

WHAT'S THE WORD

AUG. 3, 2021

AT HOME: CHURRO RECIPE

COMMUNITY MESSAGES

**CAMPUS ENGAGEMENT:
MARGARITA AND SALSA
EVENT**

SUMMER 2021

UNIVERSITY OF THE INCARNATE WORD



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Download your mobile app today

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Message from Campus Engagement:

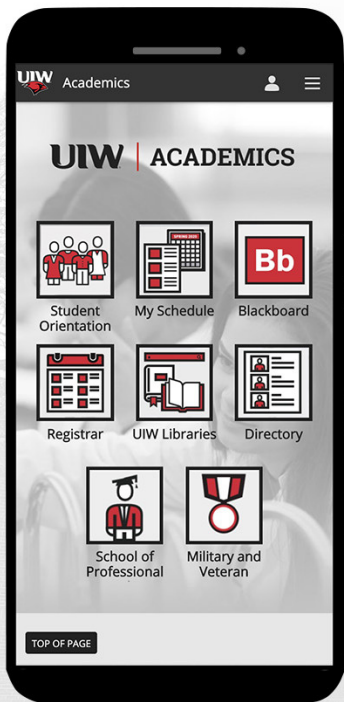
Hi Cardinals!

Are you ready to come back to the Nest? As summer is coming to an end, use this time to reflect on all the things you have accomplished. We cannot wait to see all that you will do when you are back on campus for the fall!

Remember to stay engaged throughout the summer by logging in to your Cardinal Apps where you can find information on fun and exciting events happening here on campus!

"The purpose of our lives is to be happy." - Dalai Lama

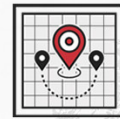
Praised be the Incarnate Word!



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
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

210-829-6034



MARGARITA AND SALSA FESTIVAL

**THURSDAY, AUG. 5, 2021
2 - 5 P.M. FRIENDSHIP GARDEN**

**MAKE EVERY DAY A F.I.E.S.T.A. - FAITH, INNOVATION, EDUCATION, SERVICE,
TRUTH AND THE A+ YOU EARN IN CLASS.**

All events will be adhering to the event and social distancing guidelines listed in the
UIW Cardinal Flight Plan.

@UIWCAMPUSENGAGEMENT



TEAM RED

**WE'RE
HIRING!**



**Campus Engagement
Student Assistant
(Work Study)**

To apply, visit:
jobs.uiw.edu/postings/16440



UNIVERSITY OF THE
INCARNATE WORD

ARE YOU READY?

UIW Athletics is back! You can view the
Fall 2021 and Spring 2022 schedules by
visiting:

[UIWCARDINALS.COM/CALENDAR](https://uiwcardinals.com/calendar)

SHOW YOUR SUPPORT AND YOUR UIW PRIDE.
GO CARDINALS!



Adv-Ice Cream Party!

Join the University advisors and friends as we kick off the Fall 2021 semester with an Adv-Ice Cream Party!

Come for the ice cream and stay for our advising Q&A panel.

Visit University representatives at their tables to learn more about the processes.

**Business Office - Career Services -
Financial Aid - Tutoring Services -
Wellness and Counseling**

**Friday, Aug. 13, 2021
11 a.m. - 1 p.m.
SEC Ballroom**



For more information, please contact us at: advising@uiwtx.edu, or call (210) 805- 5814

IN-PERSON EVENTS CAMPUS LIFE

45 and counting

Get a head start on community service hours required for graduation.

TUESDAY, AUG. 10, 2021
9 A.M. - 12 P.M.
WESTGATE CIRCLE

Join the UIW community in one of many service projects around campus. Start your day with giving back and end with a community picnic.

DANCING

Click on the QR code to find the details of college life outside of the classroom.

CARDINAL
CRAWL

SATURDAY, AUG. 21
7 - 10 P.M.
SEC BALLROOM

MUSIC



IN-PERSON EVENTS CAMPUS LIFE

WE ARE HIRING

LIFEGUARDS

JOIN OUR TEAM

ONLINE INTERVIEWS



SCAN ME

JOB PERKS

- FLEXIBLE SCHEDULE
- MEET NEW PEOPLE
- GREAT EXPERIENCE
- AQUATIC SKILLS DEVELOPMENT & TRAINING

JOB SUMMARY

Monitors the safety of patrons and conditions of the pool and responds to emergency situations.

- Maintain life-saving skills through in-service and personal training
- Monitor pool chemical levels

APPLY ONLINE:
<https://jobs.uiw.edu>

Phone: 210-805-5873

Email: uiwwellness@uiwtx.edu



SPORTS & WELLNESS

WE ARE HIRING

STUDENT TECHNICIANS

JOIN OUR TEAM

ONLINE INTERVIEWS



SCAN ME

JOB PERKS

- FLEXIBLE SCHEDULE
- MEET NEW PEOPLE
- GREAT EXPERIENCE
- LEARN EQUIPMENT & MECHANICAL SKILLS

JOB SUMMARY

Responsible for completing maintenance and repairs of equipment and facility for all facilities. Duties include cleaning of facility, equipment and dressing rooms.

- Complete scheduled walkthrough and scheduled cleaning and maintenance as assigned
- Assist with repairs and maintenance

APPLY ONLINE:
<https://jobs.uiw.edu>

Phone: 210-805-5873

Email: uiwwellness@uiwtx.edu



SPORTS & WELLNESS

WE ARE HIRING

FRONT DESK
ASSOCIATES



JOIN OUR TEAM

**ONLINE
INTERVIEWS**



SCAN ME

JOB PERKS

- FLEXIBLE SCHEDULE
- MEET NEW PEOPLE
- GREAT EXPERIENCE
- LOTS OF DOWN TIME

JOB SUMMARY

Provides a welcoming and safe environment for all patrons of Sports and Wellness facilities, through high-level customer service.

- Responsible for maintaining a secured facility via swiping in all patrons into the building
- Perform membership sales, registrations, equipment rentals and check-outs at all facilities

APPLY ONLINE:
<https://jobs.uiw.edu>



SPORTS & WELLNESS

Phone: 210-805-5873

Email: uiwwellness@uiwtx.edu

Parking Reminder

Vehicles must be registered to park on UIW parking lots.

Vehicle registration is now open for students.

To register your vehicle(s), visit the Cardinal Cars application found on your Cardinal Apps sign-on portal.

*Permits are now virtual through license plate recognition. A physical permit does not need to be picked up.

Visit the Parking webpage to view our interactive parking map and the Parking Rules and Regulations.

Off-Site Parking Information

The UIW off-site parking (A Lot) waitlist will open on August 19, 2021 at 12:01 a.m. You can enter your name on the 'A' Lot waitlist through Cardinal Cars by selecting the Add/Edit A Lot Waitlist section. Due to limited parking spaces, 'A' Lot parking is offered on a first come first serve basis for students. The first 175 students will receive an email by end of business day on August 20, 2021 with further instructions.

Founder's Hall Parking

Parking at Founder's Hall (4119 Broadway) will be open for economy parking beginning the Fall 2021 semester. Please refer to our Parking Map

Help PAVE the way for a new student veteran.

Peer Advisors for Veteran Education (PAVE) is a peer support program for student veterans.

Student veterans are trained to share their firsthand experiences with incoming student veterans and help connect them with the campus and community resources they need to succeed.

P★A★V★E

Peer Advisors for Veteran Education



Interested in learning more about volunteering for PAVE?

Contact us:

pave@uiwtx.edu



PROJECT UPLIFT: MY MOTIVATION

The University of the Incarnate Word Ettlign Center for Civic Leadership and Sustainability is inviting young women from seventh grade through college to the inaugural event Project Uplift: My Motivation. Encourage and prepare young women to support each other and to be heard in the community. Help them grow into leaders who make a difference in the world around them.

Saturday, Aug. 7, 2021

9 a.m. to 12 p.m.

UIW Broadway Campus | Student Engagement Center Ballroom

Our focus this year is finding your personal motivation for returning to school. We are inviting diverse and inclusive women from the community to speak and engage our community, working together to uplift and empower the women of UIW and San Antonio.



For more information, contact the Ettlign Center for Civic Leadership and Sustainability at ccl@uiwtx.edu or (210) 283-6423.

Scan the QR code or visit <https://givepul.se/d21mw/>



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Come for the ice cream and stay for our advising Q&A panel.

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**Business Office - Career Services -
Financial Aid - Tutoring Services -
Wellness and Counseling**

**Friday, Aug. 13, 2021
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SEC Ballroom**



For more information, please contact us at: advising@uiwtx.edu, or call (210) 805- 5814



**GOT THAT SWEET TOOTH
CRAVING?**

HOMEMADE CHURROS

Ingredients:

- 1 cup water
- 2 1/2 tablespoons white sugar
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup all-purpose flour
- 2 quarts oil for frying
- 1/2 cup white sugar, or to taste
- 1 teaspoon ground cinnamon

Instructions:

1. In a small saucepan over medium heat, combine water, 2 1/2 tablespoons sugar, salt and 2 tablespoons vegetable oil. Bring to a boil and remove from heat. Stir in flour until mixture forms a ball.
2. Heat oil for frying in deep-fryer or deep skillet to 375 degrees F (190 degrees C). Pipe strips of dough into hot oil using a pastry bag. Fry until golden; drain on paper towels.
3. Combine 1/2 cup sugar and cinnamon. Roll drained churros in cinnamon and sugar mixture.

PREPARATION: 10 MINUTES

COOKING: 10 MINUTES

READY IN: 20 MINUTES

Note: The size of each churro may vary, which can effect the amount of servings.

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**

UPDATED COVID-19 **INFORMATION**

**FULLY VACCINATED PEOPLE CAN RESUME
ACTIVITIES WITHOUT WEARING A MASK
OR PHYSICALLY DISTANCING, EXCEPT
WHERE REQUIRED BY FEDERAL, STATE,
LOCAL, TRIBAL, OR TERRITORIAL LAWS,
RULES, AND REGULATIONS, INCLUDING
LOCAL BUSINESS AND WORKPLACE
GUIDANCE.**

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.

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 the 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

Campus Engagement

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

