

MARCH 30

WHAT'S THE

WORD

**UIW WELLNESS
POOL PARTY**

COMMUNITY MESSAGES

**CAB BOARD MEMBERS
APPLICATION**

SPRING 2021

UNIVERSITY OF THE INCARNATE WORD

TABLE OF *contents*



- 3 Cardinal Flight Plan**
Cardinal Daily Health Check
- 5 University Mission and Ministry**
University of the Incarnate Word Prayer
- 6 UIW Campus Engagement**
Women's History Month Events Calendar
- 10 Health and Wellness**
Pool Party
- 13 Campus Activity Board**
Board Members Application
- 18 UIW Community Messages**
COVID-19 Reminders

Message from Campus Engagement

Hello Cardinals! This week in What's The Word, we want to let you know we are here for you! Remember to stay ENGAGED by logging on to Cardinal Apps. If you are looking for an organization you would like to join, then ENGAGE is your portal to all events and organizations available. 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. Enjoy the newsletter and be informed!

"We all have our time machines. Some take us back, they're called memories. Some take us forward, they're called dreams" - Jeremy Irons

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.

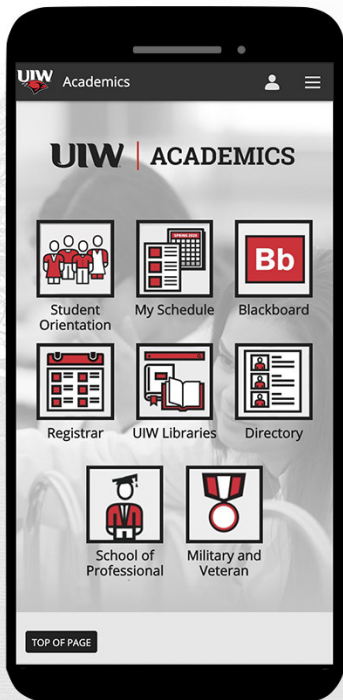
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



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



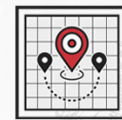
Scan this QR code to go to the Cardinal Daily Health Check.



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?

- 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



Hispanic-Serving Institutions (HSI) Virtual Summit + Expo

The University of the Incarnate Word has partnered with 13 other Hispanic-Serving Institutions to host the Hispanic-Serving Institutions (HSI) Career Collaborative Summit. This is a two-day event taking place on April 14 and 15 to help you connect with organizations.

April 14 – Attend professional development workshops from 3-6 p.m. CST

April 15 – Career Expo from 12 - 6 p.m. CST

*****To Register: Visit [*Handshake*](#).

Below are some answers to questions that you might have and should review prior to the Summit.

Event FAQs

1. Who can attend this event?

This event is only open to students and alumni from the 14 participating institutions.

2. What companies will attend the Career Expo?

There will be companies with open internships and/or full-time opportunities attending from a variety of industries. You can see a preview of the registered employers through your Handshake account.

3. Can I meet with employers during the Career Expo?

Yes. Space is limited and on a first-come, first-served basis so be sure to sign up for 1:1 and group sessions as soon as you can.

4. How do I reserve my spot?

Visit Handshake to register for the Hispanic-Serving Institutions (HSI) Career Collaborative Summit.

5. What should I bring?

Students are advised to upload their resume into their Handshake profile to share with potential employers.

6. What should I wear?

Professional attire is required to attend this event.

Should you have any additional questions, contact UIW Career Services at careers@uiwtx.edu or 210.829.3931.

University of the Incarnate Word Prayer

Jesus Christ, the Incarnate Word,
Son of God and Son of Mary,
you are Emmanuel: God-with-us.

We praise and thank you for your life,
your love, your death, and resurrection.

We ask you, please,
send your Holy Spirit
to enlighten our minds with your truth
and to enflame our hearts with love for you
and for all human persons everywhere on earth.

Soften our hearts to the needs of the poor.
Inspire us to use the knowledge we are acquiring here to:
understand better your plan for creation,
bring about justice,
and alleviate human suffering
everywhere on your good earth.

Mary, Mother of Jesus and Mother of the Church,
pray for us that we may always say

"Yes"
to God's call in our lives.

Amen

Oración de la Universidad de Verbo Encarnado

Cristo Jesús, Verbo Encarnado,
que eres el Hijo de Dios y de María.

Tú eres “Emanuel”, el Dios-con-nosotros.

Te alabamos y te damos gracias por la vida,
por tu amor, y por el don de tu muerte y resurrección.

Te pedimos que nos envíes al Espíritu Santo
para que nuestras mentes se iluminen con la verdad
y nuestros corazones se inflamen

con el amor por Ti y por todos los seres humanos
dondequiera que vivan en el mundo.

Enséñanos a reconocer tu presencia en la creación.

Haz sensibles nuestros corazones
a las necesidades de los pobres.

Inspíranos cómo podemos usar lo que estamos
aprendiendo aquí en la Universidad
para comprender mejor tu plan para toda la creación.

Que podamos luchar por la justicia y
aliviar de alguna manera los sufrimientos
humanos en donde estén presentes en
este mundo que es obra tuya.

María, Madre de Jesús y Madre de la Iglesia,
ora por nosotros para que podamos decir

“Sí”

a las llamadas de Dios en nuestra vida.

Amén.

SAVE THE DATE

**STARLIGHT MOVIE
SERIES**

TUESDAY | APRIL 13

**8 P.M. MOVIE STARTS
ON BACK FIELD
(BEHIND THE SOFTBALL/BASEBALL FIELD)**

**BRING YOUR OWN
BLANKET!**



@UIWCAMPUSENGAGE

ALL EVENTS WILL BE ADHERING TO THE EVENT AND SOCIAL DISTANCING GUIDELINES LISTED IN THE UIW CARDINAL FLIGHT PLAN.

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

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.





UIW TRIATHLON



JOIN TRIATHLON

PRACTICE ON CAMPUS

SWIM IN NATATORIUM

RUN ON TRAILS

RIDE AROUND CAMPUS



FIND US ON
ENGAGE

  
@UIWCLUBSPORTS

CLUBSPORTS@UIWTX.EDU
UIW.EDU/CLUBSPORTS



POOL

PARTY

WEDNESDAY • MARCH 31

INNERTUBE WATER POLO
AQUA VOLLEYBALL

PRIZES
FREE GIVEAWAYS

5:30 - 7:30 PM
MUST REGISTER ONLINE
TEAMS OF 6

REGISTER WITH A TEAM OR AS A FREE AGENT



@UIWINTRAMURALS

UIW.EDU/INTRAMURALS

— JOIN THE TEAM —

We're hiring!

Positions:

Graduate Research Assistant for CHASS/Honors Program

<https://jobs.uiw.edu/postings/16088>

DETAILS:

The Honors Program Graduate Assistant is responsible for assisting the Honors Program Director with research and to serve as a contact for students and visitors.

- This position open to current UIW graduate students.
- This position funded via tuition assistance.
- Spring 2021 Semester
- Works 10 hours per week



Campus Activities Board



CAMPUS ACTIVITIES BOARD (CAB) ARE STUDENTS WHO CREATE FUN- FREE EVENTS FOR STUDENTS. WE ARE RESPONSIBLE FOR PRODUCING AND PROMOTING EVENTS THAT ARE FUN, SAFE, AND ENGAGING. OUR EVENTS VARY FROM HAUNTED HOUSES TO FOAM PARTIES. CAB STRIVES TO SERVE THE ENTIRE UIW COMMUNITY WITH TRADITIONAL AND EXCITING OPPORTUNITIES TO ENGAGE WITH FELLOW STUDENTS.

BECOME A CABBIE!!!

We are always looking for "cabbies," aka volunteers, that get awesome perks and great event planning experience! If interested, contact us today at cab@uiwtx.edu or find our [organization portal](#) on UIW Engage.



**2021 - 2022
SCHOOL YEAR**

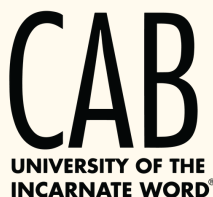
Campus Activities Board is looking for:

CAB BOARD MEMBERS!

If you want to plan FREE, fun and engaging events for UIW students, apply today! A stipend is available for board members.

Applications are being accepted on UIW Engage through April 9, 2021. Just follow these simple steps:

[UIW Engage > Campus Activities Board > Forms](#)



**FOR MORE INFORMATION, PLEASE CONTACT
PAULINA ZELAZNA AT
ZELAZNA@STUDENT.UIWTX.EDU**



**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**

CAB
UNIVERSITY OF THE
INCARNATE WORD®



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

HANDWASHING

101



01

Wet your hands before applying soap

02

Rub soap all over your palms, the backs of your hands, and in between your fingers

03

Do this process for at least 20 seconds before rinsing

04

Wipe your hands with a clean towel or paper towel

REMOTE LEARNING

TIPS FOR LEARNING FROM HOME

MAKE A PLAN

The school and your teacher will prepare your lessons, but it'll be good if you plan how you'll be studying at home.



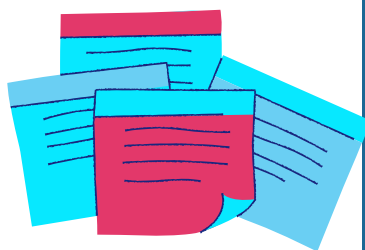
BE PROUD OF YOUR ACHIEVEMENTS

Studying at home isn't easy. Reward yourself for each small success.



TAKE NOTES

Notes will help you remember lessons as you watch them. It'll also be useful for reviewing later.



DO ONE THING AT A TIME

Finish one lesson before moving to the next. Do one assignment before another. Lessen multitasking.



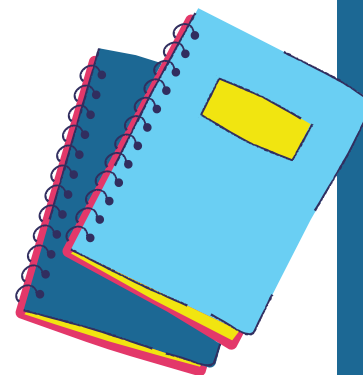
TAKE A BREAK

Do your work in blocks to lessen the strain. After finishing one lesson, take a five minute break before moving on.



KEEP YOUR ROUTINE

Treat your day as if you're going to school. Get up, take a shower, have breakfast.



COMMUNITY

MESSAGES

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

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 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



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

