

APRIL 27

*WHAT'S THE*

# WORD

**RELAXATION  
LOUNGE**

**COMMUNITY MESSAGES**

**CABBIES MEMBERS  
APPLICATION**

**SPRING 2021**

UNIVERSITY OF THE INCARNATE WORD

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## Message from Campus Engagement

It has been a year to remember. Even though you have gone through different challenges, as students, you have persevered, and as the UIW community, we have come together in a time of need. Remember to stay engaged by logging in to Cardinal Apps, where you can find information on fun events, chances to win prizes and more! We want to hear from you, so if you have any suggestions on what you want to see in your newsletter, please email us at [campusengagement@uiwtx.edu](mailto:campusengagement@uiwtx.edu).

*"I am too positive to be doubtful, too optimistic to be fearful and too determined to be defeated."*  
- Hussein Nishah

## Praised be the Incarnate Word!

# GET YOUR THERMOMETERS READY!

## CARDINAL DAILY HEALTH CHECK IS HERE!

The Cardinal Daily Health Check, a web-based tool, must be completed by all employees, students, and guests before visiting any UIW location.

After a successful daily health check, users will be emailed a ticket they use to verify completion of the screening.

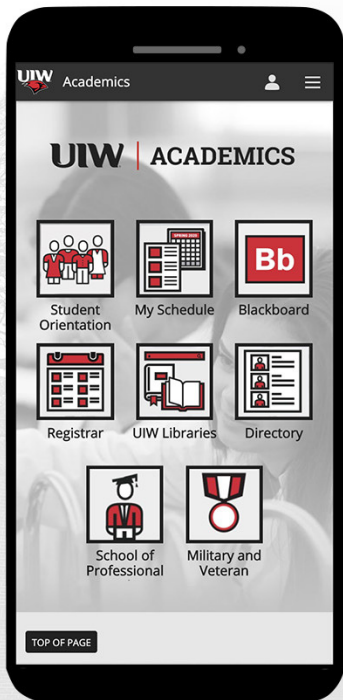
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



For detailed instructions and more information, please visit <https://www.uiw.edu/cardinal-daily-health-check/>.



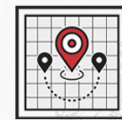
Scan this QR code to go to the Cardinal Daily Health Check.



## DOWNLOAD THE OFFICIAL UIW MOBILE APP

Use the app for quick access to important information and university resources.

Stay tuned for updates as we work to bring you additional features and integrations!



Campus Map



Blackboard



Calendar of Events



University and Athletics News



Emergency Contacts and Information



Look for it on the Apple App store and Google Play store.

# UIW ENGAGE



## YOUR INVITATION TO EVERYTHING CAMPUS ENGAGEMENT IN 3 EASY STEPS

### STEP 1

Visit [uiw.edu](http://uiw.edu)  
and log in to  
Cardinal Apps.

### STEP 2

Click on the **ENGAGE** tab. Use  
the search bar to find an  
organization or view events.

### STEP 3

Click on the event or  
organization and enjoy!  
Win prizes and swag and have  
fun!

### WHAT WILL YOU FIND?

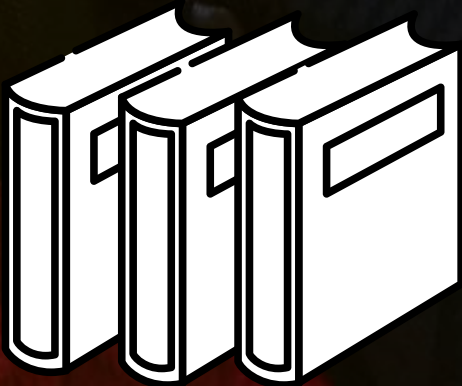
- Competitions for awesome prizes
- Over 100 student organizations
- Student Government and Campus Activities Board
- Movie night with friends - CHAT ROOM AVAILABLE
- DIY step-by-step interactive activities
- Opportunities to meet other students
- LIVE talent shows and music concerts
- POP UP shops, POP UP giveaways and POP UP karaoke

[CAMPUSENGAGEMENT@UIWTX.EDU](mailto:CAMPUSENGAGEMENT@UIWTX.EDU)

210-829-6034

UNIVERSITY OF THE INCARNATE WORD

**GOOD LUCK  
ON FINAL EXAMS,  
CARDINALS!**



# NOW HIRING

# TECHNICIANS

WELLNESS CENTER / NATATORIUM / FENCING CENTER

Looking for detailed orientated individuals who love the fitness environment that enjoy working with their hands.

- COMPLETE DISINFECTING PROCESS, LIGHT AND HEAVY CLEANING WITHIN AN ASSIGNED ROTATION SCHEDULE.
- RESPONSIBLE FOR ENSURING SAFETY AND CLEANLINESS OF THE FACILITY, WHICH INCLUDES PERFORMING SAFETY CHECKS AND REPAIRS.
- ENSURES CLEANLINESS OF BUILDINGS ARE MAINTAINED AT ALL TIMES.
- CONDUCTS GENERAL REPAIRS UNDER GUIDANCE OF DIRECTOR OF SPORTS AND WELLNESS AND LEAD TECHNICIAN
- PERFORMS PREVENTATIVE MAINTENANCE AND REPAIRS TO ENSURE EQUIPMENT IS WORKING PROPERLY
- COMPLETE ANY SPECIAL CLEANING PROJECTS AS NEEDED.

APPLY ONLINE AT [JOBS.UIW.EDU](https://jobs.uiw.edu)

Work Study Positions & Student Employment

**NOW HIRING  
FRONT DESK**

**SUMMER STAFF**

**Looking for customer  
service driven individuals  
that are eager to work over  
summer break!**

**Hiring Student Employment and Work Study**

**Apply online at [JOBS.UIW.EDU](http://JOBS.UIW.EDU)**

**Work at the Wellness Center, Natatorium & Fencing Center**

Front desk staff members are responsible for maintaining a secured facility via swiping in all faculty, staff and community members into the building. Front desk staff members perform membership sales, equipment rentals and check outs.





PLAY COMPETITIVELY  
REPRESENT UIW  
JOIN THE TEAM TODAY

**RECRUITING FOR SUPER SMASH BROS  
AND OVERWATCH TEAMS**

**CLUBSPORTS@UIW.TX.EDU**

**WWW.UIW.EDU/CLUBSPORTS/ESPORTS**



**@UIWClubSports**



# CLUB POWER LIFTING

PRACTICE IN THE WELLNESS CENTER &  
COMPETE AGAINST OTHER UNIVERSITIES  
IN USA POWERLIFTING MEETS

FIND US  
ON ENGAGE

EMAIL US AT  
[CLUBSPORTS@UIW.TX.EDU](mailto:CLUBSPORTS@UIW.TX.EDU)



 **UIW**  
CLUB SPORTS



★ JUST BREATHE. ★

# RELAXATION LOUNGE

TO REGISTER VISIT:  
[HTTPS://GIVEPUL.SE/T57U0Y](https://givepul.se/t57u0y)



SIGN UP FOR A 25-MINUTE MASSAGE  
(AUTOMATIC MASSAGE CHAIRS) TO HELP  
RELIEVE THE STRESS BEFORE FINALS!

APRIL 26-30

2-7 P.M.

★

The University of the Incarnate Word and Texas A&M San Antonio in collaboration with the Service-Learning Intercollegiate Collaborative (SLIC) invite you to

**SAVE THE DATE!**

# **Keeping Our Planet Green: A Discussion on Sustainability Efforts**

Interested in learning about ways to keep our Earth green, clean, and healthy?

Join us to gain insight on raising awareness towards environmental & sustainability efforts!

**Friday, April 30th  
11 am to 12 pm  
Zoom**

For more information, please contact the Ettlign Center at [mcarbaja@uiwtx.edu](mailto:mcarbaja@uiwtx.edu) or (210) 283-6423.

Scan QR Code to register via GivePulse or visit <https://givepul.se/48qjrp>



FOOD AND PRIZES (1ST, 2ND, 3RD PLACE)

REGISTER HERE!



# MADDEN21 TOURNAMENT

THURSDAY, APRIL 29 | SEC BALLROOM | 5 P.M.

REGISTER AT: [HTTPS://CHALLENGE.COM/UIW\\_MADDEN21TOURNAMENT](https://challenge.com/uiw_madden21tournament)



**2021 – 2022  
SCHOOL YEAR**

**CAMPUS ACTIVITIES BOARD IS LOOKING FOR**

# *CABbies*

Help CAB promote and run events. Earn service hours, receive exclusive giveaway prizes and attend a special event!

**FOR MORE INFORMATION, CONTACT  
KARLA RAMIREZ AT  
[KKMARTIN@STUDENT.UIW.EDU](mailto:KKMARTIN@STUDENT.UIW.EDU)**

**CAB**  
UNIVERSITY OF THE  
INCARNATE WORD®



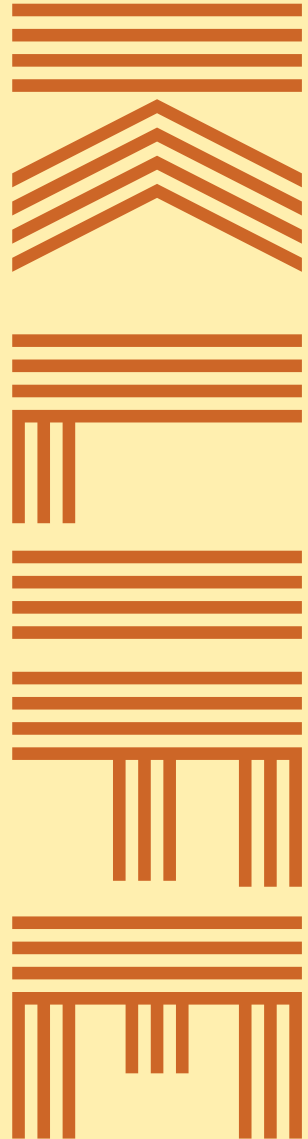
# GREEK

**UIW Greek Life** is made of a diverse community that offers its members opportunities to expand their undergraduate experience through leadership, academic excellence, service, brotherhood and sisterhood.

## All Greek organizations focus on:

- Socializing with other organizations on campus
- Participating in service opportunities for the communities at large
- Support philanthropies
- Being part of a life long organization

For more information regarding eligibility, check out the QR code or contact Victoria Gonzalez at [vcgonzal@student.uiwtx.edu](mailto:vcgonzal@student.uiwtx.edu)



# 10 FINALS

## *Study tips*

**1** *keep energy levels high*  
*sleep 7-9 hours so you can be more awake and energized.*

**2** *50-10 rule*  
*study 50 minutes of every hour. spend 10 minutes clearing your mind.*

**3** *organize your calendar*  
*designate time for studying, free time, and exam times.*

**4** *make study guides*  
*begin preparing and making study guides one week before the exam.*

**5** *study in groups*  
*but only if it helps you. don't let it be a distraction.*

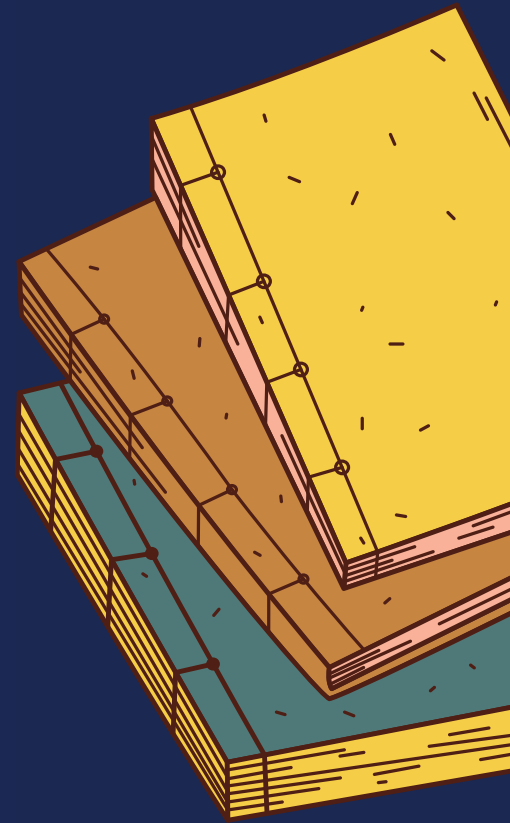
**6** *take your time*  
*plan ahead and take your time studying.*

**7** *exercise*  
*let off steam and clear your mind. an active mind is more productive.*

**8** *relax*  
*keep your stress levels low and worry less.*

**9** *do a practice quiz*  
*ask friends to quiz you on subjects that are difficult.*

**10** *eat healthy*  
*your body will feel better and you will be more alert.*





# HOW TO STAY SAFE IN THE SUN

Enjoy the sunny days while staying safe and protected!



## Always wear sunscreen.

Apply sunscreen with SPF 30 or higher at least 15 minutes before going out. Reapply often.

## Wear protective clothing.

Cover up with long sleeves and pants. Put on a wide brim hat to protect your face and neck.

## Wear sunglasses.

Keep your eyes protected with sunglasses that are designed to block UV rays.

## Don't stay out in the sun too long.

Limit your time in the sun, especially between 10 a.m. and 4 p.m. Seek shade if you can.



## Know your own skin.

Regularly check your skin for any changes or anything unusual. See a doctor if needed.



# SWEET CAROL'S VELVET CUPCAKE

*A home for sweet bread and pastries*

## INGREDIENTS

- 2 1/2 cups flour
- 1/2 cup cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup butter, softened
- 2 cups sugar
- 4 eggs
- 1 cup sour cream
- 1 bottle red food coloring
- 2 teaspoons vanilla extract
- 1 package cream cheese

## PREP TIME

- Prep | 20 m
- Cook | 20 m
- Ready in | 40 m
- Duration | 5 days

## STEPS

01

Preheat oven to 350 degrees F. Mix flour, cocoa powder, baking soda and salt in medium bowl. Set aside.

02

Beat butter and sugar in large bowl with electric mixer on medium speed 5 minutes, or until light and fluffy.

03

Bake 20 minutes or until toothpick inserted into cupcake comes out clean. Cool in pans on wire rack 5 minutes. Remove from pans; cool completely.

# Smart Tips on Waste Sorting

## 01

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### Keep waste in separate containers.

Use different bins for wet or biodegradable waste and dry or non-biodegradable waste.

## 02

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### Sort non-biodegradable waste.

Separate dry waste into recyclable, toxic, or hazardous and e-waste, such as batteries, etc.

## 03

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### Keep recyclables clean.

Remove leftover food from any plastic or paper before putting them in the bin.

## 04

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### Keep a compost bin.

Turn food and garden waste into compost that can later be used as fertilizer.

## 05

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### Know your trash.

Some items are made of complex materials. Educate yourself on how to handle such items.

# BE WISE ABOUT WASTE AND SEPERATE!

# HOW CAN I PROTECT MYSELF AND OTHERS AGAINST COVID-19?

Wear your mask.

**Avoid touching** your eyes, nose and mouth.

**Avoid crowded places** and put space between yourself and others.

Cough or sneeze into your **bent elbow or a tissue**.

If you have a fever, cough or difficulty breathing, **seek care early**. Call beforehand and follow medical advice.



**COMMUNITY**

# **MESSAGES**

- **COVID-19 REMINDERS**
- **FROM UIW BEHAVIORAL HEALTH SERVICES**
- **FROM THE OFFICE OF STUDENT ADVOCACY AND  
ACCOUNTABILITY**
- **FROM THE UIW MEDICAL TEAM**
- **FROM UIW COUNSELING SERVICES**

# COMMUNITY MESSAGES

## COVID-19 Reminders

Members of our campus community are reminded to take precautions to slow the spread of COVID-19. The best way to prevent infection is to take precautions to avoid exposure to this virus, which are similar to the precautions you take to avoid the flu. CDC always recommends these everyday actions to help prevent the spread of respiratory viruses:

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands. Avoid close contact with people who are sick. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces.

For more information, please visit the [CDC's Coronavirus website](#).

To stay up to date on the City of San Antonio's COVID-19 updates, [click here](#).

We will continue to monitor and update our campus community on the coronavirus outbreak as needed.

[Click here](#) for the latest UIW COVID-19 updates.

If you have any questions about UIW's response to COVID-19, [please fill out this form](#).

# COMMUNITY MESSAGES

## From UIW Behavioral Health Services

UIW Behavioral Health Services continues to offer counseling to students who are **physically in Texas** using Zoom or phone. To initiate counseling, please call us at **(210) 832-5656** between 8 a.m. and 5 p.m. and we will assist you in completing needed paperwork and getting scheduled immediately and seen as quickly as possible. Counseling is offered by appointment, 8 a.m. – 5 p.m., Monday through Friday. Some appointments are offered after 5 p.m. based on clinician availability. At this time, we do not provide services on weekends or holidays, but we are happy to direct you toward any needed weekend resources.

*If you call us and leave a message outside of business hours, please be aware that we will return your call within 24 hours. If you contact us on the weekend or during a holiday, we will return your call the next business day.*

If you are a faculty/administrator/staff member with concerns about classroom issues, in need of resource information, or inquiring about professional development/student presentations, please contact Director of Behavioral Health Services, Dr. Christie Melonson directly at (210) 829-3129 or via email at [melonson@uiwtx.edu](mailto:melonson@uiwtx.edu).

Should you have a serious concern about a particular student with possible mental health issues or if you have observed a behavioral incident, you are encouraged to make an online report and to contact Mr. Matt Carpenter, director of student conduct and community standards at (210) 805-5864.

### ***Here are some tips for managing anxiety at this time:***

- Do things you enjoy, no matter what they are. You could read through the pile of books you've been accumulating or play video games if it keeps your mind from worry mode and makes you happy!
- Virtually hang out with friends. There are tons of apps you can use to hang out with your friends and family. You can have a virtual meetup with Zoom, play games together on Discord, and FaceTime or Skype with your older family members.
- Engage in physical activity and workouts, as well as in activities involving deep breathing, stretching, and meditation. Take a walk around your neighborhood or stream yoga and attempt that pose you've always been wanting to do.
- Engage in spiritual practices and virtual spiritual gatherings. Many churches and other places of worship are live streaming services throughout the week. They are also offering virtual Bible studies and prayer sessions.
- Create routines for yourself and set small goals for what you would like to accomplish daily.
- Remind yourself that this time of quarantine is temporary and we are all doing the best we can!

### ***Helpful Behavioral Health Resources:***

- [Taking Care of your Behavioral Health from SAMSHA](#)
- [Stress and Coping from the CDC](#)
- [National Suicide Prevention Lifeline](#): 1 (800) 273-8255 (24 hours a day)
- [Family Violence Prevention Services Domestic Violence Hotline](#): (210) 733-8810 (24 hours a day)
- SAMHSA's National Helpline for mental health or substance abuse concerns: 1-800-662-HELP (4357)

***If you are a student and feel that you are having a behavioral health emergency outside of clinic hours, please do the following:***

- If you live on campus, please notify Campus Police, dorm staff or an administrator
- For students living off campus, call 911 or go to the nearest Emergency Room or Behavioral Health Hospital.

# COMMUNITY MESSAGES

from the Office of Student Advocacy and  
Accountability

Hello Cardinals,

As we start a new semester here at the University of the Incarnate Word, our hope is that each and every one of you will take advantage of the countless opportunities afforded to you as a Cardinal. Whether you are a new student, preparing for graduation, or somewhere in between, you are charged with ownership of the choices you make every day of your collegiate experience. Our hope is that you will make responsible choices that will promote your success and positively impact the UIW community and beyond. To assist you in your decision-making processes, we would like to equip you with both your rights and responsibilities as a Cardinal. You can find copies of the [UIW 2020-21 Student Handbook](#) and [the Behavioral Misconduct Procedures](#) on the Student Advocacy and Accountability website. These two documents outline various policies and procedures that affect students. I highly recommend you take the time to become familiar with these and bookmark them for future reference.

Additionally, as part of your experience, we strongly believe that student engagement can promote your overall success, and you may consider involvement in one of the many student organizations here at UIW. In accordance with Texas state law, we have included information about hazing and its prevention. Please visit the [Hazing Policy and Report page](#) of the OSAA website for our University Statement on Hazing. Also available on that page is the full University policy regarding hazing and reporting options if you experience or hear about hazing. We have also attached a copy of our January 2021 Hazing Report, which provides information on hazing investigations from the past three years.

Furthermore, we hope you will take ownership of your role as a Cardinal and adopt the values of the institution as your very own: Faith, Innovation, Service, Truth and Education. As a Cardinal, if you see something of concern, take action. You can report any incident or concern using our [online reporting forms](#).

Lastly, know that we are here to help you every step of the way. If you are unsure of what office can help meet your needs, feel free to reach out to our [Office of Campus Life](#). Join an organization, make new friends, attend a game, utilize campus resources and be engaged in campus activities and make the most of your time at UIW. Know that all UIW administrators, faculty and staff are rooting for you!

Again, we wish you the best as you embark on a successful semester at UIW.

Praised be the Incarnate Word!

Sincerely,

Matthew Carpenter  
Director, Office of Student Advocacy and Accountability

and

Dr. Christopher Summerlin  
Dean of Campus Life



# COMMUNITY MESSAGES

From UIW Medical Team

Dear UIW Students,

We would like to take a moment to thank everyone for their participation in the UIW COVID Vaccine Clinic. Thanks to many in our community, the clinic was a great success. Over 1200 in our community are now fully vaccinated as a result. As we move forward with our planning it is important to gather information from our community that will assist with next steps.

The UIW Medical Team, working with IT and campus leaders, have formulated a survey to better inform vaccination planning for UIW Health Services. Your answers will help UIW Health Services gauge interest in offering the COVID-19 vaccine as supplies become more readily available. Your answers will not bind or require you to have the vaccine.

Participation in this survey is voluntary, and in doing so, you are advised not to provide or send any information related to any medical, genetic, or disability-related information.

You can access the survey here: [UIW COVID-19 Vaccine Survey](#).

Thank you for your assistance.

Sincerely,

The UIW Medical Team

# COMMUNITY MESSAGES

from UIW Counseling Services

UIW Counseling Services has now updated their website and made their intake paperwork available to all students seeking counseling services. This change will now make it easier for UIW students to access counseling services and streamline the scheduling process.

If you are interested in getting a counseling appointment with our UIW counseling department, please follow the link: <https://my.uiw.edu/counseling/index.html>, complete the appropriate forms, send to the email link listed online, and counseling services will give you a call within 2 business days to check your availability and offer available times for an appointment.

In case of a mental health crisis/emergency, please call our office at (210) 832-5656, call 9-1-1, or campus police at (210) 829-6030.

If you have any questions, please contact Counseling Services at (210) 832-5656.

Sincerely,

UIW Counseling Services Team



## **A Reminder from Title IX Department and the Student Conduct Office**

**THE STUDENT CODE OF CONDUCT AND THE SEXUAL  
MISCONDUCT POLICY STILL APPLY TO VIRTUAL LEARNING.**

**IN ALL YOUR INTERACTIONS AS A  
STUDENT, (EMAILS, BLACKBOARD MESSAGE  
BOARDS, ZOOM MEETINGS, ETC.) THE FOLLOWING ARE JUST  
SOME OF THE BEHAVIORS THAT WOULD VIOLATE THESE  
POLICIES:**

- **HARASSMENT (CAN BE SEXUAL OR NON-SEXUAL IN NATURE)**
- **DISRESPECTFUL, DISORDERLY, DISRUPTIVE OR  
INDECENT CONDUCT**
- **STALKING**
- **BULLYING/INTIMIDATION**
- **VERBAL OR WRITTEN ABUSIVE STATEMENTS**
- **DISCRIMINATORY OR INFLAMMATORY STATEMENTS (RACIST,  
SEXIST, ETC.)**
- **ACADEMIC DISHONESTY**
- **FALSIFYING DOCUMENTS**
- **VIOLATING THE UIW RESPONSIBLE COMPUTING POLICY**

**IF YOU FIND YOURSELF NEEDING TO FILE A REPORT FOR A  
STUDENT CODE OF CONDUCT OR SEXUAL MISCONDUCT POLICY  
VIOLATION, PLEASE GO TO: [WWW.UIW.EDU/REPORT](http://WWW.UIW.EDU/REPORT).**

# Campus Engagement

[campusengagement@uiwtx.edu](mailto:campusengagement@uiwtx.edu)

210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



@UIWCAMPUSENGAGEMENT

## UIW GREEK LIFE

INTERESTED IN GREEK LIFE? FOLLOW US TO SEE WHAT OUR GREEKS ARE DOING



@UIWGREEKLIFE

## UIW CAMPUS ACTIVITIES BOARD

STAY CONNECTED AND FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS



@CABUIW

## UIW STUDENT GOVERNMENT ASSOCIATION

CATCH UP WITH SOME ONLINE ACTIVITIES BETWEEN YOUR CLASSES



@UIWSGA

