

OCTOBER 6

WHAT'S THE
WORD

**CAMPUS ENGAGEMENT
OCTOBER EVENTS**

HOMECOMING NOMINATIONS

HEALTH & WELLNESS
ARM BUILDER

**FRESHMAN JERSEY
TRADITION**

FALL 2020
UNIVERSITY OF THE INCARNATE WORD

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Message from Campus Engagement

The fall season is here and so are the many face-to-face and virtual events planned for our students. Celebrating Hispanic Heritage Month (Sept. 15 - Oct. 15), Civility Walk and Oktoberfest are just some of what is coming your way in the next few weeks. Log on to Cardinal Apps and check ENGAGE for details on day and evening activities. There are many ways to participate and socialize as we jump into fall. Let's enjoy the season together.

"Life is like riding a bicycle. To keep your balance, you must keep moving."
- Albert Einstein

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.

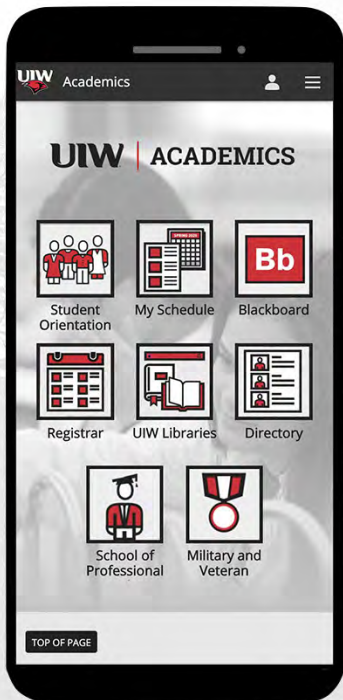
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



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
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

MAKING MEMORIES AND TRADITIONS

\$25

PERSONALIZED FRESHMAN JERSEY JUST FOR YOU!



DEADLINE OCT. 9
SHOW YOUR SCHOOL PRIDE

Purchase your freshman jersey for just \$25. The jersey will include the graduating class number 24 on the back along with a customization of your choice. Jerseys will be ready for pick up during homecoming week (Nov. 1 - Nov. 7).

ORDER NOW!

PURCHASE YOUR JERSEY AT:

[HTTPS://WWW.UIW.EDU/STUDENTLIFE/FIRST-YEAR-TRADITIONS.HTML](https://www.uiw.edu/studentlife/first-year-traditions.html)

FOR MORE INFORMATION CONTACT CAMPUSENGAGEMENT@UIW.TX.EDU

Celebrate the life of a Social Justice Warrior:

RUTH BADER GINSBURG

"Women belong in all places where decisions are being made. It shouldn't be that women are the exception."



"I would like to be remembered as someone who used whatever talent she had to do her work to the very best of her ability."

"Fight for the things that you care about, but do it in a way that will lead others to join you."

Join faculty, staff, and students for a discussion on of the documentary *RBG* and her life's legacy.

view the documentary *RBG* available here: <https://uiwtx.idm.oclc.org/login?url=https://www.filmplatform.net/product/rbg/>.

The film details the extraordinary life and career of Ruth Bader Ginsburg, the second female on the US Supreme Court whose courage and wisdom has contributed to a better country for all. Join us for a discussion about the film with Brandon Metroka (UIW Political Science Professor), Casey Ogechi Iwuagwu (Past UIW Pre-Law Association President), Alexandria Salas (UIW Title IX Director), and Cynthia Shepperd (South Texas Attorney). LuElla D'Amico (UIW Women's and Gender Studies) will moderate.

This special event is co-sponsored by the Ettlign Center for Civic Leadership and Sustainability, UIW Libraries, the Title IX Office, the Political Science Department, Pi Sigma Alpha, UIW Pre-Law Society and Women's and Gender Studies.

Watch the film and then join us for the roundtable on October 6 from 6-7 pm via Zoom: <https://uiw.zoom.us/j/98308219946>

CONFIRMATION CLASSES

for Students Baptised in
the Catholic Church

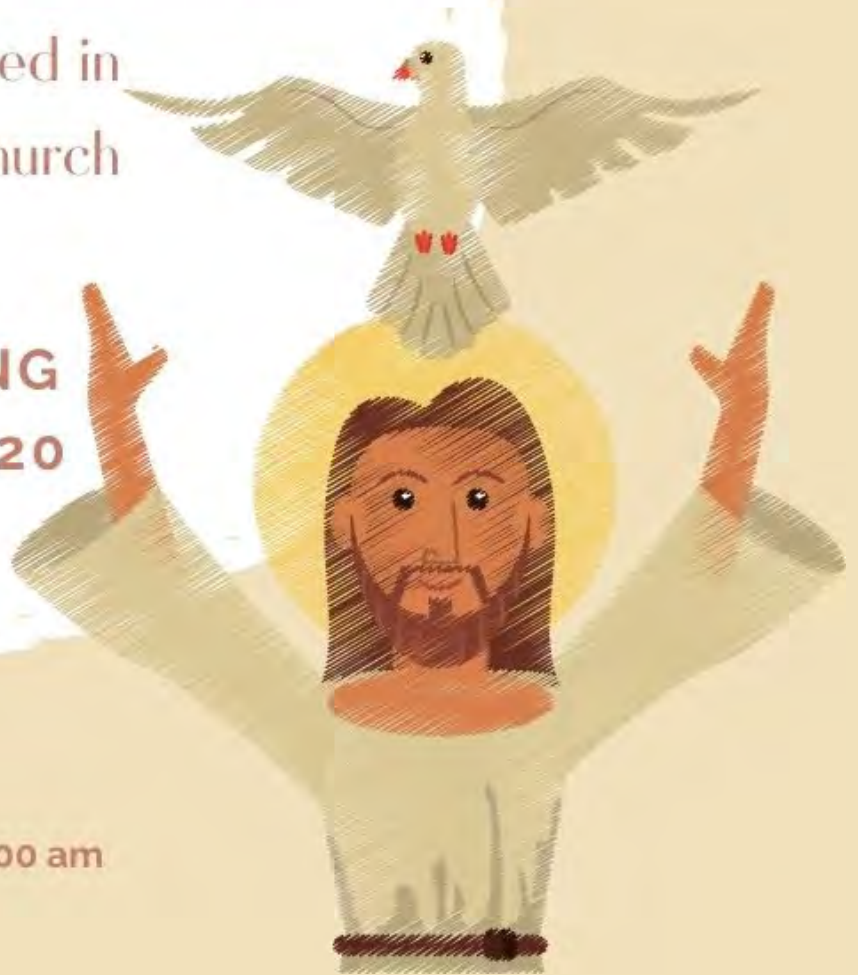
INQUIRY MEETING
SUN., OCT. 4, 2020

9:00 AM

REGISTER THRU

UIW ENGAGE

Classes every Sunday,
beginning Oct. 11, 2020 @ 9:00 am
through February 2021



Calling all Catholic students who would like to receive the Sacrament of Confirmation! An inquiry meeting will be held on Sunday, October 4, 2020 at 9:00 a.m. to learn more about Confirmation preparation. The only requirement is students need to have been baptised in the Catholic Church. Classes will begin Sunday morning, October 11, 2020 and run through February 2021. Please register here to obtain the link for the inquiry meeting. For more information or questions, please contact Beth Villarreal, Director of Campus Ministry at 210-829-2736 or villaret@uiwtx.edu.

LITANY OF TRUST

SR. FAUSTINA MARIA PIA, SV

From the belief that I have to earn
Your love
Deliver me, Jesus.
From the fear that I am unlovable
Deliver me, Jesus.
From the false security that I have
what it takes
Deliver me Jesus.
From all the suspicion of Your words
and promises
Deliver me Jesus.
From the rebellion against childlike
dependency on You
Deliver me Jesus.
From refusals and reluctances in
accepting Your will
Deliver me Jesus.
From anxiety about the future
Deliver me Jesus.
From resentment or excessive
preoccupation with the past
Deliver me Jesus.
From restless self-seeking in the
present moment
Deliver me Jesus.
From disbelief in Your love and
presence
Deliver me Jesus.
From the fear of being asked to give
more than I have
Deliver me Jesus.
From the belief that my life has no
meaning or worth
Deliver me Jesus.
From the fear of what love demands
Deliver me Jesus
From discouragement
Deliver me Jesus.

That You are continually holding
me, sustaining me, loving me
Jesus I trust in you.
That Your love goes deeper than my
sins, failings, and transforms me
Jesus I trust in you.
That knowing what tomorrow brings
is an invitation to lean on You
Jesus I trust in you.
That you are with me in my suffering
Jesus I trust in you.
That my suffering, united to Your
own will bear fruit in this life and the
next
Jesus I trust in you.
That you will not leave me orphan,
that You are present in Your Church
Jesus I trust in you.
That your plan is better than
anything else
Jesus I trust in you.
That you always hear me and in Your
goodness always respond to me
Jesus I trust in you.
That you give me the grace to accept
forgiveness and to forgive others
Jesus I trust in you.
That you give me all the strength I
need for what is asked
Jesus I trust in you.
That my life is a gift
Jesus I trust in you.
That you will teach me to trust You
Jesus I trust in you.
That You are my Lord and my God
Jesus I trust in you.
That I am Your beloved one
Jesus I trust in you.

BREATHE is a Catholic Young Adult ministry at the University of the Incarnate Word that welcomes all. The main focus of BREATHE is to build a better community in which an individual can grow in relationship with Christ.

Our BREATHE Peer Ministers plan activities that are based around scripture and prayer. The BREATHE community acts as support for one another and strives to become great friends in Christ with fellow members.

Join us weekly on Wednesday nights at 7:30 p.m. virtually through Zoom for the Fall 2020 semester. Community Nights alternate with our Men's and Women's Faith Sharing Groups. See the schedule for dates. UIW students can log into Engage and go to Campus Ministry Events for the links.

BREATHE YOUNG ADULT GROUP

Women's Group

7:30 pm via Zoom

Sept. 16 & 30
Oct. 14 & 28
Nov. 11 & 25

 UNIVERSITY OF THE INCARNATE WORD
UNIVERSITY MISSION
and MINISTRY

BREATHE YOUNG ADULT GROUP

Men's Group

7:30 pm via Zoom

Sept. 16 & 30
Oct. 14 & 28
Nov. 11 & 25

 UNIVERSITY OF THE INCARNATE WORD
UNIVERSITY MISSION
and MINISTRY

Head Women's Club Soccer Coach Carlos Guerrero enters his first season at UIW. Guerrero played at the NCAA D1 level with UIW from 2015-2019 where he captained the team during his junior and senior years. He earned a Bachelor of Business Administration in Accounting. Shortly after graduating, Guerrero began his coaching career as a volunteer assistant at James Madison High school in San Antonio, Texas for the Varsity boys soccer team. Guerrero is currently working on obtaining his Masters of Science in Business Administration. Guerrero aims to one day coach at the NCAA D1 level or play professionally. Guerrero looks forward to the upcoming season and has high hopes of taking the team to new heights.



Women's Club Soccer participates in the Texas Collegiate Soccer League, which involves other schools such as UTSA, St. Edwards University, University of Houston and many others. UIW Club Sports allows students to continue their passion for sports and competition on their terms. Contact us about joining the team!



WOMEN'S CLUB SOCCER



WWW.UIW.EDU/CLUBSPORTS

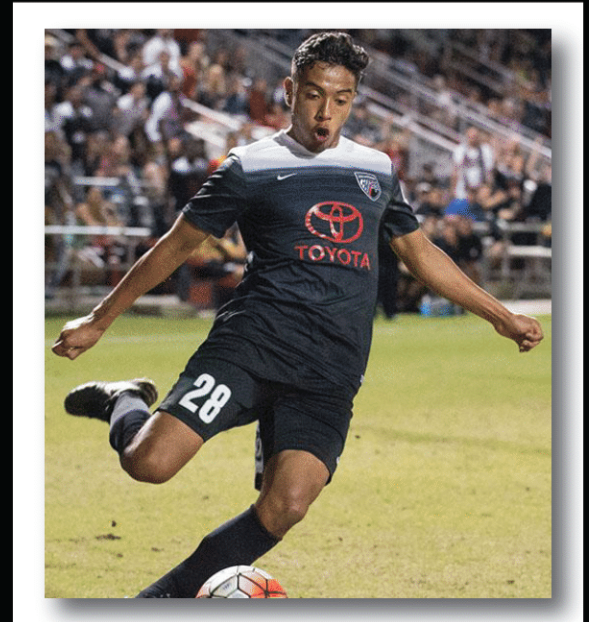
[@UIWCLUBSPORTS](https://www.instagram.com/UIWCLUBSPORTS)



MEN'S CLUB SOCCER

Miguel Salazar is our new coach for the Men's Club Soccer team. He has had recent success at the youth soccer level, including winning a state championship with Salpointe Catholic High School.

Prior to coaching, Coach Salazar spent four years playing Division I soccer in North Carolina and later played two seasons for the professional team, San Antonio FC. Today, Salazar plans to use his youth, collegiate, and professional experience to help the UIW Men's Club Soccer team strive for more success.



Currently, the team is looking for more players to join the team. Don't hesitate to reach out and see for yourself how joining the soccer team will improve your college experience.

Men's Club Soccer participates in the Texas Collegiate Soccer League, which involves other schools such as UTSA, St. Edwards University, University of Houston and many others. UIW Club Sports allows students to continue their passion for sports and competition on their terms.



WWW.UIW.EDU/CLUBSPORTS

@UIWCLUBSPORTS

WORLD MENTAL HEALTH DAY IS OCTOBER 10



**YOU ARE
NOT
ALONE**



UIW COUNSELING SERVICES

Zoom or phone sessions for UIW students residing in Texas
210-832-5656

CareConnect Hotline
888-857-5462

In Case of Emergency...

EMERGENCY SERVICES
Call 911 or go to the nearest Emergency Room

NATIONAL SUICIDE PREVENTION LINE
1-800-273-8255

UIW
YOU OK?

www.uiw.edu/counseling

For many students, the transition from high school is filled with hope, exhilaration, and gusto. Along with the positive feelings associated with university life, a new college student has numerous challenges to overcome. Changes in surroundings, the stress of college courses, separation from family, and an entirely new interpersonal environment are just a few of the changes that college students face. For incoming and established students, often the plethora of responsibilities for young adults can feel insurmountable and can take a major toll on the mental health of an individual. This creates an overwhelming feeling of hopelessness and often individuals feel that they are the only ones going through these issues. However, the reality is that people from all walks of life experience issues with mental health, and in recent years the emphasis on mental health awareness has become a mainstream topic, with numerous celebrities having shared their own personal stories of struggles with mental health. From Demi Lovato talking about her battles with bipolar disorder, bulimia, and addiction, to Prince Harry of the royal family going public about

.... continued on next page

his struggles with anxiety, to even Grammy nominated artist Logic writing his widely known song “1-800-273-8255” which is the National Suicide Prevention Lifeline. When asked in an interview with Genius why he decided to write the song, he responded with, “I felt compelled to make a song that could actually help . . .” Every year during the month of September, organizations around the world come together to draw awareness to the topic of suicide, and it has widely become known as National Suicide Prevention Month. This year’s campaign by the National Suicide Prevention Month is #BeThe1To. The goal is to change the conversation from suicide to suicide prevention, and actions that promote healing, help and affirmations of hope. Organizations such as National Suicide Prevention and the National Alliance on Mental Illness (NAMI), work vigorously to inform and fight the stigmas that surround mental health. Here are a couple of steps that have been recommended by the National Suicide Prevention Lifeline for this year’s campaign.

ASK

“Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way.”

BE THERE

“Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to someone who listens without judgment.”

KEEP THEM SAFE

“Several studies have indicated that when lethal means are made less available or less deadly, suicide rates by that methods decline, and frequently suicide rates overall decline.”

HELP THEM STAY CONNECTED

“Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.”

FOLLOW UP

“Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention . . .”

LEARN MORE AT

[HTTPS://WWW.BETHE1TO.COM](https://www.bethe1to.com)

By: Isaiah Carrizales
UIW Student Wellness
Graduate Assistant

ARM BUILDER

3 ROUNDS - 10 REPS



STANDING BICEP CURLS
SUPINATED WITH DUMBBELLS



STANDING BICEP CURLS
NEUTRAL WITH DUMBBELLS



STANDING BENT OVER
TRICEPS EXTENSIONS



STANDING BENT OVER SINGLE
ARM SHOULDER ROW



STANDING SHOULDER FLEXION
TO 90 DEGREES WITH DUMBBELLS



STANDING OVERHEAD PRESS
WITH DUMBBELLS AT WALL

**CHECK OUT THE FULL DETAILS OF THIS WORKOUT &
MORE WORKOUTS AT UIW.EDU/WELLNESS**

TURKEY SLIDERS WITH AVOCADO, MUSHROOMS, & SWISS CHEESE



 4 Servings

Calories
470 Per Serving

Fiber
8g Per Serving

Protein
45g Per Serving

INGREDIENTS

8 whole-grain slider buns
(lowest sodium available)

1 1/4 pounds ground,
skinless turkey breast

1/4 teaspoon salt

1 cup sliced brown
(crimini) mushrooms

Slices low-fat Swiss cheese

Small avocados (mashed with a fork)

1 medium tomato,
cut into 8 slices (about 1/4-inch thick)

DIRECTIONS

1. Preheat the oven to 450°F.
2. Heat a large nonstick skillet or griddle pan over medium-high heat.
3. Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
4. Cook the patties for 2 to 3 minutes. Turn over the patties. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
5. In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
6. Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
7. Transfer the patties to the bottoms of the buns.
8. Spoon the mushrooms onto each patty. Top with the Swiss cheese.
9. Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.
10. Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
11. Using four short skewers, pierce two sliders with each skewer. Serve immediately.



HOW CHARACTER STRENGTHS HELP US THROUGH TRYING TIMES

By FATIMA DOMAN

Imagine you found a flower bud in your garden – you see the bud but are unsure what flower will unfold from it. If you have a pre-determined expectation for it to be one vs. another, such as wanting a tulip to be a rose, you will be disappointed when the “wrong” one unfolds. You will focus on what’s “wrong” with it. In doing so you may harm it and prevent it from reaching its potential. It will wither.

Unfortunately, the world is full of withered and withering people who are not connected to their own authenticity, who feel overwhelmed and discouraged. When we experience turbulent times, as we are now, these feelings can be magnified. People are stretched to their limits, and lose sight of their innate character strengths—temporarily blind to their uniqueness. Often, the loud inner critic joins in the game by suppressing one’s confidence, amplifying fear instead. During this pandemic, we see, hear and sense fear all around us like never before.

What if we could learn how to see and appreciate our and others’ strengths rather than being debilitated by a weakness focus? How would that positively impact resilience, well-being, achievement, and life satisfaction? How might that help us rise to the challenges we face? Truly wise people—individuals, parents, teachers, coaches, and leaders—create the conditions for themselves and others to genuinely flourish. Developing an awareness of these strengths helps us to focus on “what’s strong” instead of on “what’s wrong.”

Leveraging the science of positive psychology, we now can identify the strengths that define who we are at our best – the qualities that, when nurtured, can improve all areas of our lives. As decades of research and hundreds of studies have now shown, people who express their character strengths tend to be less stressed, more engaged, energized, and happier. In my twenty years of coaching, I have yet to encounter a more powerful tool than character strengths for increasing resilience, well-being and productivity. I have witnessed dramatic, positive change when people come to understand and leverage their strengths, while appreciating the strengths in others. All of this creates a positive upward spiral, rather than a negative, debilitating downward spiral.

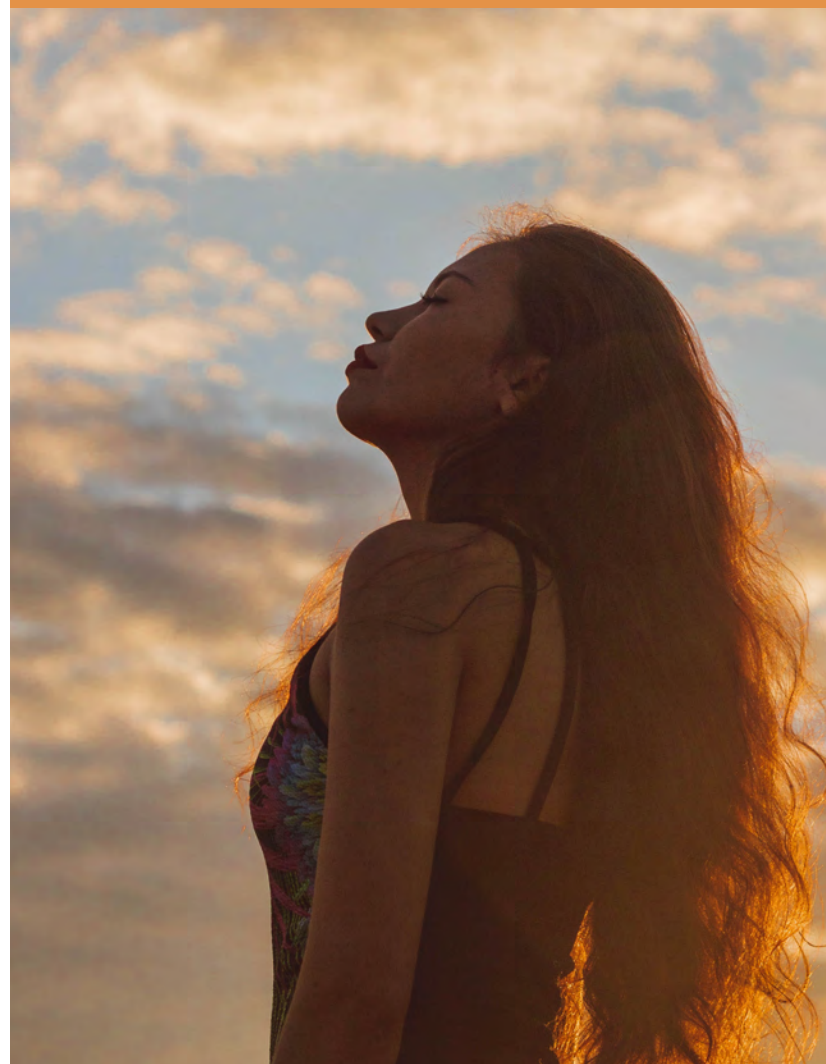
"Challenges are gifts that force us to search for a new center of gravity. Don't fight them. Just find a different way to stand."

—Oprah Winfrey

UNDERSTANDING CHARACTER STRENGTHS

Character strengths are those aspects of our personality that define what is best in us. Collectively, they are responsible for our greatest achievements and fulfillment. Scientists have identified 24 strengths that are the basic building blocks defining our individuality, psychologically speaking. We each possess all 24 of these strengths in different degrees and combinations. These strengths are universally valued – in the East and in the West – across the world's diverse cultures. Positive psychologists define them as positive traits that are beneficial to self and others. They lead us to positive emotions and relationships, greater vitality, and meaningful life activities. We flourish when we identify and flex our strengths.

If we want to build up any of these strengths, we can learn to do so. We aren't born missing key character strengths – we just may not have focused on exercising a particular strength, perhaps causing it to atrophy. The key is developing an awareness of our strengths and how to optimally use them, in order to boost our resilience and well-being. If we are conscious of our own strengths, we are more likely to recognize strengths in others, leading to more harmonious relationships, which are especially needed during these challenging times. Once we know what our best qualities are, they open up a vital pathway to engagement—at work, at school, in relationships, and through the peaks and valleys of life. Due to the science of positive psychology which focuses on what's strong about a person, versus a problem-focused approach, people can learn to design their own future powered by their strong suits. For example, the single mother who having been laid off from work, uses her strengths of perseverance and hope as she diligently applies for new jobs. Or the teenager who doesn't complain about cleaning the kitchen after a family meal, expressing his strength of gratitude for the food that was on the table.



The 24-character strengths (such as teamwork, honesty, leadership, kindness, creativity, forgiveness, etc.) are categorized into six virtue categories as follows:

- **Wisdom:** Cognitive strengths for the acquisition and use of knowledge
- **Courage:** Emotional strengths that exercise will to accomplish goals in opposition
- **Humanity:** Interpersonal strengths that involve tending and befriending others
- **Justice:** Civic strengths that underlie healthy community life
- **Temperance:** Strengths that protect against excess
- **Transcendence:** Strengths connected to a larger universe and that provide meaning

Research is continually shedding light on our understanding of character strengths and the following are four key characteristics:

- First, character strengths are positive traits all humans possess.
- Second, they are universally valued, meaning that they are valued in all cultures.
- Third, they are expressed in varying degrees, or at different levels. For example, one person may be very high in expressing their strength of hope, whereas another person may be more moderate in their use of hope.
- And fourth, they are learnable! The exciting news is that anyone can learn how to express any of the 24 character strengths more fully at any time!

DISCOVER YOUR UNIQUE STRENGTHS PROFILE

You can discover your own unique strengths profile and download it for free here. The VIA character strengths survey is a scientifically valid, peer-reviewed tool that helps you to focus on what's strong, instead of on what's wrong. For example, in your VIA report, you will find a ranking of your 24 character strengths with your most used strengths at the top, and your less-used strengths toward the bottom. By the way, all 24 character strengths matter—no one strength is more important than another.

YOUR TOP STRENGTHS

Some strengths are more strongly represented in us, are core to our identity, and to what we value. These are called our "signature strengths" or "top strengths." Top strengths are like a fingerprint—they define our uniqueness and represent our authentic selves. Our top strengths are those that feel almost as essential to us as breathing. They come naturally, and we feel energized and satisfied when we are expressing them. And when others see them in us, we feel understood in a significant way.



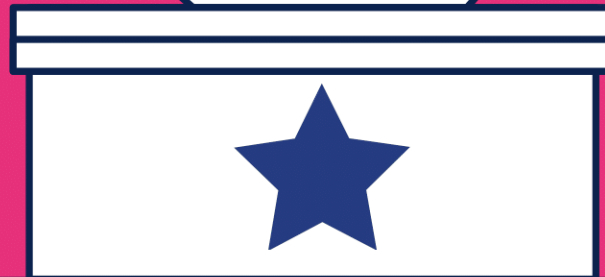
If we are unable to express these parts of ourselves for some reason, we might feel like we are suffocating or dying inside. That's why focusing on our top strengths and how to put them into play—especially during difficult times like those we face now—is so important. Our top strengths bring meaning into our lives, which is a powerful coping tool in the midst of this pandemic. As you look at your strengths survey results in your VIA report, in particular your top strengths, ask yourself these questions to determine whether a strength is truly a top strength for you:

- Is it authentic?
- Does it show up often?
- Do others notice it?
- Does using it energize me?
- If unable to express it, would I feel empty?

Interestingly, because we care so much about our top strengths, we tend to expect others to value those particular strengths as much as we do—and can become upset when they do not. Take, for example, the character strength of fairness. A person high in fairness may tend to become upset whenever they see instances of unfair treatment. In other words, our top strengths are also our hot buttons – that emotional trigger that fires when others act in contradiction of our valued strengths. We can learn to turn these potential clashes into collaborations, however, through developing an appreciation and respect for the strengths in others. This has never been more needed.

References:

Edward Cox, Inc. "5 Quotes from Oprah Winfrey on Overcoming Adversity." April 2, 2015. Accessed May 14, 2020 <https://www.businessinsider.com/oprah-winfrey-on-dealing-with-failure-2015-4>; evancarmichael.com



EVERY VOTE COUNTS

1. KNOW THE ISSUES



2. REGISTER TO VOTE



3. VOTE EARLY



4. ENCOURAGE OTHERS 2 VOTE



MAKE AN IMPACT.
ENSURE YOUR VOICE IS HEARD.

EARLY VOTING IN BEXAR COUNTY BEGINS
OCTOBER 13-30, 2020
ELECTION DAY IS NOVEMBER 3, 2020

FOR INFORMATION VISIT:
[HTTPS://WWW.UIW.EDU/ECCL/UIW-VOTES.HTML](https://www.uiw.edu/eccl/uiw-votes.html)

ETTLING CENTER FOR CIVIC LEADERSHIP & SUSTAINABILITY

4301 Broadway, San Antonio, Texas 78209 (210) 283-6423 ccl@uiwtx.edu www.uiwtx.edu/eccl



UIWV
VOTES

YOUR
VOTE IS
YOUR
VOICE

ELECTION 2020

EARLY VOTING BEGINS OCTOBER 13, 2020
ELECTION DAY IS NOVEMBER 3, 2020



ETTLING CENTER FOR CIVIC LEADERSHIP & SUSTAINABILITY
4301 Broadway, San Antonio, Texas 78209 (210) 283-6423 ccl@uiwtx.edu www.uiwtx.edu/eccl



Breast Cancer Awareness

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

- Each year in the United States, more than 250,000 women are diagnosed with breast cancer and 42,000 women die from the disease.

DID YOU KNOW?

October is Breast Cancer Awareness Month

LEARN THE SYMPTOMS AND
GET A CHECK UP TODAY!

VISIT AWARENESS.ORG FOR
MORE INFORMATION

What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all.

Symptoms can include:

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or under arm.

If you have any signs that worry you, see your doctor right away.



UIW HOMECOMING 2020

Homecoming

Court

Nominations



MAKE YOUR
2020 HOMECOMING COURT NOMINATIONS
DEADLINE: OCTOBER 15TH, 2 PM

<https://uiw.campuslabs.com/engage/submitter/form/start/448041>

A HISPANIC HERITAGE MONTH EVENT

VIRTUAL AND ON-CAMPUS
LOTERIA

AT 5PM, 6PM, AND 7PM

10.08.20
10.15.20

ALL DETAILS ON ENGAGE

PLAY FOR A CHANCE TO WIN A PRIZE

PRIZES - FOOD - GAMES - MUSIC - GIVEAWAYS

UNIVERSITY OF THE INCARNATE WORD

NATIONAL NIGHT OUT

WELCOME TO THE NEST

**LEARN ABOUT CAMPUS RESOURCES AND MEET OUR
COMMUNITY PARTNERS AND YOUR FELLOW NEIGHBORS**

**TUESDAY
OCT 13
4-7PM**

NATATORIUM CIRCLE

DOOR PRIZES - FOOD - GAMES - MUSIC - G

2020 DISPLAY BOARD CONTEST



Saturday, October 10
Parking Lot behind Natatorium

REGISTER NOW!

Search "2020 Display Board Contest" on **UIW ENGAGE**. Spaces are limited!

Cash prizes available for the top 3 designs.

All UIW approved student organizations must register as a group (limit 4 students per group).

For more info, email esmartin@uiwtx.edu.



STUDENT GOVERNMENT PRESENTS

FOOD TRUCK EVENT

When: Oct 9th from 6:00-9:00 pm

Location: Friendship Garden
(located behind the SEC)

COME EXPERIENCE A TASTE OF COLOMBIA
WITH "EMPANADAS Y AREPAS JOVI"
TO CELEBRATE HISPANIC HERITAGE MONTH

VISIT UIW ENGAGE

CAMPUS ENGAGEMENT

Noche en el Caribe

"NIGHT IN THE CARIBBEAN"

LET US TREAT YOU TO A "NIGHT IN THE CARIBBEAN" WITH LIVE LATIN TROPICAL MUSIC, FOOD, AND DOOR PRIZES. STOP BY AND ENJOY YOUR EVENING.

Thurs. October 15

ATT CIRCLE

2-5 PM

BEER GARDEN - MUSIC - FREE FOOD & GIVEAWAYS

HOSTED BY CAMPUS ENGAGEMENT

OKTO BERF EST

10.16.20

SKYVIEW LOT
6PM - 9PM



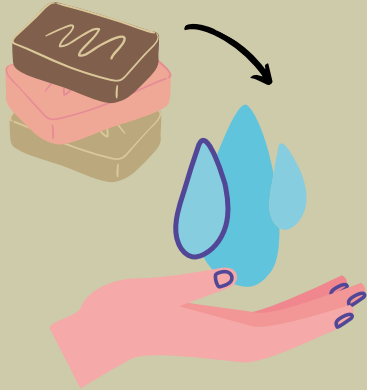
DIA DE LOS MUERTOS FESTIVAL

Join us in your best calavera outfits for UIW's first Day of the Dead Festival. Learn about the beautiful tradition of ofrendas and other elements of Dia de Los Muertos.

OCT 23 - 6-9 PM

SKYVIEW LOT

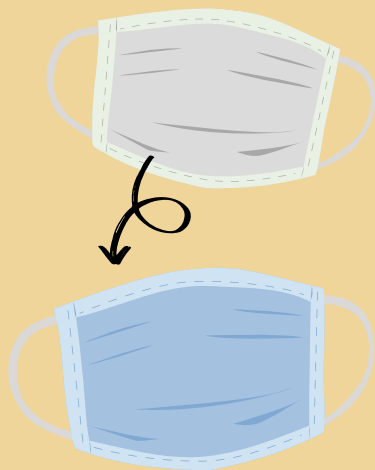
A GUIDE TO MASK USE



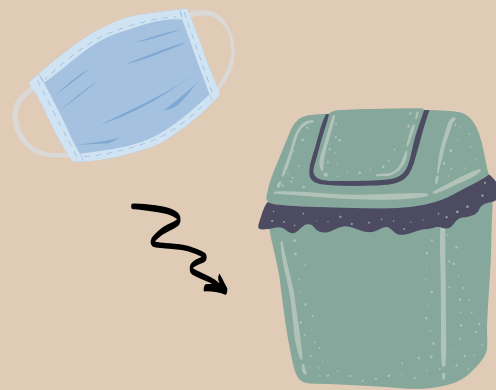
Before putting on a mask, clean hands with alcohol-based hand sanitizer or soap and water.



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.



Replace the mask with a new one as soon as it is damp and do not reuse single-use masks.



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand sanitizer or soap and water.

Holiday Countdown



25 DAYS UNTIL HALLOWEEN



51 DAYS UNTIL THANKSGIVING



80 DAYS UNTIL CHRISTMAS



86 DAYS UNTIL NEW YEAR

BROUGHT TO YOU BY UIW CAMPUS ENGAGEMENT

COMMUNITY

MESSAGES

- **COVID-19 REMINDERS**
- **FROM UIW BEHAVIORAL HEALTH 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.

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.



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



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@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

