hand if you are GRADUATING! #macrosw https://t.co/fAttV9XQSI
Shanda Benjamin-Herchanik @Shanda_NY  
Is there a chat tonight? #macroSW  

2 hours ago

Nicole Trejo @Nic_TrejoMSW19  
Hi I’m Nicole and I’m an MSW student at CSUDH. I’m excited to participate tonight #CSUDHmsw501 #macrosw  

2 hours ago

Sunya Folayan @SunyaFolayan  
#MacroSW Hi! I'm Sunya Folayan, chat partner creative macropractitioner/entrepreneur. I live and work in the Metrolina area, a stone’s throw from Charlotte, N.C. Who else is ready for the semester to end? https://t.co/rxCKqV6w  

2 hours ago

UB-Social Work @UBSSW  
@srossosMSW Good to see you tonight, Bridget- #MacroSW  

2 hours ago

UB-Social Work @UBSSW  
RT @karenzgoda: RAISE your hand if you are GRADUATING! #macrosw https://t.co/fAttV9XQSI  

2 hours ago

Stephen Cummings @spcummings  
@Shanda_NY Yes, there is! #MacroSW  

2 hours ago

aubree @aubree0119  
@spcummings No graduation for me....dual msw/mph program so 2 more years....but the first year went so fast! #MacroSW  

2 hours ago

UB-Social Work @UBSSW  
@dcmakows Hi, Don! #MacroSW  

2 hours ago

Cary Sanchez @CSanchezBSW  
RT @karenzgoda: RAISE your hand if you are GRADUATING! #macrosw https://t.co/fAttV9XQSI  

2 hours ago

UB-Social Work @UBSSW  
RT @AlyssaLotmore: Hey #MacroSW chatters! I can’t join the awesome chat on summer plans, semester reflection & self care tonight but I’ll s...  

2 hours ago

Aishesha @unLieshedd  
I’ve secured a position as a BSC! And I’m getting married in August 🥰busy Summer for me #MacroSW  

2 hours ago

Karen Zgoda @karenzgoda  
#MacroSW https://t.co/2B1my9Kt92  

2 hours ago

Rebecca Light @rl004  
@karenzgoda @Carolyn65641191 Real time vid of @kmarie228 and me at graduation!!! #macrosW #15days https://t.co/VmukF4qNAu  

2 hours ago

Stephen Cummings @spcummings  
Let’s do some intros before we get started! #MacroSW https://t.co/yD8ryxL5m  

2 hours ago

Rebecca Light @rl004  
RT @karenzgoda: RAISE your hand if you are GRADUATING! #macrosw https://t.co/fAttV9XQSI  

2 hours ago

Hiral Amin-Sharma @hiralaminsharma  
@UBSSW Glad to be part of the chat! #MacroSW  

2 hours ago

Karen Zgoda @karenzgoda  
RT @rl004: @karenzgoda @Carolyn65641191 Real time vid of @kmarie228 and me at graduation!!! #macrosW #15days https://t.co/VmukF4qNAu  

2 hours ago

David McCollum @VilleBananas  
Anyone thinking about joining the military to work in a social work capacity post-graduation? #MacroSW  

2 hours ago
Rachel L. West @poliSW
Hi everyone. Not sure if I missed roll call. I'm a founding chat partner and an advocacy & community outreach, consultant. I rep @acosaorg on the chats. #macrosw

UB-Social Work @UBSSW
@AlyssaLotmore @socialworkersfm Sound like a great plan- thanks for checking in, Alyssa - #MacroSW

Juliette Consigny @jconsign213
Summer courses and hopefully some family time! But taking Motivational Interviewing and Crisis Interventions - both of which I am very interested in learning a lot more about, #MacroSW

Nancy Kusmaul @nancy_kusmaul
@unLieshedd Congratulations on both counts! #macrosw

UB-Social Work @UBSSW
RT @spcummings: For tonight's #MacroSW chat, we are keeping things a little open...it's the end of the semester "open chat"! Many of our pa...

aubree @aubree0119
@SunyaFolayan Ready for some summer sun!! #MacroSW

Stephen Cummings @spcummings
@unLieshedd Do you get a chance to breathe?? #MacroSW

Bill Walsh @wmwub2019
Hello! Bill Walsh from SUNY Buffalo here. I'm just finishing up my second semester of MSW studies. #MacroSW

Rebecca Light @rll004
I have a second round interview tomorrow for my dream social work job!!!! Wish me luck😭😭 #macroSW #futureMSW

Stephen Cummings @spcummings
Let's start w/ introductions! I'm Stephen Cummings, #MacroSW partner, tonight's facilitator, and Clinical Assistant Professor at the University of Iowa School of Social Work. I'm currently preparing for the end of the spring and the start of the summer! https://t.co/k25NtY7aib

UB-Social Work @UBSSW
You're in the right place! Tell us what you are thinking about for this summer - #MacroSW https://t.co/xhUnnkvtGi

Karen Zgoda @karenzgoda
@UBSSW @nancy_kusmaul @UMBC Great to see you again Nancy! #MacroSW https://t.co/Yawt61xe32

UB-Social Work @UBSSW
RT @SunyaFolayan: #MacroSW Hi! I'm Sunya Folayan, chat partner creative macropractitioner/entrepreneur. I live and work in the Metrolina ar...

Shelby Frusetta @shelby_frusetta
@rl004 Good luck #macrosw

Stephen Cummings @spcummings
@rl004 Good luck!! #MacroSW

Josh Nice @JoshNice4
@VilleBananas Noticed a couple positions open VA today in the region today, my friend. Go get it! #MacroSW
Karen Zgoda @karenzgoda
RT @AlyssaLotmore: Hey #MacroSW chatters! I can't join the awesome chat on summer plans, semester reflection & self care tonight but I'll s...
2 hours ago

Karen Zgoda @karenzgoda
@AlyssaLotmore @socialworkersfm Have a great night Alyssa! #MacroSW
2 hours ago

UB-Social Work @UBSSW
RT @karenzgoda: #MacroSW https://t.co/zB1my9KI92
2 hours ago

Karen Zgoda @karenzgoda
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2 hours ago

UB-Social Work @UBSSW
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2 hours ago

Sarah. @OSCAR_Myerz
Hi everyone, UB student from Chautauqua county!! #MacroSW
2 hours ago

Karen Zgoda @karenzgoda
RT @Nic_TrejoMSW19: Hi I'm Nicole and I'm an MSW student at CSUDH. I'm excited to participate tonight #CSUDHmsw501 #macrosww
2 hours ago

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2 hours ago

Nick @nick_molina
#MacroSW https://t.co/lqqGGXSXH1
2 hours ago

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UB-Social Work @UBSSW
RT @jconsign213: Summer courses and hopefully some family time! But taking Motivational Interviewing and Crisis Interventions - both of wh...
2 hours ago

Marcie Wilson @MarcieAnnWilson
Glad the semester is ending. Gearing up for summer courses. But def plan to hit the beach in between #MacroSW
2 hours ago

UB-Social Work @UBSSW
RT @poliSW: Hi everyone. Not sure if I missed roll call. I'm a founding chat partner and an advocacy & community outreach, consultant. I re...
2 hours ago

Karen Zgoda @karenzgoda
RT @poliSW: Hi everyone. Not sure if I missed roll call. I'm a founding chat partner and an advocacy & community outreach, consultant. I re...
2 hours ago

UB-Social Work @UBSSW
Hi, From lovely #Buffalo NY, this is Pat Shelly for @UBSSW - eager to hear everyone's reflections tonight! #macroSW
2 hours ago

Karen Zgoda @karenzgoda
@poliSW @acosaorg Great to see you tonight Rachel! #MacroSW
2 hours ago

David McCollum @VilleBananas
@JoshNice4 I really want to go into the Air Force before I go back to the VA, but if the VA has an open GS-9 or GS-11 position shortly after graduation, I will gladly take it. #MacroSW
2 hours ago
Karen Zgoda @karenzgoda
RT @aubree0119: @SunyAfolayan Ready for some summer sun!! #MacroSW
2 hours ago

Nancy Kusmaul @nancy_kusmaul
Summer plans for me involve balancing my kids’ activities and writing/research. #MacroSW
2 hours ago

Karen Zgoda @karenzgoda
RT @wmwub2019: Hello! Bill Walsh from SUNY Buffalo here. I’m just finishing up my second semester of MSW studies. #MacroSW
2 hours ago

Karen Zgoda @karenzgoda
RT @rll004: I have a second round interview tomorrow for my dream social work job!!! Wish me luck😭😭 #macroSW #futureMSW
2 hours ago

Social Worker @ERL_SW
I plan to engage in the practice of social work by starting at my new job as a Family Based Therapist utilizing the Ecosystemic Structural Family Therapy model! I am very excited #Msw #macrosw
2 hours ago

Josh Nice @JoshNice4
Second round interview tomorrow for MSW therapist position, and fingers are crossed! #macrosw
2 hours ago

Stephen Cummings @spcummings
We’ll take a couple more minutes for checking in and introductions before the first question! #MacroSW https://t.co/kH4A0gCsOs
2 hours ago

UBMak @dcmakows
Going to be someone’s father. #summerpapa #macrosw
2 hours ago

Karen Zgoda @karenzgoda
@rll004 #MacroSW https://t.co/SalmlFdAe0
2 hours ago

UB-Social Work @UBSSW
@wmwub2019 Congrats - two more to go! #macroSW
2 hours ago

Stephen Cummings @spcummings
@nick_molina First question is coming up in 2 minutes! #MacroSW
2 hours ago

Karen Zgoda @karenzgoda
RT @spcummings: Let’s start w/ introductions! I’m Stephen Cummings, #MacroSW partner, tonight’s facilitator, and Clinical Assistant Profess...
2 hours ago

Rachel L. West @poliSW
@rll004 Good luck. #MacroSW
2 hours ago

Karen Zgoda @karenzgoda
RT @UBSSW: You’re in the right place! Tell us what you are thinking about for this summer - #MacroSW https://t.co/xhUnnkvtGi
2 hours ago

Shanda Benjamin-Herchanik @Shanda_NY
@UBSSW My cohort will be doing 2 classes over the summer and trying to enjoy little pieces of summer while we work and take care of our families before Fall classes start! #macroSW
2 hours ago

Josh Nice @JoshNice4
@rll004 Awesome, where is this dream job? Good luck! (I’ve got a 2nd round tomorrow as well, but still figuring out what my dream job is. ;) #MacroSW
2 hours ago
Juliette Consigny @jconsign213
Juliette here. Just about finished with half of a three year PT online MSW program. Just interviewed today for my advanced field placement at a residential home for adolescents. Fingers crossed! #MacroSW

2 hours ago

Nicole Trejo @Nic_TrejoMSW19
Just about to conclude my first year of my MSW program. Planning a staycation the week after finals. Super ready for the summer! #macosw

2 hours ago

Stephen Cummings @spcummings
First question! Q1: What does the summer mean for your life? How do you plan to engage in the practice of social work this summer? #MacroSW https://t.co/4OYZXmVzgE

2 hours ago

UB-Social Work @UBSSW
@rll004 Lots of luck! But your skills and experience will land it #MacroSW https://t.co/GlyqrE76R8

2 hours ago

UB-Social Work @UBSSW
RT @spcummings: Let's start w/ introductions! I'm Stephen Cummings, #MacroSW partner, tonight's facilitator, and Clinical Assistant Profess...

2 hours ago

UB-Social Work @UBSSW
RT @JoshNice4: @VilleBananas Noticed a couple positions open VA today in the region today, my friend. Go get it! #MacroSW

2 hours ago

UB-Social Work @UBSSW
RT @OSCAR_Myerz: Hi everyone, UB student from Chautauqua county !! #MacroSW

2 hours ago

Karen Zgoda @karenzgoda
I'm Karen Zgoda, Instructor @SimmonsMSW #swtech #MacroSW https://t.co/vy7169IlAW

2 hours ago

Karen Zgoda @karenzgoda
RT @Nic_TrejoMSW19: Just about to conclude my first year of my MSW program. Planning a staycation the week after finals. Super ready for th...

2 hours ago

Cary Sanchez @CSanchezBSW
@spcummings A2: Summer for my life means starting my full-time position as a social worker within a hospital setting and completing my LSW #MacroSW

2 hours ago

Sarah. @OSCAR_Myerz
Half way finished with my part time program. Have an interview next week for my final placement!! #MacroSW

2 hours ago

Karen Zgoda @karenzgoda
RT @Shanda_NY: @UBSSW My cohort will be doing 2 classes over the summer and trying to enjoy little pieces of summer while we work and take...

2 hours ago

aubree @aubree0119
A1: I'll be looking for some volunteer opportunities or PT work.... trying to figure out what will be best for future direction... #MacroSW

2 hours ago

Amanda Harlacher @amharlacher
A1: Luckily, I've been working in the adoption field throughout grad school and started a masters-level position this week, so I feel relieved I don't have to be job searching. I'm excited to do work worth doing with some really cool kids this summer. #macosw

2 hours ago

Rebecca Light @rll004
@JoshNice4 We're both gunna nail it, I know it! And it's at a hospital on an inpatient unit. What I've allllways wanted to do! #macosw #MUgrads

2 hours ago

Alex Ridley @AlexRidSW
Q1: Honestly, by gettin my first actually job within the field, that isn't an internship. #macosw

2 hours ago

UB-Social Work @UBSSW
@OSCAR_Myerz I've got Southerners (county south of Buffalo) and Northerners (from Toronto, Ontario) - welcome, Sarah! #macosw

2 hours ago
Stephen Cummings @spcummings
Q1 is live! #MacroSW https://t.co/Glt6JFfLf3

Social Worker @ERL_SW
@rl004 Congrats Becca you got this! #macrosw

Bridget Rosso @brossoMSW
A1: Summer to me means practicing more self care so that I can be a better social worker and working more so that I can save up and devote more time to
assignments and field during the semester :) #macroSW

UB-Social Work @UBSSW
RT @MarcieAnnWilson: Glad the semester is ending. Gearing up for summer courses. But def plan to hit the beach in between #MacroSW

Hiral Amin-Sharma @hiralaminsharma
Completed my first placement, and heading back to full time work in child protection. Really enjoyed it! Taking intervention with Adults this summer. Family trip to
France, soccer camps for my little guy. #MacroSW

UB-Social Work @UBSSW
A1 For me (Pat) personally, it is time to take a 2 week vacation, listening to waves and wind and bird song in Canada. Visiting family. Planning for next year’s round
of #macroSW chats. https://t.co/EfKp0K7Aez

Shelby Frusetta @shelby_frusetta
A1: continuing my job as a social worker in a mental health program for adults #MacroSW

Rebecca Light @rl004
@UBSSW Thank you! I’m ready for it #macroSW

Rebecca Light @rl004
RT @rl004 Lots of luck! But your skills and experience will land it #MacroSW https://t.co/GlyqrE76R8

Yvonne Bradley @_coilqueen
A1. Summer to me means self care. Taking time to do the things I love and enjoying time with my friends and family. As far as social work practices will be working
for my internship so I will be engaging in practice throughout my summer #MacroSW

Meg @mhennigan17
A1: This summer I will be piloting/facilitating the Moving On program, a gender-informed cognitive behavioral program for women who are recently released from
prison. We aim to mobilize and build personal strategies, natural supports and community resources! #MacroSW

Rebecca Light @rl004
RT @JoshNice4: @rl004 Awesome, where is this dream job? Good luck! I’ve got a 2nd round tomorrow as well, but still figuring out what my...

Rebecca Light @rl004
RT @poliSW: @rl004 Good luck. #MacroSW

Karen 💙 Zgoda @karenzgoda
RT @spcummings: First question! Q1: What does the summer mean for your life? How do you plan to engage in the practice of social work this...

Eriel Wright @WrightEriel
#MacroSW I am Eriel USC Alumni, interest in mental health.

UB-Social Work @UBSSW
RT @VilleBananas: @JoshNice4 I really want to go into the Air Force before I go back to the VA, but if the VA has an open GS-9 or GS-11 pos...
David McCollum @villebananas
A1: In addition to finding a new place of employment, I plan on spending this summer with my loved ones, finally getting back into the gym and on a regular exercise regime, quitting smoking cigarettes, and, oh yeah, acing the ASWB Masters Exam. #MacroSW

UBMak @dcmakows
@spcummings This summer will be about reflecting on my experience and growth up until this point (2nd year MSW) as a social work student. #macrosw

Nick @nick_molina
A1 Summer is important to my life. It provides many opportunities to spend outside enjoying life with my family...and BBQ's...lots of BBQ's I guess my main plan is to GET A J.O.B :) #MacroSW

UB-Social Work @UBSSW
RT @nancy_kusmaul: Summer plans for me involve balancing my kids' activities and writing/research. #MacroSW

UB-Social Work @UBSSW
RT @ERL_SW: I plan to engage in the practice of social work by starting at my new job as a Family Based Therapist utilizing the Ecosystemic...

Josh Nice @JoshNice4
A1: most think of summer as vacation time. but there is nothing better than making that coincide with volunteer time, especially if you can manage to get overseas #macrosw

Nancy Kusmaul @nancy_kusmaul
RT @mhennigan1?: A1: This summer I will be piloting/ facilitating the Moving On program, a gender-informed cognitive behavioral program for...

Stephen Cummings @spcummings
@brossoMSW That sounds fantastic, Bridget! #MacroSW

Marcie Wilson @MarcieAnnWilson
A1: summer means longer days and sunny skies for me. As for social work, I will be designing and implementing rec programs for children on the autism spectrum #MacroSW

Juliette Consigny @jconsign213
Will probably also volunteer for a local crisis hotline. #MacroSW

Rebecca Light @irl004
@karenzgod can't wait to meet you tomorrow. #MacroSW

Stephen Cummings @spcummings
@Carolyn85641191 Congratulations, Carolyn! That's great! #MacroSW

Nancy Kusmaul @nancy_kusmaul
RT @JoshNice4: A1: most think of summer as vacation time. but there is nothing better than making that coincide with volunteer time, especi...

Rebecca Light @irl004
@unLieshedd Thank ya😊😊 I'm ready to knock it dead! #macroSW

Giuseppina La Mattina @GiuseppinaLaMa3
@spcummings Summer for me means searching for a job in VA and deciding whether I want to get my license in VA or PA. #MacroSW

Sarah, @OSCAR_Myerz
A1: summer for me involves working full-time and school part-time. I definitely will make more time for self-care & spending time outdoors #macroSW

Amanda Harlacher @amharlacher
@hiralaminsharma A1: That's awesome. Make sure to practice self care. The child welfare sector has some of the highest turnover rates but I truly believe that kids are one of the vulnerable populations that need our help the most. #macroSW

UB-Social Work @UBSSW
@JoshNice4 I'll keep mine crossed too - #MacroSW https://t.co/y4lwSAwWAk

UB-Social Work @UBSSW
RT @spcummings: We'll take a couple more minutes for checking in and introductions before the first question! #MacroSW https://t.co/kH4A0go...

Rebecca Light @rll004
RT @shelby_trusetta: @rll004 Good luck #macroSW

Rebecca Light @rll004
RT @spcummings: @rll004 Good luck!! #MacroSW

Rebecca Light @rll004
@spcummings #macroSW https://t.co/kLvDEJCh

Alex Ridley @AlexRidSW
@_coilqueen This is going to be the first time I'm not in school..basically since I started 1st grade. I'm taking time to myself before even finding a job, because I deserve some time off! #macroSW

UB-Social Work @UBSSW
RT @dcmakows: Going to be someone's father. #summerpapa #macroSW

David McCollum @VilleBananas
@JoshNice4 Where would you like to go overseas? #MacroSW

Hiral Amin-Sharma @hiralaminsharma
A1: Continue using my SW lens as I transition back to child protection, and carry on through the summer. #MacroSW

Ivonne J. Maldonado @ivytona
A1: This summer will be the first summer in so long where I will not be taking any classes or having papers to write!! BUT, I will be studying for the licensure exam and hopefully taking the test by the end of June. :) #macroSW

Jaleen Leon @JaleenLeon
Q1 For me this summer means a new beginnings and much needed self care , I am looking forward to graduating in 15 days ! #macroSW

UB-Social Work @UBSSW
RT @Shanda_NY: My cohort will be doing 2 classes over the summer and trying to enjoy little pieces of summer while we work and take...

Stephen Cummings @spcummings
@MarcieAnnWilson I love the sound of that, Marcie! #MacroSW

UB-Social Work @UBSSW
RT @jconsign213: Juliette here. Just about finished with half of a three year PT online MSW program. Just interviewed today for my advanc...
UB-Social Work @UBSSW
RT @Nic_TrejoMSW19: Just about to conclude my first year of my MSW program. Planning a staycation the week after finals. Super ready for th...

UB-Social Work @UBSSW
RT @spcummings: First question! Q1: What does the summer mean for your life? How do you plan to engage in the practice of social work this...

Angela Henderson @DrAngelaShenell
RT @DrKristie: I wish I were here for tonight’s chat but I’m in Yosemite with 5th graders until tomorrow. However, I wanted to share with a...

Karen 💙 Zgoda @karenzgoda
@WrightEriel Welcome to #MacroSW!

UB-Social Work @UBSSW
RT @karenzgoda: I’m Karen Zgoda, Instructor @SimmonsMSW #swtech #MacroSW https://t.co/gy7169IlAW

UB-Social Work @UBSSW
RT @CSanchezBSW: @spcummings A2: Summer for my life means starting my full-time position as a social worker within a hospital setting and c...

Karen 💙 Zgoda @karenzgoda
RT @UBSSW: A1 For me (Pat) personally, it is time to take a 2 week vacation, listening to waves and wind and bird song in Canada. Visiting...

Giuseppina La Mattina @GiuseppinaLaMa3
@JoshNice4 @UBSSW Good luck!! That’s so exciting!! #MacroSW

Karen 💙 Zgoda @karenzgoda
RT @spcummings: Q1 is live!! #MacroSW https://t.co/Glt6JFfLf3

UB-Social Work @UBSSW
RT @OSCAR_Myerz: Half way finished with my part time program. Have an interview next week for my final placement!! #MacroSW

UB-Social Work @UBSSW
RT @aubree0119: A1: I’ll be looking for some volunteer opportunities or PT work.... trying to figure out what will be best for future direc...

Stephen Cummings @spcummings
Q1 Themes: Relaxation and self-reflection; job-seeking; project development (my favorite summer activity) #MacroSW https://t.co/zRX62V7T6C

Rebecca Light @rll004
Also.... It's almost my birthday and all I want is my masters degree!!!! So close! #macroSW #maybaby #MUgrad

UB-Social Work @UBSSW
RT @amharlacher: A1: Luckily, I've been working in the adoption field throughout grad school and started a masters-level position this week...

Josh Nice @JoshNice4
A1: Now that I no longer have $100 textbooks to worry about, I can enjoy social work books for leisure. Recently e-mailed all SOWK department professors for suggestions, expect some good summer reading! #macrosw

UB-Social Work @UBSSW
RT @rl004: @JoshNice4 We're both gunna nail it, I know it! And it's at a hospital on an inpatient unit. What I've allllways wanted to do!

UB-Social Work @UBSSW
RT @AlexRidSW: Q1: Honestly, by gettin my first actually job within the field, that isn't an internship. #macrosw
Carolyn Wolf @Carolyn65641191
#macroSW

UB-Social Work @UBSSW
RT @brossoMSW: A1: Summer to me means practicing more self care so that I can be a better social worker and working more so that I can save...

UB-Social Work @UBSSW
RT @hiralaminsharma: Completed my first placement, and heading back to full time work in child protection. Really enjoyed it! Taking Interv...

Thomas Lara @tlaraMSW
#MacroSW Thomas Lara MSW student looking forward to the summer #DHmsw501

David McCollum @VilleBanananas
@K_Nguyen26 @spcummings I got you on the news: https://t.co/9vsuKMGwcZ #MacroSW

UB-Social Work @UBSSW
RT @shelby_frusetta: A1: continuing my job as a social worker in a mental health program for adults #MacroSW

Stephen Cummings @spcummings
@ivytoma Ah, yes! The licensure exam! You’ll be great! #MacroSW

aubree @aubree0119
@JoshNice4 You should share the suggestions with us! :-) #MacroSW

UB-Social Work @UBSSW
RT @ril004: Also.... It’s almost my birthday and all I want is my masters degree!!!! So close! #macroSW #maybaby #MUgrad

Carolyn Wolf @Carolyn65641191
A1: But also a whole lot of self care in the form of professional development #macroSW

UB-Social Work @UBSSW
RT @mhennigan17: A1: This summer I will be piloting/ facilitating the Moving On program, a gender-informed cognitive behavioral program for...

Stephen Cummings @spcummings
Q2 is coming up in 1 minute! #MacroSW https://t.co/lI7wkfkjGL

Giuseppina La Mattina @GiuseppinaLaMa3
@VilleBanananas @spcummings I've always wanted to move there. My boyfriend has applied to UVA for their architecture program, so I've been looking for positions there. Just not sure if I want to wait on my license or not. #MacroSW

Stephen Cummings @spcummings
RT @VilleBanananas: @K_Nguyen26 @spcummings I got you on the news: https://t.co/9vsuKMGwcZ #MacroSW

UB-Social Work @UBSSW
RT @VilleBanananas: A1: In addition to finding a new place of employment, I plan on spending this summer with my loved ones, finally getting...

Karen Zgoda @karenzgoda
A1: Beaches are nature’s Zoloft - will spend as much time on beaches as possible. Short trip to Los Angeles in June! #MacroSW https://t.co/7JDZWlVbo

UB-Social Work @UBSSW
RT @dcmakows: @spcummings This summer will be about reflecting on my experience and growth up until this point (2nd year MSW) as a social w...

Praxis Podcast @PraxisPod
#MacroSW Jumping in late! Just got home :) I'm Zane and I'm an MSW student at Wichita State University

@UBSSW
RT @nick_molina: A1 Summer is important to my life. It provides many opportunities to spend outside enjoying life with my family...and BBQ'...

@UBSSW
RT @JoshNice4: A1: most think of summer as vacation time. but there is nothing better than making that coincide with volunteer time, especi...

Karen Zgoda @karenzgoda
RT @brossoMSW: A1: Summer to me means practicing more self care so that I can be a better social worker and working more so that I can save...

@WrightEriel
Practicing self-care, vacationing, and doing some parenting summer time one on one. While working on other projects. #MacroSW

@UBSSW
RT @MarcieAnnWilson: A1: summer means longer days and sunny skies for me. As for social work, I will be designing and implementing rec prog...

@Ninaflore
@spcummings Summer iss the time for me to unwind a little, travel, enjoy quality time with loved ones and read, read interesting books and not required course books I will be volunteering #MacroSW

Shanee3 @Shanee3
A1: After graduation, I plan on applying for jobs that incorporate engaging in macro practice. #macrow

@spcummings
Q2: What accomplishments over the past winter, spring, or year would you like to share with the group? #MacroSW https://t.co/bFQzebJfTM

@ubssw
RT @ri004: @karenzgoda Ohhhhh yeah!!!! #macroSW https://t.co/mWKlYDfsZo

@karenzgoda
@spcummings Summer means tons of self care, like hiking, riding my horse, kayaking, growing lots of veggies, and hangin' with my dogs. It's my favorite time! #macroSW #needatan 🎤🎶📸🍃🌞🌞🌞🌞

@ubssw
RT @GiuseppinaLaMa3: @spcummings Summer for me means searching for a job in VA and deciding whether I want to get my license in VA or PA. #...

@Jawst4
RT @poliSW: Hi everyone. Not sure if I missed roll call. I'm a founding chat partner and an advocacy & community outreach, consultant. I re...

@ubssw
RT @OSCAR_Meyerz: A1: summer for me involves working full-time and school part-time. I definitely will make more time for self-care & spendi...

@aubree0119
@karenzgoda I'll be in San Diego in a couple of weeks. I might not come home!! #MacroSW

@ubssw
RT @AlexRidSW: A1: summer for me involves working full-time and school part-time. I definitely will make more time for self-care & spendi...

@causesaidSOph
Q1: In the next 3 weeks I am graduating AND moving in with my boyfriend!!! I plan to study for the LSW exam, apply for a few jobs, try and relax, workout more, read more, AND work two side jobs so I don't die #macrow
UB-Social Work @UBSSW
RT @hiralamisharma: A1: Continue using my SW lens as I transition back to child protection, and carry on through the summer. #MacroSW

Giuseppina La Mattina @GiuseppinaLaMa3
@JaleenLeon @spcummings Awesome!! Thanks girl!! #MacroSW

Josh Nice @JoshNice4
@VilleBananas Pick a place. But - Fell in love with school children and volunteers in an indigenous community in Guatemala years ago. Something about Central America and Spanish-speaking countries. Gotta make my Abuela proud, get my Spanish chops back! #MacroSW

UB-Social Work @UBSSW
RT @ivytona: A1: This summer will be the first summer in so long where I will not be taking any classes or having papers to write!! BUT, I...

Elizabeth Navarro @LadyOnTheMoon_
I just accepted a pretty cool position, not my dream job but very excited #MacroSW

Stephen Cummings @spcummings
Q2 is live!! #MacroSW https://t.co/vGMyUE9cUL

Shaneea @Shaneea3
A2: I presented a “person first language” presentation to medical professionals as a reminder that the person is first and should not be identified by their diagnosis, because the diagnosis is only a part of who they are. #macrosw

Praxis Podcast @PraxisPod
A2 I'm much more confident with my public speaking and I'm more excited for opportunities to "lean into discomfort" #MacroSW

David McCollum @VilleBananas
@GiuseppinaLaMa3 @spcummings Virginia has no formal reciprocity with any other state, but their Board allows licensure by endorsement. By applying for licensure by endorsement, LSWs and LCSWs use their exam scores and experience gained in another state to obtain their social work license in VA. #MacroSW

Stephen Cummings @spcummings
RT @JoshNice4: @VilleBananas Pick a place. But - Fell in love with school children and volunteers in an indigenous community in Guatemala y...

Shelby Frusetta @shelby franchises
going to DBT and being offered and accepting a masters level position #MacroSW

aubree @aubree0119
A2: I'm finalizing my first poster to present at Poster Day at my internship! First SWer to participate EVER!! #MacroSW

UB-Social Work @UBSSW
@JaleenLeon Congrats - that sounds like a great place to be, Jaleen. #macroSW

Karen 🌹 Zgoda @karenzgoda
@aubree0119 #MacroSW https://t.co/fJkv32iP2j

Social Worker @ERL_SW
@spcummings My field placement involved me working with the Music and Memory program (check it out!) and I was able to host a showing of the film Alive Inside and a Q&A of the program at my undergrad school. It was an amazing experience and many were touched by the film! #macrosw

UB-Social Work @UBSSW
RT @spcummings: Q1 Themes: Relaxation and self-reflection; job-seeking; project development (my favorite summer activity) #MacroSW https://...
@causeisaidSOpH That sounds like a lot of major milestones! #MacroSW

UB-Social Work @UBSSW
RT @JoshNice4: A1: Now that I no longer have $100 textbooks to worry about, I can enjoy social work books for leisure. Recently e-mailed a...

Sarah. @OSCAR_Myierz
@spcummings A2: I was accepted into the @UBSSW Hartford Program!! Very excited about this opportunity @johnahartford #macrosw

Stephen Cummings @spcummings
RT @PraxisPod: A2 I'm much more confident with my public speaking and I'm more excited for opportunities to "lean into discomfort“ #MacroSW

Nancy Kusmaul @nancy_kusmaul
@spcummings One new publication, three things in review, and, of course, hosting #macrow!

Nancy Kusmaul @nancy_kusmaul
RT @OSCAR_Myierz: @spcummings A2: I was accepted into the @UBSSW Hartford Program!! Very excited about this opportunity @johnahartford #macro...

Stephen Cummings @spcummings
RT @Shaneea3: A2: I presented a “person first language” presentation to medical professionals as a reminder that the person is first and sh...

UB-Social Work @UBSSW
RT @VilleBananas: @K_Nguyen26 @spcummings I got you on the news: https://t.co/9vsuKMGwcZ #MacroSW

Stephen Cummings @spcummings
RT @Shaneea3: A2: I presented a “person first language” presentation to medical professionals as a reminder that the person is first and sh...

UB-Social Work @UBSSW
RT @Carolyn65641191: A1: But also a whole lot of self care in the form of professional development #macroSW

Stephen Cummings @spcummings
@Shaneea3 That's an excellent and important area of focus. #MacroSW

ItsMeDeeDee @margretannsgal
A1. I plan to start LCSW supervision #macrosw

UB-Social Work @UBSSW
RT @karenzgoda: A1: Beaches are nature's Zoloft - will spend as much time on beaches as possible. Short trip to Los Angeles in June! #Macro...

Josh Nice @JoshNice4
Anyone looking for some summer fun... with a purpose? https://t.co/MrRZCk4t3A #macrosw

David McCollum @VilleBananas
@Shaneea3 And it was featured in the Millersville University School of Social Work Fall 2017 newsletter! #MacroSW

Yvonne Bradley @coilqueen
A2: Starting my field placement last fall I had many biases about the population I was going to be working with. During the course of this year I have grown to understand this population and even grown to love working with them. So much so I accepted a job #MacroSW

Rebecca Light @rlit004
A1: this summer will be the first time I have been a student, and I don't know what I'm going to do with myself! I already have other programs and certifications lined up for later, but I'm going to enjoy some time without class! #macroSW #weearnedit

Meg @mhennigan17
@PraxisPod Public speaking still stresses me out but this past year I have definitely gotten more confident too. It's a really good quality to possess, especially as we advocate for our clients! #MacroSW

UB-Social Work @UBSSW
RT @spcummings: Q2: What accomplishments over the past winter, spring, or year would you like to share with the group? #MacroSW https://t.co/RiXJRiBuCI

Nancy Kusmaul @nancy_kusmaul
@ERL_SW @spcummings That's great! Where are you located? #macrosow

Amanda Harlacher @amharlacher
A2: Leaving my job for the past seven years and now becoming one of the eight OCMI workers in the state of PA. I'll be recruiting permanent families for older children and I'm really humbled to be able to do this important work. #macrosow

Marcie Wilson @MarcieAnnWilson
A2: wrapping up my foundation year internship! #MacroSW

Alex Ridley @AlexRidSW
Q2: I’m just proud of all of the work that was involved in getting to where I am now and am glad I got to work with the clients I did at my internship this year #macrosow

Stephen Cummings @spcummings
That film was featured on our campus when it came out! Great example of social work engagement and intervention in practice. #MacroSW https://t.co/NaFwWMOGHe

Ninaflore @Ninaflore
@spcummings One accomplishment over the past winter that I sooo enjoyed was traveling to South Africa and experiencing history!! #Macrosow

Dr. Tom Felke @SocWrkDoc
A2) Really proud of my students/alumni. Had the college Undergrad Student of the Year, a university Hall of Fame inductee, Alumni Association award winner, and two Women of the Year winners! #MacroSW

Bridget Rosso @brossoMSW
A2: I have made it through my first year as a full time MSW student with a part time job while managing assignments and field placement as well as making time for family and friends! It's rewarding to get everything done and still have time for the people I love :) #MacroSw

Shaneea @Shaneea3
@causeisaidSOpH Sounds like an exciting and busy summer Sophia. No classes this summer yay @causeisaidSOpH #macrosow

Stephen Cummings @spcummings
@_coilqueen Wow --- that's so great, Yvonne! #MacroSW

Hiral Amin-Sharma @hiralaminsharma
A2 - Had the opportunity to do a placement at the Toronto District School Board, and learned so much about social work in the school system. Approaching my advanced year, proud that I am half way done. #MacroSW

UB-Social Work @UBSSW
A2 Accomplishments: @UBSSW had its first cohort of #SocialImpact Fellows last summer, and ready for this year's cohort: #Socialwork and #MBA students team together to address a social problem. https://t.co/LbRfjtj8K2 #MacroSW #Innovation

BrittanyMarie @MarieBmb11
A2: I have gained so much more confidence as an MSW professional this past year! #MacroSW

Shanda Benjamin-Herchanik @Shanda_NY
I'm hoping to have time to relax, garden, and possible read non-textbooks this summer. I don't think I have quite gotten the hang of twitter yet. #macrosow
Hum Rights Aging Pop @agingrights
A2- there aren't any social workers at local Senior Centers, so the resource binder I made, based on 9 months of assistance, might come in handy. #macrosow

UB-Social Work @UBSSW
A2 Personally I (Pat) had my first-ever #SocialWork conference presentation this past year- with more seasoned co-presenters and #MacroSW partners @laurelhitchcock @karenzgoda and @spcummings #APM2017 @CSocialWorkEd https://t.co/FMTyyu7cpV

Nancy Kusmaul @nancy_kusmaul
#musicandmemory and #hppae- I’m thrilled to see so much social work interest in #aging. #MacroSW

UB-Social Work @UBSSW
RT @ril004: @spcummings A1: getting my first big kid job! Summer means tons of self care, like hiking, riding my horse, kayaking, growing l...

Nick @nick_molina
A2 Not so much as an “accomplishment” however I'd like to share that over the last year, I have made some special friendships with some of my cohort. Without them, I woulda failed or dropped out lol #staythirsty #MSW #MU #BeerMe #MacroSW

Rebecca Light @ril004
@VilleBananasyo got this dude! #macroSW #ihavepamphlets

UB-Social Work @UBSSW
RT @JoshNice4: @VilleBananasyo Pick a place. But - Fell in love with school children and volunteers in an indigenous community in Guatemala y...

Karen Zgoda @karenzgoda
RT @UBSSW: A2 Personally I (Pat) had my first-ever #SocialWork conference presentation this past year- with more seasoned co-presenters an...

Stephen Cummings @spcummings
These A2 responses are making me feel proud to be a part of the social work field #MacroSW https://t.co/SyikvFoCYt

UB-Social Work @UBSSW
RT @Shaneea3: A2 I presented a "person first language" presentation to medical professionals as a reminder that the person is first and sh...

UB-Social Work @UBSSW
RT @PraxisPod: A2 I'm much more confident with my public speaking and I'm more excited for opportunities to "lean into discomfort" #MacroSW

Dr. Tom Felke @SocWrkDoc
Hi all! Tom Felke from Florida Gulf Coast University jumping in late! #MacroSW

Praxis Podcast @PraxisPod
A2 Back in October I thought it would be fun to start a podcast where I interview my classmates about practicum, and this semester I finally got started, have 1 published episode and am editing 2 now #MacroSW

UB-Social Work @UBSSW
RT @aubree0119: A2: I'm finalizing my first poster to present at Poster Day at my internship! First SWer to participate EVER!! #MacroSW

Stephen Cummings @spcummings
@UBSSW @laurelhitchcock @karenzgoda @CSocialWorkEd Yes, you did! It was a honor to be a part of your work! #MacroSW

Karen Zgoda @karenzgoda
@UBSSW @laurelhitchcock @spcummings @CSocialWorkEd I had no idea - you were a pro! #MacroSW https://t.co/2DCtZRdVse

Sarah. @OSCAR_Myerz
A2: also managing a full time job, field placement & schoolwork 😳#macroSW
Bill Walsh @wmwub2019
@spcummings I was accepted for an internship at a local assemblyman's office. I am not sure that I want to do macro-level work, but I figured I would take advantage of the opportunity while I have it! I should be very interesting. #MacroSW

Karen Zgoda @karenzgoda
RT @spcummings: @UBSSW @laurelhitchcock @karenzgoda @CSocialWorkEd Yes, you did! It was a honor to be a part of your work! #MacroSW

Stephen Cummings @spcummings
@nick_molina That’s one of the core experiences of any cohort. I’m glad it’s happening for you, Nick #MacroSW

UB-Social Work @UBSSW
@aubree0119 Way to go!! #MacroSW https://t.co/NwjLUqYXFf

Cary Sanchez @CSanchezBSW
@brossoMSW @UBSSW I agree! We have a responsibility to clients and we need to be able to take care of yourselves in order to conduct ourselves to the highest standard #MacroSW

UB-Social Work @UBSSW
RT @karenzgoda: @aubree0119 #MacroSW https://t.co/JJkv32iP2j

UB-Social Work @UBSSW
RT @ERL_SW: @spcummings A2: I was accepted into the @UBSSW Hartford Program!! Very excited about this opportunity @johnahartford #macr...

Karen Zgoda @karenzgoda
Welcome back Tom! #MacroSW https://t.co/tl52mdV208

UB-Social Work @UBSSW
RT @OSCAR_Myerz: @spcummings A2: I was accepted into the @UBSSW Hartford Program!! Very excited about this opportunity @johnahartford #macr...

Josh Nice @JoshNice4
@PraxisPod Sounds awesome, would be great to hear them, and have them shared on #MacroSW !

Meg @mhennigan17
A2: I graduate with my MSW in 15 days! It’s been a long 4 years, going part time & working full time but I’ve just about made it! It hasn’t always been easy, especially this year but I’m so happy with where I am ending up! Couldn’t have done it without @amharlacher !! #MacroSW

Ivonne J. Maldonado @ivytona
A2: A few accomplishments from this past year include becoming certified in couples and marriage therapy, getting promoted at my place of employment, and being able to finish college with a positive and strong mindset. #macrosw

Alex Ridley @AlexRidSW
@OSCAR_Myerz so much respect for people with full time who also have placement and school work. you go girl!! #macrosw

Amanda Harlacher @amharlacher
@brossoMSW A2: Impressive...I'm sure my family and friends would tell you I really struggled with this at times in grad school. It's easy to take stress out on the people closest to us so I'm glad to hear you're work/life balance is solid. #macrosw

Karen Zgoda @karenzgoda
RT @spcummings: Q2: What accomplishments over the past winter, spring, or year would you like to share with the group? #MacroSW https://t.co/c...

Ann-Marie O'Brien @StrongGirl51
A2 collaborating with my SW colleagues to document the #macroSW issues impacting social work practice in #MentalHealth. Very cool project. @bilidare09
Stephen Cummings @spcummings
A2 Themes: Professional milestones (graduation, licensure, job seeking/finding); personal milestones (marriage, moving to a new place); project successes #MacroSW

Sophia Bejgrowicz @causeisaidSOph
I have had a very transitional last two years in my MSW program and there have been A LOT of ups and downs. So I am honestly just proud of getting through school, 6 years straight with no break and it better pay off #STUDENTLOANDEBT #macrosw

Praxis Podcast @PraxisPod
@JoshNice4 I have the first episode pinned on my Twitter page :) #MacroSW

UB-Social Work @UBSSW
@OSCAR_Myerz @spcummings @johnahartford And you'll be working with Dr. Waldrop - congrats on becoming a Fellow! #MacroSW

UB-Social Work @UBSSW
RT @nancy_kusmaul: @spcummings One new publication, three things in review, and, of course, hosting #macrosw!

Sophia Bejgrowicz @causeisaidSOph
RT @nick_molina: A2 Not so much as an "accomplishment" however I'd like to share that over the last year, I have made some special friendsh...

Stephen Cummings @spcummings
Q3 is coming up in 60 seconds! #MacroSW https://t.co/AYYRgy2C4z

David McCollum @VilleBananas
A1: I can't believe I forgot this: on June 6-8, 2018, is the 5th Annual Global Well-Being and Social Change Conference. It is hosted by Millersville University's School of Social Work's Learning Institute. I'll be there and there are some awesome presenters registered! #MacroSW

Josh Nice @JoshNice4
@ivytona I didn't know this - I want to know more about the certification! congrats on all that stuff #macrosw

UB-Social Work @UBSSW
@nancy_kusmaul @spcummings Of course... #MacroSW https://t.co/kIBU4LO2IZ

Sarah. @OSCAR_Myerz
RT @UBSSW: @OSCAR_Myerz @spcummings @johnahartford And you'll be working with Dr. Waldrop - congrats on becoming a Fellow! #MacroSW

Marcie Wilson @MarcieAnnWilson
Congrats to all who are graduating!!! Can't say I'm not a little jealous! #MacroSW

Karen 🌟 Zgoda @karenzgoda
A2: I learned how to play bass guitar at Ladies Rock Camp sponsored by @GirlsRockBos. My bass is ordered and I want to be in a band! #MacroSW https://t.co/X3YGKQ7Px

UB-Social Work @UBSSW
RT @JoshNice4: Anyone looking for some summer fun... with a purpose? https://t.co/MrRZCk4t3A #macrosw

Rebecca Light @rll004
A2: last night our practice held our first remembrance ceremony to honor the patients who passed in 2017. I created the entire event/program and everyone was thrilled with how well it went! An amazing experience overall! #macroSW

UB-Social Work @UBSSW
RT @VilleBananas: @Shaneea3 And it was featured in the Millersville University School of Social Work Fall 2017 newsletter! #MacroSW

Social Worker @ERL_SW
@MarieBmb11 I feel the same way and I glad to hear that is the case for you! #macrosw

Stephen Cummings @spcummings
RT @VilleBananas: A1: I can't believe I forgot this: on June 6-8, 2018, is the 5th Annual Global Well-Being and Social Change Conference....

Meg @mhenigan17
@OSCAR_Myzer I'm right there with you! What are we going to do with all of our free time?! 😊 #MacroSW

UB-Social Work @UBSSW
RT @_coilqueen: A2: Starting my field placement last fall I had many biases about the population I was going to be working with. During the...

Karen Zgoda @karenzgoda
RT @AlexRidSW: Q2: I'm just proud of all of the work that was involved in getting to where I am now and am glad I got to work with the clie...

Karen Zgoda @karenzgoda
RT @amharlacher: A2: Leaving my job for the past seven years and now becoming one of the eight OCMI workers in the state of PA. I'll be re...

Karen Zgoda @karenzgoda
RT @mhennigan17: @PraxisPod Public speaking still stresses me out but this past year I have definitely gotten more confident too. It’s a re...

aubree @aubree0119
A2: I finally quit my job, it was so unfulfilling (not in the field) and now I have time to eat dinner with my hubs! :-D #MacroSW

Nicole Trejo @Nic_TrejoMSW19
A2: Because of the connections I have made during first year internship, I was offered an incredible job that will allow me to transition into clinical sw once I officially obtain my MSW. #MacroSW #CSUDHmsw501

Karen Zgoda @karenzgoda
RT @spcummings: These A2 responses are making me feel proud to be a part of the social work field #MacroSW https://t.co/SykvFoCYt

Stephen Cummings @spcummings
Q3: What plans do you have to take care of yourself this upcoming summer, or year? #MacroSW #selfcare https://t.co/7MvWnyCT2k

UBMak @dcmakows
@spcummings I helped organize a health and wellness and lunar new year program for immigrant seniors at my field placement location in Chinatown, NYC. Truly rewarding #macrosw

Cary Sanchez @CSanchezBSW
@spcummings Professional I can say I found my nitch in social work although our opportunities are endless within the field I’m driven to medical social work #MacroSW

Sarah @OSCAR_Myzer
@MarcieAnnWilson Me too 😊 #macrosw

Marcie Wilson @MarcieAnnWilson
@karenzgoda @GirlsRockBos Awesome! #MacroSW

UB-Social Work @UBSSW
@ri004 maybe some non-required reading? #MacroSW https://t.co/Jr9LU51klM

David McCollum @VilleBananas
For more information on the 5th Annual Global Well-Being and Social Change Conference please check out: https://t.co/LoUF2hol8h #MacroSW
Sophia Bejgrowicz @causeisaidSOp
Q2: I'm also not ashamed to say that I went through some therapy in the last year and it definitely helped. I was struggling with anxiety, which was very mild, but new to me. Stigma be gone! #macrosw

Amanda Harlacher @amharlacher
A3: I started a new job this week and I have a tendency to overwork myself, especially in new situations. My plan is to continue to assess my mental health, set healthy work boundaries, but still learn all that I can and excel in my new position. #macrosw

UB-Social Work @UBSSW
RT @amharlacher: A2: Leaving my job for the past seven years and now becoming one of the eight OCMI workers in the state of PA. I'll be re...

Nancy Kusmaul @nancy_kusmaul
@spcummings Get back to regular workouts. #macrosw

Stephen Cummings @spcummings
Q3 is live! #MacroSW https://t.co/sPz0I8iRD2

UB-Social Work @UBSSW
RT @MarcieAnnWilson: A2: wrapping up my foundation year internship! #MacroSW

UB-Social Work @UBSSW
RT @AlexRidSW: Q2: I'm just proud of all of the work that was involved in getting to where I am now and am glad I got to work with the cli...

Praxis Podcast @PraxisPod
@UBSSW @n1004 A3 I'm graduating May 12th and I honestly can't wait to read FICTION again!!!! #MacroSW

UB-Social Work @UBSSW
RT @spcummings: That film was featured on our campus when it came out! Great example of social work engagement and intervention in practice...

Juliette Consigny @jconsign213
I developed a lot of confidence in approaching individuals and families in crisis in my field placement. #MacroSW

Social Worker @ERL_SW
@spcummings I am planning lots of family and friend time, going to the beach, concerts and continuing to practice self care! #macrosw

UB-Social Work @UBSSW
RT @SocWrkDoc: A2) Really proud of my students/alumni. Had the college Undergrad Student of the Year, a university Hall of Fame inductee, A...

Karen Zgoda @karenzgoda
RT @VilleBananas: A1: I can't believe I forgot this: on June 6-8, 2018, is the 5th Annual Global Well-Being and Social Change Conference....

UB-Social Work @UBSSW
RT @brossoMSW: A2: I have made it through my first year as a full time MSW student with a part time job while managing assignments and fiel...

Stephen Cummings @spcummings
@CSanchezBSW Gotta say -- that's where I wound up. I loved it. #Medicalsocialwork #MacroSW

Alesha @unLieshedd
A2: Learning the true meaning of self care. Also actively participating in advocacy movements #MacroSW

UB-Social Work @UBSSW
RT @hiralaminsharma: A2 - Had the opportunity to do a placement at the Toronto District School Board, and learned so much about social work....
Nick @nick_molina
A3 I want to get back into shape! (and not a round one) #MacroSW https://t.co/JCx3gjFFxF

2 hours ago

Yvonne Bradley @_coliqueen
A3: This summer I definitely plan to take a trip and relax. I am still trying to come up with a self care routine that I can implement for when classes come back around in fall #MacroSW

2 hours ago

Alex Ridley @AlexRidSW
@spcummings Naps #macrosw

2 hours ago

Nicole Trejo @Nic_TrejoMSW19
A3: Also worked with clients providing therapy in internship and as I am making the transition out of the agency I am overwhelmed with gratitude for them and am proud of the impact they say I have made in their life. #MacroSW #CSUDHmsw501

2 hours ago

aubree @aubree0119
A3: As soon as classes are over a week in San Diego 🏖️ to reboot. Then exercise and more reading!! #MacroSW

2 hours ago

Stephen Cummings @spcummings
@ERL_SW I have to say....that is an excellent plan. #MacroSW

2 hours ago

BrittanyMarie @MarieBmb11
Spending time with my family, friends and my SO. #MacroSW

2 hours ago

UBMak @dcmakows
@spcummings Bear Mountain hike! #macrosw

2 hours ago

Social Worker @ERL_SW
@amharlacher Amanda this is so important! As social workers we need to do our best to reduce burnout and focus on our own mental health to be able to best help others #macrosw

2 hours ago

Nancy Kusmaul @nancy_kusmaul
RT @spcummings: @CSanchezBSW Gotta say -- that's where I wound up. I loved it. #Medicalsocialwork #MacroSW

2 hours ago

Nancy Kusmaul @nancy_kusmaul
RT @nick_molina: A3 I want to get back into shape! (and not a round one) #MacroSW https://t.co/JCx3gjFFxF

2 hours ago

Dr. Tom Felke @SocWrkDoc
A3) Beach and boat time! #MacroSW https://t.co/QjxFWmyj4Y

2 hours ago

Bridget Rosso @brossoMSW
A3: hot bubble baths for sure, traveling, concerts, getting a doggo 🐶, and spending time with my friends are my self care goals this year! Naps also help a ton #macroSW https://t.co/MFTPKYIK5S

2 hours ago

Marcie Wilson @MarcieAnnWilson
A3: make time to read for pleasure. Spend some time at the beach. Road trip for a close friend's wedding. Oh...and Yoga #MacroSW

2 hours ago

UB-Social Work @UBSSW
RT @ivytona: A2: A few accomplishments from this past year include becoming certified in couples and marriage therapy, getting promoted at...

2 hours ago

Shelby Frusetta @shelby_frusetta
Getting back to the gym 🏋️️ #MacroSW

2 hours ago

David McCollum @VilleBananass
A3: Quitting smoking. I quit for six years, but the stress of this last semester of my MSW somewhat led to me picking up the habit again in the last couple of


months. #MacroSW

Hum Rights Aging Pop @agingrights
A3 Cape Henlopen State Park's Delaware beach, which has dolphins if you look ahead and baby deer in the woods if you look behind. #macrosw

Jaleen Leon @JaleenLeon
Q2 Balancing work, internship, graduate assistantship and classes is no joke! I am happy I made it through. I know there are several of you that were in the same boat as me so great job guys!!!!! #macrosw

Sarah. @OSCAR_Myertz
@spcummings A3: I've pre-planned weekend getaways/trips so that I can focus more on #selfcare #macrosw

Giuseppina La Mattina @GiuseppinaLaMa3
@spcummings Being with family! Oh I'm going to Ecuador!! After five years of being with my boyfriend and 5 years that he's lived in the US, I finally get to meet family members who can't come here!! I plan on doing lots of shopping there too for self-care :) #MacroSW

Bill Walsh @wmwub2019
Here in Buffalo, we are not sure whether summer is even going to stop by this year. But if it does, I'll be on the golf course. #macrosw

Cary Sanchez @CSanchezBSW
@wmwub2019 @spcummings Take the opportunity and run with it! Others doors will open from it. #MacroSW

Marcie Wilson @MarcieAnnWilson
@UBSSW @rll004 YES! #MacroSW

Rebecca Light @rll004
@PraxisPod @UBSSW I actually treated myself to some fiction last week... it felt so nice to read for fun, and not count the pages as I went😊 #macrosw #readingforfun

UB-Social Work @UBSSW
RT @StrongGirl51: A2 collaborating with my SW colleagues to document the #macroSW issues impacting social work practice in #MentalHealth. V...

Nancy Kusmaul @nancy_kusmaul
@dcmakows @spcummings Are you from that area? #macrosw

Shaneea @Shaneea3
A3: My self-care after graduation will be taking a trip to Thailand at the end of May. #Macrosw

Shanda Benjamin-Herchanik @Shanda_NY
A2: I think balancing everything while doing field work and classes is a pretty big accomplishment for all of us. I celebrated my 24 wedding anniversary in April and have a son graduating this year. I wonder how relationships don't survive the stress of all of this? #MacroSW

Stephen Cummings @spcummings
Shameless plug: Be sure to check out the A to Z self-care guide for social workers @newsocialworker #newsocialworker #MacroSW https://t.co/P6g4Eo5d43

Karen Zgoda @karenzgoda
Also we formed a glam doo-wop band so I had Kate Pierson styling! 😍 #MacroSW https://t.co/N8t16dFnP6u

Hiral Amin-Sharma @hiralaminsharma
A3 - I plan to incorporate more self-care into my busy week. I am on the peer support team at work, and constantly remind colleagues about the importance of self-care, and plan to do the same for myself. More calming teas, running, reading, massages, laughing with my kids #MacroSW

Jaleen Leon @JaleenLeon
Actually heading to New Orleans tomorrow so excited !!! #macrosw #SELFCARe

UB-Social Work @UBSSW
@StrongGirl51 @billdare09 Do come back and share, if possible - Sounds really good work. #macroSW

Ivonne J. Maldonado @ivytona
A3: My plans for the summer is to travel a much as I can. I've already booked a cruise to the Bahamas and a trip to Cali. I can't wait to relax on the beach on to hopefully run into @BrunoMars in California! Haha #macrosw

Ailesa @unLieshed A3: Lots of traveling and spending time with friends and loved ones. I will also be focusing on finding hobbies since I haven't really had time for any these past two years #MacroSW

Ninaflore @ninaflore
@spcummings I plan on engaging in hobbies that are relaxing and make me smile. For example, spending time with my friends, goal oriented and like minded people, be more involved in activities at my church, travel, go to the beach and take a bubble bath for the 1st time :) #MacroSW

UB-Social Work @UBSSW
RT @spcummings: A2 Themes: Professional milestones (graduation, licensure, job seeking/finding); personal milestones (marriage, moving to a...

Linda Grobman @newsocialworker
RT @spcummings: Shameless plug: Be sure to check out the A to Z self-care guide for social workers @newsocialworker #newsocialworker #MacroSW...

Stephen Cummings @spcummings
@GiuseppinaLaMa3 That sounds great! I have extended family in Ecuador and I hope to visit there someday #MacroSW

UB-Social Work @UBSSW
RT @causeisaidSOph: I have had a very transitional last two years in my MSW program and there have been A LOT of ups and downs. So I am hon...

Giuseppina La Mattina @GiuseppinaLaMa3
@spcummings How exciting! I hope you get the chance. This will be my first time, first of many I'm sure #MacroSW

UB-Social Work @UBSSW
RT @VilleBananas: A1: I can't believe I forgot this: on June 6-8, 2018, is the 5th Annual Global Well-Being and Social Change Conference....

Karen Zgoda @karenzgoda
RT @spcummings: Q3: What plans do you have to take care of yourself this upcoming summer, or year? #MacroSW #selfcare https://t.co/7MvWnyC...

Stephen Cummings @spcummings
@Shanda_NY I agree...the work and school balance is a lot. Unfortunately relationships do get strained. #MacroSW

Sarah. @OSCAR_Myerz @hiralaminsharma @UBSSW Hi Hiral!! Missing our weekly group sessions #macrosw

Amanda Harlacher @amharlacher
@MarcieAnnWilson A3: I like this answer! I just moved a bunch of books from my Amazon wishlist to the audible app and I'm so excited. I always feel guilty reading for pleasure during school because I feel like I should be reading my textbooks! #macrosw

Yvonne Bradley @_coilqueen
Naps #MacroSW https://t.co/JTmmcSEnUV

Linda Grobman @newsocialworker
@spcummings Thanks @spcummings I'm just getting to tonight's #MacroSW chat!
UB-Social Work @UBSSW
RT @karenzgoda: A2: I learned how to play bass guitar at Ladies Rock Camp sponsored by @GirlsRockBos. My bass is ordered and I want to be i...
2 hours ago

UB-Social Work @UBSSW
RT @rl004: A2: last night our practice held our first remembrance ceremony to honor the patients who passed in 2017. I created the entire...
2 hours ago

Meg @mhenhigan17
A3: Since I will be done with my MSW program, I will have SO much more time for self care. I know I have been slacking when it comes to that but I am REALLY looking forward to spending more time with my pup, friend & family, beach trips, hiking, & BBQs this summer! #MacroSW https://t.co/cKxpBvLYMR
2 hours ago

aubree @aubree0119
@Shaneea3 Awesome! Enjoy it!!! #MacroSW
2 hours ago

UB-Social Work @UBSSW
RT @Nic_TrejoMSW19: A2: Because of the connections I have made during first year internship, I was offered an incredible job that will allo...
2 hours ago

UB-Social Work @UBSSW
RT @spcummings: Q3: What plans do you have to take care of yourself this upcoming summer, or year? #MacroSW #selfcare https://t.co/7MvWnyC...
2 hours ago

Shanda Benjamin-Herchanik @Shanda_NY
I'm planning to get back into a better exercise and eating routine once Field is over and taking a vacation with family. #MacroSW
2 hours ago

Stephen Cummings @spcummings
@newsocialworker Hello there, Lindal! Great to have you here! #MacroSW
2 hours ago

Shaneea @Shaneea3
@JaleenLeon Your hard work and determination will pay off. Enjoy your free time and live your best life. #Macrosw #NOLA
2 hours ago

Cary Sanchez @CSanchezBSW
@spcummings A3 Begin a new hobby. Possibly couponing as it is something I've always wanted to do just did not get to because of lack of time. I'm excited to just have only a JOB not having to balance work, class, internship and graduate assistance #MacroSW
2 hours ago

Meg @mhenhigan17
@unLieshedd I can’t wait to enjoy hobbies again! Without feeling guilty that you should be working on homework! #MacroSW
2 hours ago

Linda Grobman @newsocialworker
#MacroSW hi! https://t.co/K6prQ7vvit
2 hours ago

UB-Social Work @UBSSW
RT @VilleBananas: For more information on the 5th Annual Global Well-Being and Social Change Conference please check out: https://t.co/LoUF...
2 hours ago

Sarah. @OSCAR_Myerz
@_coilqueen SAME!! Definitely needing some rest after this semester macrosw
2 hours ago

Juliette Consigny @jconsign213
Try meditating, again. Exercise, again. Time with my kids. Drawing. Reading a novel. Graphic novels! And a road trip with my daughters to visit my mom who lives very far away. #MacroSW
2 hours ago

Hiral Amin-Sharma @hiralaminsharma
@OSCAR_Myerz @UBSSW Same here. Hope we are in the same classes in the fall! #MacroSW
2 hours ago

Stephen Cummings @spcummings
A3: Self-care can take the form of organizing one's life. I find myself relaxed just getting organized and prepared for the next big project. #MacroSW
2 hours ago
Eriel Wright @WrightEriel  
A2: teaching Domestic Violence classes in Central America. #macroSW

Stephen Cummings @spcummings  
@mhennigan17 That's the best photo I've seen in some time! #MacroSW

Giuseppina La Mattina @GiuseppinaLaMa3  
@amharlacher @spcummings How exciting!! I've heard so many wonderful things! I just can't wait to see where he grew up and his home that he left behind. It's just so exciting. #MacroSW

Alex Ridley @AlexRidSW  
@unLieshedd traveling is so great! are you going anywhere cool?? I'm deciding if i want to travel #macrosw

UB-Social Work @UBSSW  
@causeisaidSOph Yes, thanks for that 'stigma be gone". #MacroSW https://t.co/1gPqcRVOCm

Sarah @OSCAR_Myerz  
@spcummings A3: I definitely need to get organized before the summer session #macrosw

UB-Social Work @UBSSW  
RT @amharlacher: A3: I started a new job this week and I have a tendency to overwork myself, especially in new situations. My plan is to co...

Eriel Wright @WrightEriel  
RT @Nic_TrejoMSW19: A2: Because of the connections I have made during first year internship, I was offered an incredible job that will allo...

Hiral Amin-Sharma @hiralaminsharma  
@Ninaflore @spcummings Yes, I agree! Doing something that makes us smile #MacroSW

Marcie Wilson @MarcieAnnWilson  
@spcummings I completely agree! I feel so much better after I am organized and have a plan. #MacroSW

Sophia Bejgrowicz @causeisaidSOph  
Q3: I plan to hone in on my strengths and further evaluate myself as a "future" kickass social worker. I'll also have a little more free time to socialize and really just focus on things I've put on the back burner during school. I can only afford a staycation this year #macrosw

UB-Social Work @UBSSW  
RT @unLieshedd: A2: Learning the true meaning of self care. Also actively participating in advocacy movements #MacroSW

Stephen Cummings @spcummings  
A3 Themes: Self-care engagement with exercise, traveling, enjoying family time, working on area of interest over the summer. #MacroSW

Karen Zgoda @karenzgoda  
A3: I had a health scare (still recovering) from working too much and trying to go to school. Know your strengths, limitations, and don't argue with your body - listen! https://t.co/4gHDJzq80W #SelfCare #MacroSW

HealthCommunication @Comm_in_Care  
RT @spcummings: Shameless plug: Be sure to check out the A to Z self-care guide for social workers @newsocialworker #newsocialworker #Macro...

Josh Nice @JoshNice4  
A3: School has put songwriting and performing on the backburner for too long (years). Self-care will include some heavy writing, doing some vocal exercises, hitting the studio, and letting music into my life again. #macrosw #myspirituality
Stephen Cummings @spcummings
@OSCAR_Myerz I found myself skipping the fundamental step of preparing for action. Making time for that is important for me, and reduces anxiety. #MacroSW

Karen Zgoda @karenzgoda
RT @mhennigan17: A3: Since I will be done with my MSW program, I will have SO much more time for self care. I know I have been slacking whe...

Stephen Cummings @spcummings
RT @causeisaidSOpH: Q3: I plan to hone in on my strengths and further evaluate myself as a “future” kickass social worker. I'll also have a...

UB-Social Work @UBSSW
@AlexRidSW @spcummings Lovely bit of self-care - we love naps! #macroSW https://t.co/VBOV69Yysk

Stephen Cummings @spcummings
Q4 is coming up in 60 seconds! #MacroSW https://t.co/yN0tnbk1hk

Josh Nice @JoshNice4
@WrightEriel Wow - any more information to share? What an amazing trip! #MacroSW

UB-Social Work @UBSSW
RT @Shanda_NY: A2: I think balancing everything while doing field work and classes is a pretty big accomplishment for all of us. I celebrat...

Karen Zgoda @karenzgoda
@newsocialworker Welcome back Linda!! We've got tons of graduating MSW students here tonight! #MacroSW

Cary Sanchez @CSanchez2BSW
@VilleBananas @Ninaflore @spcummings Vision Board!!!! Great idea. That’s actually something I may consider doing “where do I see myself in the next 5 - 10 years” #MacroSW

UB-Social Work @UBSSW
RT @spcummings: Shameless plug: Be sure to check out the A to Z self-care guide for social workers @newsocialworker #newsocialworker #Macro...

UB-Social Work @UBSSW
RT @karenzgoda: Also we formed a glam doo-wop band so I had Kate Pierson styling! 😃 #MacroSW https://t.co/N816dFmP6u

UB-Social Work @UBSSW
RT @hiralaminsharma: A3: I plan to incorporate more self care into my busy week. I am on the peer support team at work, and constantly remi...

Eriel Wright @WrightEriel
A-3 I plan to set more boundaries and say No so I can sleep more. #MacroSW

UB-Social Work @UBSSW
RT @Ninaflore: @spcummings I plan on engaging in hobbies that are relaxing and make me smile. For example, spending time with my friends, g...

Linda Grobfman @newsocialworker
Awesome! #MacroSW https://t.co/G4sHj9BOKO

Sarah. @OSCAR_Myerz
@karenzgoda Hope your recovery is quick! Definitely good advice to remember! #macrosw

UB-Social Work @UBSSW
RT @amharlacher: @MarcieAnnWilson A3: I like this answer! I just moved a bunch of books from my Amazon wishlist to the audible app and I'm...

aubree @aubree0119
@WrightEriel I need to learn to say "no" too!! #MacroSW

Hum Rights Aging Pop @agingrights
@CSanchezBSW @VilleBananas @Ninafloire @spcumings Nerd talk: there's scholarly lit out there about vision board's benefits! #macrow

Stephen Cummings @spcumings
Q4: How do you define "Work life"? Do you "clock out" or are you always working? Is there such a thing as "work/life balance"? #MacroSW https://t.co/pwMNsqVrRs

UB-Social Work @UBSSW
@newsocialworker @spcumings Hi, Linda - @spcumings is doing your work for you, with that plug! #macroSW

Josh Nice @JoshNice4
@causeisaidSOpH #KASW, Sophia? #macrosw

Sophia Bejgrowicz @causeisaidSOpH
@spcumings I am the most organized person I have ever met. Here is my "life calendar“ and I LOVE it. Organization is like air #macrow https://t.co/b97cYNeiGH

UB-Social Work @UBSSW
RT @newsocialworker: #MacroSW hi! https://t.co/k6prQ7vvit

UB-Social Work @UBSSW
RT @spcumings: A3: Self-care can take the form of organizing one's life. I find myself relaxed just getting organized and prepared for the...

UB-Social Work @UBSSW
RT @WrightEriel: A2- teaching Domestic Violence classes in Central America. #macrow

Stephen Cummings @spcumings
@WrightEriel Yes -- that's an important skill to have! #MacroSW https://t.co/L3HoGxqz16

Hiral Amin-Sharma @hiralaminsharma
@WrightEriel I like this. Setting boundaries and letting go of always saying yes. #MacroSW

UB-Social Work @UBSSW
RT @spcumings: A3 Themes: Self-care engagement with exercise, traveling, enjoying family time, working on area of interest over the summer...

Karen Zgoda @karenzgoda
RT @spcumings: A3 Themes: Self-care engagement with exercise, traveling, enjoying family time, working on area of interest over the summer...

Stephen Cummings @spcumings
Q4 is live (and triple-barreled)! #MacroSW https://t.co/beDcqMTiUQ

Rebecca Light @rll004
@spcumings A3: Also working with my therapy pony Scooter to get him certified within the next year! #macrosw #animaltherapy #therapymini https://t.co/sdp43UDkJ

Karen Zgoda @karenzgoda
RT @spcumings: Shameless plug: Be sure to check out the A to Z self-care guide for social workers @newsocialworker #newsocialworker #Macro...

Linda Grobman @newsocialworker
RT @UBSSW: @newsocialworker @spcumings Hi, Linda - @spcumings is doing your work for you, with that plug! #macroSW

UB-Social Work @UBSSW
RT @karenzgoda: A3: I had a health scare (still recovering) from working too much and trying to go to school. Know your strengths, limitati...

Karen Zgoda @karenzgoda
RT @spcummings: Q4: How do you define “Work life”? Do you “clock out” or are you always working? Is there such a thing as “work/life balanc...

UB-Social Work @UBSSW
RT @JoshNice4: A3: School has put songwriting and performing on the backburner for too long (years). Self-care will include some heavy writ...

UB-Social Work @UBSSW
RT @spcummings: @OSCAR_Myerz I found myself skipping the fundamental step of preparing for action. Making time for that is important for me...

Rebecca Light @rll004
Smooooooth 😊 #macrow #twitterimpact https://t.co/Hu1Eie30MZ

Stephen Cummings @spcummings
I think I have a lot to learn from you #MacroSW https://t.co/hug8yfuPc2

UB-Social Work @UBSSW
RT @CSanchezBSW: @VilleBananas @Ninaflore @spcummings Vision Board!!!! Great idea. That's actually something I may consider doing "where d...

Eriel Wright @WrightEriel
@aubree0119 is so difficult some times. #macrow

Marcie Wilson @MarcieAnnWilson
A4: unfortunately I am always working. I answer text and emails long after I've left the office. It's something I've been working on but the balance isn't there yet :( #MacroSW

Yvonne Bradley @_coilqueen
A4: I like as a social worker it can be difficult at times to find the balance in work life this is definitely something we have to continuously work on #MacroSW

UB-Social Work @UBSSW
RT @agingrights: @CSanchezBSW @VilleBananas @Ninaflore @spcummings Nerd talk: there's scholarly lit out there about vision board's benefits...

Rebecca Light @rll004
RT @rll004: @spcummings A3: Also working with my therapy pony Scooter to get him certified within the next year! #macroSW #animaltherapy #t

UB-Social Work @UBSSW
RT @spcummings: Q4: How do you define “Work life”? Do you “clock out” or are you always working? Is there such a thing as “work/life balanc...

aubree @aubree0119
A4: I think we need work/life balance but sometimes it's not as easy as clocking out. Sometimes our work sticks with us after 5! #MacroSW

Aliesha @unLieshedd
A4: This past year I've definitely learned how to clock out and leave work at work. I have strict boundaries with that since I've been burnt out multiple times from not setting these boundaries. #MacroSW

Sophia Bejgrowicz @causeisaidSOPh
@spcummings PŚ https://t.co/EtaO5Y9Zha is where it's at for your calendar needs. #macrow

Stephen Cummings @spcummings
@_coilqueen I agree...there are a LOT of mixed messages in some practice areas. Boundaries are good, but so is customer satisfaction...#MacroSW
BrittanyMarie @MarieBmb11
Q4: I think it is especially challenging in our profession to leave the work at work because we are naturally empathetic; but, I think the happiest people I know are the people that have figured out the work life balance. #MacroSW

Juliette Consigny @jconsign213
I hope there is such a thing as work/life balance. I have a hard time clocking out. I have a supportive partner who asks me every night, how the day was. Sometimes I don't even want to discuss it. But the support is there. #MacroSW

Nick @nick_molina
A4 In our profession, it is inevitable that our “work life” will bleed into our lives. Having balance and healthy self-care will enable us to continue with our profession and still have a sense of closure at the end of the work day. #MacroSW

Linda Grobman @newsocialworker
#MacroSW A4: I do believe in separating the 2 to the extent possible. Definitely strive for life balance cc: @DrGriseOwens

aubree @aubree0119
Sometimes we are so invested that our brains keep going! This is when exercise and reading and chocolate come in handy! #MacroSW

Karen Zgoda @karenzgoda
RT @spcummings: Q4 is live (and triple-barreled)! #MacroSW https://t.co/beDcqmTiUQ

Sarah. @OSCAR_Myerz
@spcummings A4: I definitely “clock out.” I find it’s necessary to get rest and separate myself from work to ensure I don’t get burnt out. I make sure I don’t access work emails while at home. #macrosw

Hiral Amin-Sharma @hiralaminsharma
A4 - I think work life balance is hard work. For me setting goals, boundaries, and turning the cell/laptop off is so important, it adds to my self care. I hope to have a better work/life balance over the summer. #MacroSW

Stephen Cummings @spcummings
Noted and shared! I always appreciate new tool suggestions. #MacroSW https://t.co/rxE6ok25TF

Dr. Tom Felke @SocWrkDoc
A4) I hate to say it but I am not great with the work/life balance thing. I told my graduating BSWs today to do as I say, not as I do! #MacroSW https://t.co/dyQw2HtzGS

David McCollum @VilleBananas
A4: At my internship at the Department of Veterans Affairs, I worked 0800 to 1630. I completely mentally checked out in regard to my internship until the next day at 0800. I think compartmentalizing work and your personal life like that is pretty healthy. #MacroSW

Karen Zgoda @karenzgoda
😊 #MacroSW https://t.co/X4arL1dp

Family Initiative @FI_Inc
RT @SocWrkDoc: A2) Really proud of my students/alumni. Had the college Undergrad Student of the Year, a university Hall of Fame inductee, A...

Ninaflore @Ninaflore
@spcummings It is my goal to be fully present at work, and get things done. After work, I am out the door ready to tackle other things in my life. Sometime work tends to bleed in my personal life, however, I am intentional with not stepping over my own boundaries.#MacroSW

Stephen Cummings @spcummings
@aubree0119 In my area of practice (hospital social work) this was called the “movie in your head” that never ends. Hard to shut off sometimes. #MacroSW

Rebecca Light @rll004
A4: I find it a lot easier to “leave my work at work” when I have to travel a decent distance to get home. Driving an hour to/from work may suck sometimes, but it
has its benefits! #MacroSW

UB-Social Work @UBSSW
A4 | (Pat) unplug from #SoMe on weekends, as it is so present in my job at UB. Balance can sway back and forth - this year, #SWmonth was so full of events that I spent April recovering! Next year: avoid too many commitments in March! #MacroSW

Stephen Cummings @spcummings
RT @SocWrkDoc: A4) I hate to say it but I am not great with the work/life balance thing. I told my graduating BSWs today to do as I say, no...

aubree @aubree0119
@rll004 @spcummings awwwwwwwwwwwww scooter!!!! 😻 #MacroSW

UB-Social Work @UBSSW
RT @spcummings: @WrightEriel Yes -- that's an important skill to have! #MacroSW https://t.co/L3HoGxqz16

Linda Grobman @newsocialworker
Yes @spcummings is my superhero. #MacroSW https://t.co/Z7PX8fu78c

UB-Social Work @UBSSW
RT @rll004: @spcummings A3: Also working with my therapy pony Scooter to get him certified within the next year! #macroSW #animaltherapy #t...

Stephen Cummings @spcummings
@newsocialworker @DrGriseOwens Yes - it's so easy to blur the lines where boundaries should be. #MacroSW

Stephen Cummings @spcummings
RT @UBSSW: A4 | (Pat) unplug from #SoMe on weekends, as it is so present in my job at UB. Balance can sway back and forth - this year, #S...

Hum Rights Aging Pop @agingrights
@jconsign213 That's nice, having an inquisitive partner! macrosw.

Stephen Cummings @spcummings
RT @karenzgoda: 😍 #MacroSW https://t.co/rX4arL1dpy

UB-Social Work @UBSSW
RT @rll004: Smooooootth #macroSW #twitterimpact https://t.co/Hu1Eie30MZ

Sophia Bejgrowicz @causeisaidSOph
@spcummings Q4: It's hard for social workers to ever be not working. Especially because our work is broadcasted in the media on a daily basis i.e. mental health, immigration, child abuse, crises, terminal illness & dying etc. I also currently live with a LCSW and 2 ADHD stepbrothers #macrosw

Stephen Cummings @spcummings
RT @Ninaflore: @spcummings It is my goal to be fully present at work, and get things done. After work, i am out the door ready to tackle ot...

UB-Social Work @UBSSW
RT @aubree0119: A4: I think we need work/life balance but sometimes it's not as easy as clocking out. Sometimes our work sticks with us aft...

aubree @aubree0119
@spcummings My internship is at a hospital - inpatient psychiatric unit - "movie in your head" is accurate! #MacroSW

UB-Social Work @UBSSW
RT @MarcieAnnWilson: A4: unfortunately I am always working. I answer text and emails long after I've left the office. It's something I've b...
David McCollum @VilleBananas
@Ninaflaore @spcummings I completely 100% agree. I think answering phone calls and returning voicemails and emails after your established work hours is setting you up on the track to burnout and compassion fatigue. #MacroSW

Shanda Benjamin-Herchanik @Shanda_NY
Q4 I think you have to have a work/life balance to continue to do this work and an evolving self-care routine to keep the balance. You can still care after work, but need to live too #MacroSW

Josh Nice @JoshNice4
@hiralaminsharma YES! One of the best self-care periods I ever had involved getting off-line, turning off social media, and pushing the phone away. #macrosw

Linda Grobman @newsocialworker
#MacroSW A4: we have to be intentional about making time for ourselves #selfcare

UB-Social Work @UBSSW
RT @unLieshedd: A4: This past year I’ve definitely learned how to clock out and leave work at work. I have strict boundaries with that sinc...

UB-Social Work @UBSSW
RT @causeisaidSOph: @spcummings PS https://t.co/EtaOSY9Zha is where it’s at for your calendar needs. #macrosw

Karen Zgoda @karenzgoda
A4: Having routines helps. I sometimes put my phone in airplane mode to recharge introvert batteries and have down time. A workplace that supports healthy habits is ideal! #swtech #MacroSW https://t.co/nIE5dpKeLP

UB-Social Work @UBSSW
RT @jconsign213: I hope there is such a thing as work/life balance. I have a hard time clocking out. I have a supportive partner who asks...

UB-Social Work @UBSSW
RT @newsocialworker: #MacroSW A4: I do believe in separating the 2 to the extent possible. Definitely strive for life balance cc: @DrGriseO...

UB-Social Work @UBSSW
RT @nick_molina: A4 In our profession, it is inevitable that our “work life” will bleed into our lives. Having balance and healthy self-ca...

aubree @aubree0119
@causeisaidSOph @spcummings Good point!!! The news is so exhausting! I try to disconnect every few days! #MacroSW

Stephen Cummings @spcummings
RT @causeisaidSOph: @spcummings Q4: It’s hard for social workers to ever be not working. Especially because our work is broadcasted in the...

UB-Social Work @UBSSW
RT @OSCAR_Myerz: @spcummings A4: I definitely “clock out.” I find it’s necessary to get rest and separate myself from work to ensure I don...

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RT @Ninaflaore: @spcummings It is my goal to be fully present at work, and get things done. After work, i am out the door ready to tackle ot...

UB-Social Work @UBSSW
RT @spcummings: @aubree0119 In my area of practice (hospital social work) this was called the “movie in your head” that never ends. Hard t...

https://www.symplur.com/healthcare-hashtags/MacroSW/transcript...%2F2018&shour=17&smin=45&tdate=4%2F26%2F2018&thour=19&tm...
Hiral Amin-Sharma @hiralaminsharma
The agency that I work at is big on personal days, mental health days, and lots of vacation time. Helps to prevent burn out. #MacroSW

David McCollum @VilleBananas
https://t.co/6h8Yuqad3j #MacroSW

Stephen Cummings @spcummings
A4: As a proponent of digital literacy, I see how social media can be the glue that over-connects us between work and personal life, particularly as information flow is so fast. We need to harness this technology so we can take care of ourselves #MacroSW

Social Worker @ERL_SW
@spcummings I think you have to “clock out” after work or you will burn yourself out very quickly, that is one huge thing I have learned. Yes it can be hard with difficult caseloads but you do what you can when you are AT work. For own well being you need to focus on you when gone #macrosw

UB-Social Work @UBSSW
RT @causeisaidSOph: @spcummings Q4: It's hard for social workers to ever be not working. Especially because our work is broadcasted in the...

UB-Social Work @UBSSW
RT @aubree0119: @spcummings My internship is at a hospital - inpatient psychiatric unit - “movie in your head” is accurate! #MacroSW

UB-Social Work @UBSSW
RT @VilleBananas: @Ninaflores @spcummings I completely 100% agree. I think answering phone calls and returning voicemails and emails after y...

Karen Zgoda @karenzgoda
RT @Ninaflores @spcummings It is my goal to be fully present at work, and get things done. After work, i am out the door ready to tackle ot...

aubree @aubree0119
@hiralaminsharma Yes, some time to recharge is so vital! #MacroSW

UB-Social Work @UBSSW
RT @JoshNice4: @hiralaminsharma YES! One of the best self-care periods I ever had involved getting off-line, turning off social media, and...

UB-Social Work @UBSSW
RT @karenzgoda: A4: Having routines helps. I sometimes put my phone in airplane mode to recharge introvert batteries and have down time. A...

Josh Nice @JoshNice4
A4: very introverted social worker here. love helping people, all day every day. when the day is done, i need that alone time. processing or letting go. ‘me time’ is under-rated #macrow

Stephen Cummings @spcummings
A4 Themes: Balance is needed but difficult; social work demands more of us, past the 40 hours of a ‘normal’ work week; active steps are needed to manage our life and balance #MacroSW

UB-Social Work @UBSSW
RT @spcummings: A4: As a proponent of digital literacy, I see how social media can be the glue that over-connects us between work and p...

Stephen Cummings @spcummings
RT @ERAL_SW: @spcummings I think you have to “clock out” after work or you will burn yourself out very quickly, that is one huge thing I hav...

UB-Social Work @UBSSW
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Karen Zgoda @karenzgoda
RT @ERL_SW: @spcummings I think you have to "clock out" after work or you will burn yourself out very quickly, that is one huge thing I hav...

David McCollum @VilleBananas
"Satisfaction at work is influenced by factors such as benefits, pay, relationships, and commute length. But all of this boils down to two things being important, regardless of your circumstances: (1) having a life outside of work, and (2) having the money to afford it." #MacroSW

Karen Zgoda @karenzgoda
RT @VilleBananas: https://t.co/6h8Yuqad3j #MacroSW

Stephen Cummings @spcummings
@JoshNice4 Oh, yes...I relate so much to this! #MacroSW

Karen Zgoda @karenzgoda
RT @newsocialworker: #MacroSW A4: we have to be intentional about making time for ourselves #selfcare

Karen Zgoda @karenzgoda
RT @VilleBananas: @Ninaflore @spcummings I completely 100% agree. I think answering phone calls and returning voicemails and emails after y...

aubree @aubree0119
@JoshNice4 YESSSSSSSSSSS!! #introvertlife #MacroSW https://t.co/Gf2z525oGG

Stephen Cummings @spcummings
It's hard to believe...even when keeping the #MacroSW a little more laid back, the time flies!!!

Karen Zgoda @karenzgoda
RT @UBSSW: A4 I (Pat) unplug from #SoMe on weekends, as it is so present in my job at UB. Balance can sway back and forth - this year, #S...

Karen Zgoda @karenzgoda
RT @spcummings: @aubree0119 In my area of practice (hospital social work) this was called the "movie in your head" that never ends. Hard t...

UBMak @dcmakows
A4 - Lately, trying to remain present for the different aspects of life - work, school, family, etc. - is how I've been rolling. Maybe more like plodding. #macrosw

Social Worker @ERL_SW
@spcummings I recognize this is easier said than done but I promise it is so worth it! You want to be on your A game at work and bringing it home does not help #macrosw

Stephen Cummings @spcummings
Thanks so much to everyone for joining tonight's #MacroSW chat! We'll be back here next Thursday at 9 eastern/8 central.

Stephen Cummings @spcummings
The transcript for tonight's chat will be posted shortly! #MacroSW

UB-Social Work @UBSSW
RT @aubree0119: @JoshNice4 YESSSSSSSSSSS!! #introvertlife #MacroSW https://t.co/Gf2z525oGG

Karen Zgoda @karenzgoda
How is it 10pm already?? #MacroSW https://t.co/sOgyFuaxZa

Rebecca Light @rll004

@aubree0119 @spcummings He's definitely the farm favorite! Here he is fighting with his older sister...😊😊 #macroSW #everyoneneedsapony https://t.co/5QbdJBKwMP

Karen Zgoda @karenzgoda
RT @spcummings: A4 Themes: Balance is needed but difficult; social work demands more of us, past the 40 hours of a 'normal' work week; acti...

Nick @nick_molina
#MacroSW https://t.co/OjWDcQM2bi

Stephen Cummings @spcummings
Thanks again to everyone, and have a great, relaxing night! #MacroSW https://t.co/CUluwi8cv

Dr. Tom Felke @SocWrkDoc
A4) I do take the time for some self care though most might find it even more maddening - coaching my son's U7 soccer team! #MacroSW https://t.co/RMj0LeRorn

Sophia Beigrowicz @causeisaidSOph
@Shanda_NY That's a great point! I didn't realize that when I shared. I have been a few times throughout my short 23 years, and its never been easy as the client. Definitely helpful to know what it's like to be on the other end #macrosw

Hiral Amin-Sharma @hiralaminsharma
@spcummings Yes, I agree. Its so easy to go past 40 hours. It is a tough balancing act. #MacroSW

Marcie Wilson @MarcieAnnWilson
Thank you all! #MacroSW

Social Worker @ERL_SW
@spcummings Thanks so much for this chat! It was very needed after the past few stressful weeks with cramming all our school, work and internship things in before graduation! #macrosw

aubree @aubree0119
@rl0044 @spcummings Where do you live???? I'm coming to hang out!! #MacroSW

Rebecca Light @rl0044
@JoshNice4 @hiralaminsharma I agree! I go to the cabin on weekends where there is no service, so there is no temptation! Love it #macrosw #deepinthewoods

Dr. Tom Felke @SocWrkDoc
Thanks all and congratulations to all of the graduates! #MacroSW

Karen Zgoda @karenzgoda
@aubree0119 @JoshNice4 #MacroSW https://t.co/WStGjr1wFl

UBMak @dcmakows
Goodnight, everyone! #macrosw

Nicole Trejo @Nic_TrejoMSW19
Thank you macroSW. This was fun and educational. It was lovely to hear everyone's plans for their summer and their plans for self care. #CSUDHmsw501 #MacroSW

Karen Zgoda @karenzgoda
RT @spcummings: It's hard to believe...even when keeping the #MacroSW a little more laid back, the time flies!!!

Karen Zgoda @karenzgoda
RT @spcummings: Thanks so much to everyone for joining tonight's #MacroSW chat! We'll be back here next Thursday at 9 eastern/8 central.
Stephen Cummings @spcummings
@karenzgoda Seriously! #MacroSW

Juliette Consigny @jconsign213
Good night all. Thank you. Long day. #MacroSW

Hiral Amin-Sharma @hiralaminsharma
Thank you! Great chat, lots of ideas and information about self-care and work/life balance. #MacroSW

Linda Grobman @newsocialworker
Thank you @spcummings #MacroSW https://t.co/w7Ygymht9

BrittanyMarie @MarieBmb11
Thanks all! Have a great night! #MacroSW

Stephen Cummings @spcummings
By the way...Congratulations to all our graduates! #MacroSW https://t.co/CCDCPbyHRR

Stephen Cummings @spcummings
RT @Nic_TrejoMSW19: Thank you macroSW. This was fun and educational. It was lovely to hear everyone's plans for their summer and their plan...

UB-Social Work @UBSSW
Loved the flow of this #MacroSW chat - and hearing what others do for balance and selfcare. Thank you, @spcummings and to all who shared their ideas and resources. Best gif of the night: from @SocWrkDoc and the dog falling short of "my goals" - well played! I'll sign off now. https://t.co/C5qD6S6VGf

UB-Social Work @UBSSW
RT @spcummings: Thanks so much to everyone for joining tonight's #MacroSW chat! We'll be back here next Thursday at 9 eastern/8 central.

UB-Social Work @UBSSW
RT @karenzgoda: How is it 10pm already?? #MacroSW https://t.co/sOgyFuaxZa

Karen Zgoda @karenzgoda
Next week's #MacroSW chat will have guest expert @kimhokanson, an organizer of Boston's #MarchForOurLives talking about involving youth in activism! https://t.co/tgTl6lrP4D

UB-Social Work @UBSSW
@spcummings OK -that is a weird coincidence we posted the same gif! #MacroSW

Karen Zgoda @karenzgoda
RT @nick_molina: #MacroSW https://t.co/OjWDcQM2bi

Karen Zgoda @karenzgoda
RT @spcummings: Thanks again to everyone, and have a great, relaxing night! #MacroSW https://t.co/CUlulwi8cv

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Sarah @OSCAR_Myerz
Goodnight everyone! Great chat😊 #macrosw

Karen Zgoda @karenzgoda
RT @ERL_SW: @spcummings Thanks so much for this chat! It was very needed after the past few stressful weeks with cramming all our school, w...

Rebecca Light @rll004
@aubree0119 @spcumminsings Central PA (close to Hershey)! Come on over, he loves meeting new people!! Everyone is welcome! #macroSW

Karen Zgoda @karenzgoda
RT @SocWrkDoc: Thanks all and congratulations to all of the graduates! #MacroSW

Karen Zgoda @karenzgoda
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UB-Social Work @UBSSW
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Karen Zgoda @karenzgoda
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aubree @aubree0119
Goodnight @UBSSW! 😊 #MacroSW

UB-Social Work @UBSSW
RT @karenzgoda: Next week’s #MacroSW chat will have guest expert @kimhokanson, an organizer of Boston’s #MarchForOurLives talking about inv...

Eriel Wright @WrightEriel
Thank you! great way to build self awareness for this summer break, learned a lot from all of you. #macroSW

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