

WHAT'S THE

NOV. 3, 2021

WORD

INTERNATIONAL
EDUCATION WEEK

COMMUNITY MESSAGES

CAB AND SGA
CHRISTMAS TREE LIGHTING

FALL 2021
UNIVERSITY OF THE INCARNATE WORD

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Message from Campus Engagement

As we enter the new month, Campus Engagement hopes you are happy, healthy and enjoying the Fall semester. This edition of What's the Word is filled with educational and motivational content, as well as information about upcoming opportunities to participate in campus life. Make sure to check out UIW Engage in Cardinal Apps for the latest information on events and activities available to you!

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."
- William Arthur Ward

Praised be the Incarnate Word!

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
that are listed.

STEP 3

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

WHAT WILL YOU FIND?

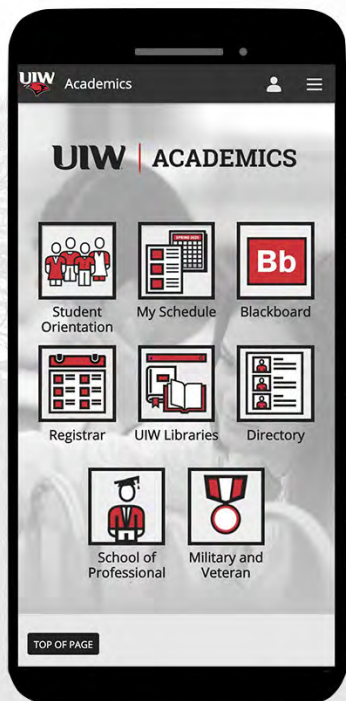
- Participate in competitions for awesome prizes
- Search over 100 student organizations to become involved
- Stay connected with Student Government and Campus Activities Board
- Movie night with your friends - CHAT ROOM AVAILABLE
- DIY step-by-step interactive activities
- Opportunities to meet other students
- LIVE talent shows and music concerts
- POP UP shops, POP UP giveaways and POP UP karaoke

CAMPUSENGAGEMENT@UIWTX.EDU

210-829-6034

UIW Shuttle Operations Resume

University shuttles have resumed service at full capacity. Three shuttles will run on campus, and one will be running off campus for pickup at the Township, Watson Bldg., Employee Lot/Student Lot located off Broadway by Jim's/Cheesy Janes and at Founders Hall. Shuttles will run from 7 a.m. - 8 p.m. Monday through Thursday and from 7 a.m., until noon on Friday. Please note that this schedule is subject to change.



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](#).



**ETTLING CENTER FOR CIVIC
LEADERSHIP & SUSTAINABILITY**

WORK-STUDY POSITIONS NOW AVAILABLE

Gain experience in the areas of:

- **Community Service**
- **Student Engagement**
- **Global Service**
- **Social Justice**
- **Sustainability**
- **Social Media**
- **Graphic Design**
- **Office Setting**

Apply online by visiting [Cardinal Talent!](#)

This position is funded by the Federal Work-Study program and is open to UIW students who are approved and eligible to participate in the Federal Work-Study Program.

Ettling Center for Civic Leadership & Sustainability
(210) 283-6423 | CCL@uiwtx.edu



CAB

UNIVERSITY OF THE
INCARNATE WORD®



**CAMPUS ACTIVITIES BOARD
2021-2022
ARE STUDENTS PRODUCING AND
PROMOTING FUN AND FREE
EVENTS FOR UIW STUDENTS**





JOIN US FOR OUR ANNUAL

UIW Diwali Celebration

Nov. 11, 2021

DISCOVER SOUTH ASIAN CULTURE
& CELEBRATE THE FESTIVAL OF LIGHTS

6:00 PM | SKYROOM

POOJA and CULTURAL PROGRAM

7:00 PM | SKYVIEW LOT

DINNER, ACTIVITIES, DIWALI DANCE-OFF

RSVP at: <https://bit.ly/UIWDiwali>



PART OF THE 2021 UIW DIWALI CELEBRATION

DIWALI DANCE COMPETITION

Represent your program,
school, or student org in
a dance off!
Followed by an open
dance.

Nov 11 at 7:30p
@UIW SkyView Lot

More Details Here:
<https://bit.ly/UIWDiwali>





Illuminations

SATURDAY, NOVEMBER 13TH

6PM - 9PM

WESTGATE CIRCLE



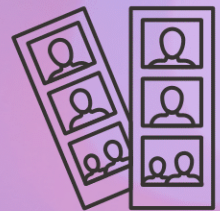
REINDEER GAMES



FREE MINI
CHRISTMAS TREES



SNOW
MACHINE



TAKE-HOME PHOTO
BOOTH PRINTS



PRAY FOR YOUR
UPCOMING EXAMS



CHRISTMAS CARDS FOR
SERVICE HOURS



THEMED DRINKS
& SNACKS

FOR QUESTIONS PLEASE REACH OUT TO
VSTEVENS@UIWTX.EDU OR CALL 210-829-6034



SAVE THE
DATE

INTERNATIONAL
EDUCATION WEEK

NOVEMBER 15-18

STUDENT CENTER PRESENTS:

SMASH BROS TOURNAMENT



SUPER SMASH BROS

FRIDAY, NOV. 15 | RED'S PUB
CHECK IN: 5 P.M. | START TIME: 5:30 P.M.

TRY YOUR CHANCE AT SOME AWESOME PRIZES, PLAY POOL
OR JUST HANG OUT WATCHING YOUR FAVORITE SPORTING EVENT!

PRIZE FOR 1ST PLACE

Register with QR code.



SCAN ME



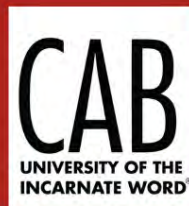
CAB AND SGA PRESENT

Christmas Tree Lighting

Join us for a movie,
hot cocoa,
games and cookies!

Nov. 16
SEC Mezzanine

6 - 9 P.M.



FACE MASKS REQUIRED AT ALL CAMPUS EVENTS.



Indigenous Heritage Month

DIVERSITEA

AND COFFEE

WEDNESDAY, NOV. 17

WESTGATE CIRCLE | 1 - 3 P.M.

DID YOU KNOW?

Also commonly known as **Indigenous Heritage Month**, this month is a time to acknowledge our Native community's important contributions, and to celebrate and honor their diverse cultures, traditions and histories.



SAVE THE
DATE

2021
Cardinal Feast

HOSTED BY: PRESIDENT
EVANS AND CAMPUS LIFE

Dec. 7, 2021

Holiday Countdown

A circular inset image showing a whole pumpkin next to a white mug with a patterned design, sitting on a wooden surface with some nuts.

22 DAYS UNTIL
THANKSGIVING

A circular inset image of a decorated Christmas tree with red and white ornaments, surrounded by wrapped gifts.

52 DAYS UNTIL
CHRISTMAS

A circular inset image of colorful fireworks exploding in a dark night sky.

58 DAYS UNTIL
NEW YEAR

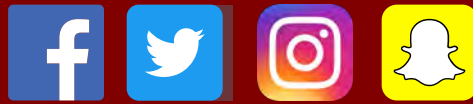
Greek Life

University of the Incarnate Word®

The Greek Life here at UIW is a diverse community comprised of local, national and international Greek organizations. This community offers its members opportunities to expand their undergraduate experience through leadership, academic excellence, service, brotherhood and sisterhood. It's one of the most fulfilling experiences at UIW.
Go Greek!

Interested in Greek Life?

Follow us to see what our Greeks are doing:

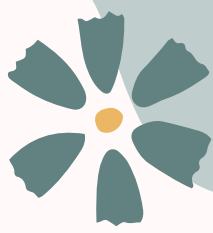


@UIWGREEKLIFE



Eligibility Requirements:

- Must have earned a minimum of 12 college credit hours at UIW or any accredited college and/or university
- Must have a minimum of a 2.5 cumulative GPA (no exceptions)
- Must not be a first-semester freshman
- Must not currently be part of a dual enrollment course from high school



Self-Care

IDEAS FOR A BAD DAY

BREATHE DEEPLY

EXERCISE

TRY AFFIRMATION

GO FOR A
LONG WALK

WRITE A JOURNAL

REFRESH
MORNING ROUTINE

WALK
IN NATURE

COOK YOUR
FAVORITE MEAL

WRITE 5 THINGS
YOU LOVE

WATCH YOUR
FAVORITE MOVIES

TIPS TO BE

Consistent

Stay flexible to change

Find the best time of day

Learn from when things go wrong

Make it part of your regular routine

If it goes wrong, don't give up, start again tomorrow

Do a little bit each day, even if it's tiny

Don't be hard on yourself

Tackle your task when you're in the right mindset

www.reallygreatsite.com



JOB INTERVIEW TIPS



Read up on the company before your interview



Be on time, keep an eye on your posture and be natural



Don't talk badly about your previous jobs



Highlight your skills that will interest the company



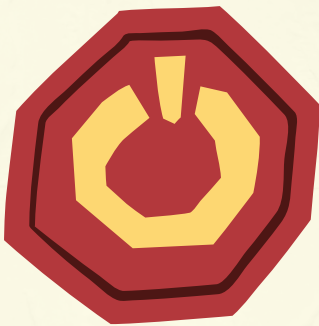
Prepare what you're going to say and listen carefully

Fast and easy energy-saving tips



1

Turn off lights
when not
necessary



2

Unplug chargers
after charging

3

Always cook
with a lid



ON

OFF

4

Switch off appliances
in stand-by mode



5

Air dry laundry

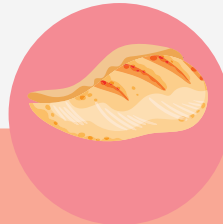


DELICIOUS

High Protein Food



ALMONDS



CHICKEN
BREAST



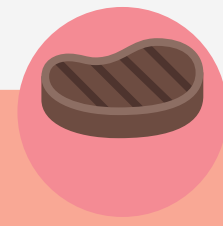
GREEK
YOGURT



COTTAGE
CHEESE



MILK



LEAN BEEF

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**

COVID-19

INFORMATION

Q: Where can I get tested on campus?

A: UIW has two locations available for free COVID-19 testing. Employees and students can register for testing through the UIW Curative kiosk located in the Riverside parking lot on the Broadway campus or on the School of Osteopathic Medicine (SOM) campus by clicking on the links below. You must use your UIW email when registering for testing.

- Schedule an Appointment at the Broadway Campus
- Schedule an Appointment at the SOM Location

The kiosks are located in the Riverside Parking Lot, located directly across from Health Services and the Agnese/Sosa parking garage on the Broadway Campus and Lot 2B, behind Building 2 at the UIW School of Osteopathic Medicine. The Broadway Campus testing is available for employees and students only. The location at the SOM is open to the University community and is also open to the public. The test is a self-performed saliva test, authorized by the FDA for emergency use, to provide surveillance testing for general asymptomatic populations, including college-aged students. Results from these COVID-19 tests are estimated to be available within 36 to 48 hours.

Q. Can I test at a location other than the Curative Kiosks on the UIW and SOM Campuses?

A. Yes, persons who test at a location other than the Curative testing kiosk on the Broadway campus should report their test results as follows:

You may email your test results to your respective campus email address:

Broadway - UIWBroadwaystudentcovid@uiwtx.edu.

FSOP – Feikstudentcovid@uiwtx.edu

RSO – RSOstudentcovid@uiwtx.edu

SOM – SOMstudentcovid@uiwtx.edu

SoPT – SoPTstudentcovid@uiwtx.edu

Q: What is UIW's new mask mandate?

A: Masks and face coverings are required indoors by those who are vaccinated as well as persons not vaccinated. Masks are required outdoors in group settings and when social distancing cannot be maintained. Read the full mask policy [here](#).

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



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.**

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

