

AUGUST 25

WHAT'S THE  
**WORD**

**WELCOME WEEK  
2020**

**COMMUNITY MESSAGES**

**HEALTH & WELLNESS  
HOURS OF OPERATION**

**FOUR-YEAR CAREER PLAN**

**FALL 2020**  
UNIVERSITY OF THE INCARNATE WORD



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## Message from Campus Engagement

WELCOME BACK! The Campus Engagement Team is proud to have our Cardinals back on campus and we are providing you with the latest way to ENGAGE with your university and fellow Cardinals, faculty and staff. This issue of What's The Word is filled with information and opportunities for you to participate in fun activities virtually and in person. All activities will adhere to safety guidelines in the Cardinal Flight Plan.

Search ENGAGE for all FREE events from Campus Engagement. Enjoy opportunities from the Wellness Center and Career Services and find out what exciting events they have for you to enjoy this semester. Take this opportunity to learn more about what is available outside the classroom.

"The miracle isn't that I FINISHED. The miracle is that I had the courage to start."  
John Bingham

## 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.



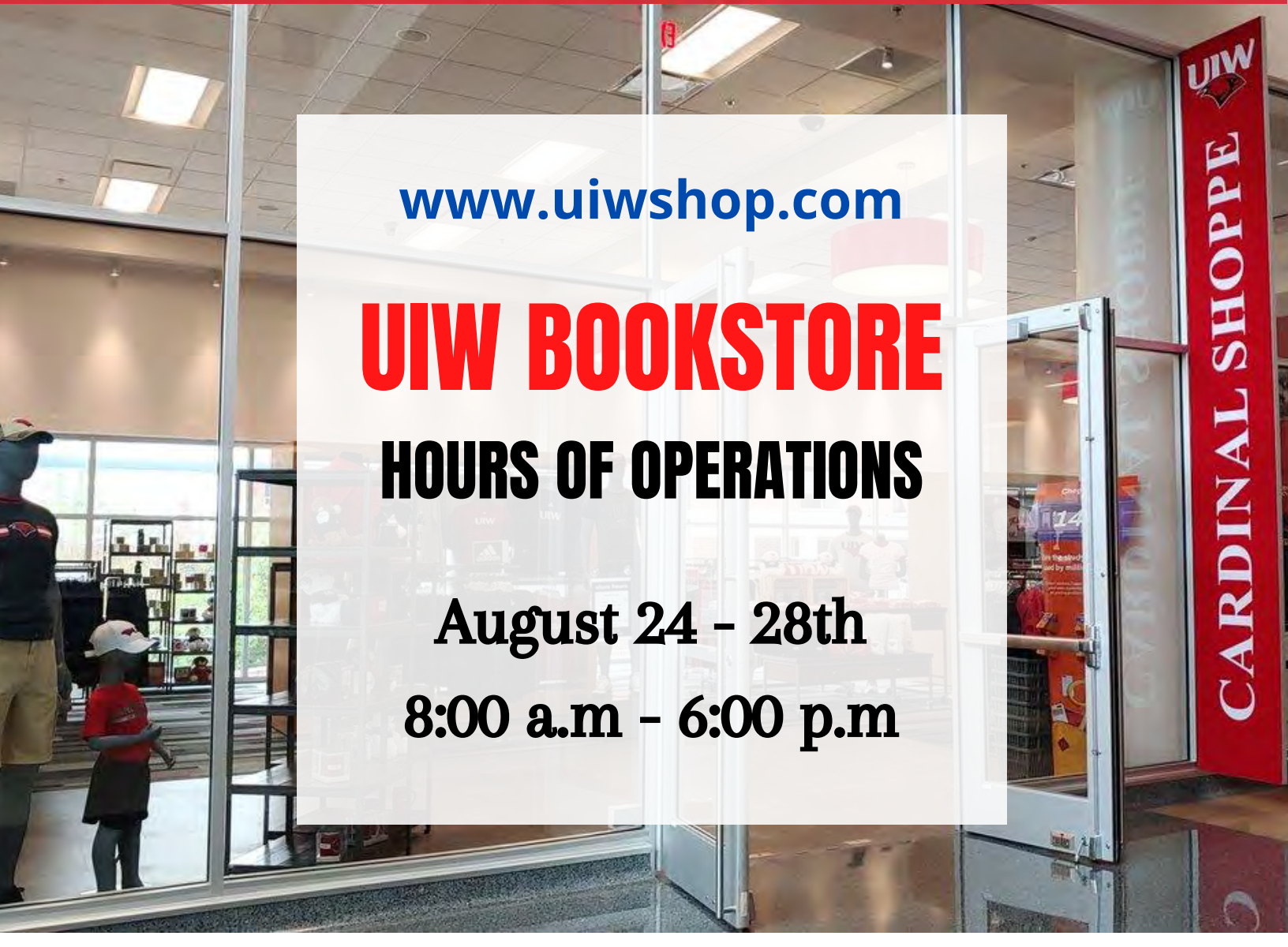
[www.uiwshop.com](http://www.uiwshop.com)

# UIW BOOKSTORE

## HOURS OF OPERATIONS

August 24 - 28th

8:00 a.m - 6:00 p.m





# UIW ENGAGE



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

### STEP 1

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

### STEP 2

Click on the **ENGAGE** tab. Use  
the search bar to find an  
organization or view events  
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](mailto:CAMPUSENGAGEMENT@UIWTX.EDU)

210-829-6043



# WELLNESS CENTER

**OPENS**

**MONDAY,  
AUGUST 24**

**MODIFIED HOURS OF OPERATION  
BY RESERVATION ONLY**

**OPEN TO CURRENT UIW STUDENTS, FACULTY AND STAFF**

[www.uiw.edu/wellness](http://www.uiw.edu/wellness)



**RICHARD AND JANET CERVERA  
WELLNESS CENTER**





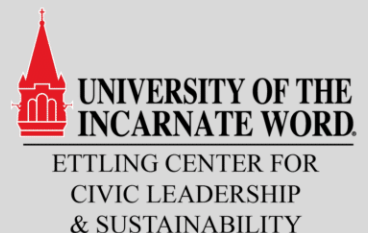
HAVE QUESTIONS ABOUT  
COMMUNITY SERVICE HOURS?

# Schedule a Virtual Appointment!

We would love to hear from you and answer any questions you may have regarding community service hours or how to track your hours on the UIW ENGAGE/GIVEPULSE system.

Please call us at (210) 283-6423 or email us at [ccl@uiwtx.edu](mailto:ccl@uiwtx.edu) to schedule a Zoom appointment.

ETTLING CENTER FOR CIVIC LEADERSHIP &  
SUSTAINABILITY  
210-283-6423  
[CCL@UIWTX.EDU](mailto:CCL@UIWTX.EDU)







# I wear a mask for...

## Practice compassion and share who you wear a mask for!

Practicing compassion can take shape in many ways, including wearing a face mask. This campaign is intended to inspire and educate the public on the importance of wearing a mask/face covering to help minimize the spread of COVID-19, which some research reveals may mitigate the spread of the virus by 40%. For more information, please visit the CDC website at <https://www.cdc.gov/>

Students may earn up to one hour of community service hour for submitting a video or picture sharing "I wear a mask for..."

Please follow these steps to earn up to one hour of community service:

- Register and add impact using this designated event <https://givepul.se/2w6i84>
- Submit a 15-30 second video or picture answering the phrase, "I wear a mask for..."
- Complete reflection questions
- By completing this activity and submitting your project to the Ettling Center, you are authorizing and giving the Center permission to post and distribute your submission on their social media platforms



Should you have any questions or need additional information, please call (210) 832-3208 or email us at [ccl@uiwtx.edu](mailto:ccl@uiwtx.edu).

Ettling Center for Civic Leadership & Sustainability  
(210) 832-3208  
[ccl@uiwtx.edu](mailto:ccl@uiwtx.edu)

 UNIVERSITY OF THE  
INCARNATE WORD  
ETTILING CENTER FOR  
CIVIC LEADERSHIP  
& SUSTAINABILITY



ETTLING CENTER FOR CIVIC  
LEADERSHIP & SUSTAINABILITY

# VOLUNTEERS NEEDED TO SEW!



## MASKS 4 SOUTH TEXAS PROJECT

For more information or to  
register:

<http://givepul.se/404j7z>



## THE FACE MASK KIT WILL INCLUDE:

- COTTON FABRIC
- FLANNEL
- NOSE BRIDGES
- ELASTIC
- MASK PATTERNS
- THREAD

Ettling Center For Civic  
Leadership & Sustainability  
210-283-6423  
ccl@uiwtx.edu



# GREEN SERVICE PROJECT

OUR UIW COMMUNITY GARDENS MAY BE TEMPORARILY CLOSED BUT WE WANT TO CHALLENGE YOU TO CREATE YOUR OWN AT HOME!

CREATE A GARDEN, PLANT A TREE, FLOWER OR OTHER TYPE OF PLANT AND EARN 5 HOURS OF COMMUNITY SERVICE.

**IN ORDER TO RECEIVE SERVICE HOURS, STUDENTS MUST:**

- REGISTER AND ADD IMPACT USING DESIGNATED GIVEPULSE EVENT ([HTTPS://GIVEPUL.SE/UTC32V](https://givepul.se/UTC32V))
- DOCUMENT PROCESS BY TAKING PICTURES AND ATTACHING PICTURES TO YOUR IMPACT
- COMPLETE REFLECTION QUESTIONS

SHOULD YOU HAVE ANY QUESTIONS OR NEED ADDITIONAL INFORMATION, PLEASE CALL (210) 283-6423 OR EMAIL US AT [CCL@UIWTX.EDU](mailto:CCL@UIWTX.EDU).

**Ettling Center for Civic Leadership & Sustainability**  
(210) 283-6423  
[ccl@uiwtx.edu](mailto:ccl@uiwtx.edu)



# Four Year Career Plan

## Discover (First Year)

- Complete the [Focus2 Career Assessment](#) to understand how your skills, interests, and values relate to careers **Access code: cardinal**
- Meet with a career counselor about possible career interest areas related to your major (careers@uiwtx.edu)
- Start to define a strategy for reaching your career goals
- Conduct an informational interview with a professional, faculty member, or mentor to learn the realities of your intended career
- Activate and complete your Handshake account (<https://uiw.joinhandshake.com>)
- Create a resume with a career counselor
- View internships posted in Handshake, identify job titles of potential interest
- Consider career-related experience through an externship, internship, co-op, research or volunteer
- Identify potential mentor to help you be successful in your professional development

## Develop (Second Year)

- Update your resume and Handshake account with experiences from summer
- Create cover letter with Career Advisor
- Practice your interview skills with a Career Advisor
- Join a student organization that is related to your major or intended career – consider a leadership position in these organizations
- Create your LinkedIn account – meet with Career Advisor to learn strategies to develop your personal brand
- Meet with Career Advisor to solidify your internship search strategy
- Attend Career Services events and Internship Fair to learn about summer opportunities (Fall)

## Experience (Third Year)

- Update your resume and Handshake account with experiences from summer
- Decide if graduate or professional school is necessary to reach your career goals, if so work with a Career Advisor to start planning (Fall)
- Conduct research to determine the types of entry-level positions for which you might qualify
- Meet with Career Advisor to solidify your career search strategy (Spring)
- Learn appropriate attire for recruitment events. Attend Career Services' Suit Up Night to purchase business professional suit and accessories
- Fine tune your interview skills by attending Career Fair Week one-on-one Mock Interview sessions
- Complete at least one internship or co-op to gain experience and build your resume
- Develop professional network via LinkedIn, student, or professional organizations

## Implement (Fourth Year)

- Update your resume and Handshake account with experiences from summer
- Fine tune your cover letter and resume with a Career Advisor
- Schedule a mock interview to prepare for full-time job or graduate/professional school interviews
- Meet with Career Advisor to identify full-time job opportunities and finalize your job search plan
- Identify professionals willing to serve as references and write letters of recommendation
- Make necessary changes to Handshake profile 2 months prior to graduation

# SUMMER/FALL 2020 VIRTUAL EVENTS

UIW OFFICE OF CAREER SERVICES



CAREER SERVICES

## VIRTUAL EXTERNSHIP SERIES: ENTERPRISE

ZOOM/REGISTER VIA-HANDSHAKE  
JULY 16TH | 1:30-4:30PM

Join Enterprise for a live interactive learning event with a focus on technical skill development

## VIRTUAL EXTERNSHIP SERIES: ACCENTURE

ZOOM/REGISTER VIA-HANDSHAKE  
JULY 30TH | 1:30-4:30PM

Join Accenture for a live interactive learning event with a focus on technical skill development

## GREATER SAN ANTONIO VIRTUAL CAREER FAIR

REGISTER: CAREERECO.COM/EVENTS/SANANTONIO  
AUGUST 4TH | 10AM - 6PM CENTRAL

Looking for a career opportunity? Virtually attend this virtual career fair for networking opportunities (Full-time, part-time, intern, Co-Op, Seasonal)

## VIRTUAL EXTERNSHIP SERIES: GM FINANCIAL

ZOOM/REGISTER VIA-HANDSHAKE  
AUGUST 6TH | 1:30-4:30PM

Join GM Financial for a live interactive learning event with a focus on technical skill development

## VIRTUAL HAPPY HOUR WITH DIANE GOTTSMAN

ZOOM/REGISTER VIA-HANDSHAKE  
OCTOBER 14TH | 4-5PM

Virtual Happy Hour with Diane Gottsman on Virtual Etiquette and Networking. Learn about the DO's & DON'Ts of virtual etiquette and how to be your BEST! Bring your favorite mocktail and let's have a Happy Hour!

## JCPENNEY SUIT UP NIGHT

ONLINE  
SEPTEMBER 20TH + 21ST

Students are invited to shop online for discounted prices on professional dress. More details to come!

## LINKEDIN WORKSHOP

ZOOM/REGISTER VIA-HANDSHAKE  
OCTOBER 26TH | 4-5:30PM  
NOVEMBER 12TH | 2-3:30PM

Learn from an employer partner on how to build your profile and make it more marketable

## WORKSHOP SERIES PRESENTED BY: IEMPOWER

- |  |                            |
|--|----------------------------|
| WORKSHOP #1: Discovering You, Your Future, Next Steps        | SEPTEMBER 16   3-4PM       |
| WORKSHOP #2: Networking: The Power of Connecting with Others | OCTOBER 5   10:30-11:30AM  |
| WORKSHOP #3: Negotiation Skills                              | NOVEMBER 9   10:30-11:30AM |

ALL EVENT INFORMATION AND REGISTRATION CAN BE FOUND THROUGH HANDSHAKE



## REMEMBER! REMEMBER! REMEMBER!

# OFFICE OF CAREER SERVICES

### WE ARE HERE TO HELP!

In light of the current COVID-19 pandemic, the Office of Career Services will now be assisting students virtually through Skype/Zoom, email/chat, and phone. Please make your appointment via Handshake or by calling our office. Visit our [website](#) for more information.

### HOW CAN WE HELP?

- Résumé Review
- Cover Letter Review
- Mock Interview
- Career Assessment
- Online Job Database
- Career Counseling
- Job Fairs
- Professional Development

Student Engagement Center, Suite 3030  
210-829-3931 | [careers@uiwtx.edu](mailto:careers@uiwtx.edu)





# Campus Activity Board 2020-2021

Meet the members



Danielle  
Delgado

**POSITION:** PRESIDENT

**MAJOR:** COMMUNICATION ARTS  
WITH A CONCENTRATION IN MEDIA  
STUDIES

**HOMETOWN:** SAN ANTONIO, TX

**GOAL:** I KNOW THIS SCHOOL YEAR  
IS NOT WHAT ANYONE EXPECTED  
IT TO BE, BUT I'D LIKE TO PROVIDE  
STUDENTS WITH FUN, SOCIAL-  
DISTANCED, EVENTS WHERE  
MEMORIES CAN BE MADE.

# Bianca Torres

**POSITION:** DIRECTOR OF  
OPERATIONS

**MAJOR:** REHABILITATIVE SCIENCE

**MINOR:** PSYCHOLOGY

**HOMETOWN:** SAN ANTONIO, TX

**GOAL:** THIS YEAR WILL PROVE TO  
BE A CHALLENGE  
WITH THE ISSUES CURRENTLY  
PLAGUING THE COMMUNITY.  
HOWEVER, MY GOAL FOR THIS  
YEAR IS TO COME UP WITH MORE  
INNOVATIVE EVENTS AND MEET  
NEW FRIENDS!



# Karen Michail

**PPOSITION:** DIRECTOR OF  
EXTERNAL AFFAIRS

**MAJOR:** BIOLOGY

**HOMETOWN:** SAN ANTONIO, TX

**GOAL:** CAN'T WAIT TO HAVE FUN  
EVENTS AND MEET WONDERFUL  
PEOPLE!



# Karla Martinez

**POSITION:** DIRECTOR OF STUDENT INVOLVEMENT

**MAJOR:** NUCLEAR MEDICINE

**HOMETOWN:** LAREDO, TX

**GOAL:** MASTER TIME MANAGEMENT AND MEET MORE PEOPLE.



# Elena Hodgkinson

**POSITION -** DIRECTOR OF ADMINISTRATION

**MAJORS-** DOUBLE MAJOR. PSYCHOLOGY AND SOCIOLOGY

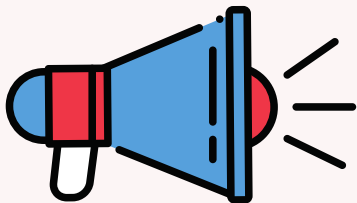
**HOMETOWN-** SAN ANTONIO, TX

**GOAL:** TO BE ABLE TO MEET GREAT PEOPLE AS WELL AS HELP THEM COME TOGETHER AND ENGAGE WITH ONE ANOTHER FOR A SUCCESSFUL YEAR AND FUTURE

# Jennifer Huerta

**POSITION:** DIRECTOR OF FINANCE  
**MAJOR:** BUSINESS MARKETING  
**MINOR:** FASHION MARKETING  
**HOMETOWN:** DALLAS, TX

**GOAL:** TO BE ABLE TO HELP STUDENTS COME TOGETHER AS A COMMUNITY AND GET TO KNOW EACH OTHER, AND BE ABLE TO HELP THEM TAKE A MENTAL BREAK FROM ACADEMICS AND RELEASE SOME STRESS



## CAB IS HIRING

**CAB is currently looking for a Director of Marketing. The position handles their social media and creates CAB flyers. For more details please visit UIW ENGAGE portal.**



# WELCOME WEEK 2020

## FRIDAY 21

**VIRTUAL** *Get Involved!*

**INFO SESSION & TRIVIA NIGHT**  
WITH CAMPUS ENGAGEMENT & TEAM RED  
3PM | ONLINE (UIW ENGAGE)

**VIRTUAL** *Welcome Tradition*

**ANNUAL PINNING CEREMONY**  
6PM | PRE-RECORDED CEREMONY  
AVAILABLE ON ENGAGE AND SOCIAL MEDIA

## MONDAY 24

*Kickoff Event*  
**COMEDY MAGIC** 25 MIN. SHOWS!

WITH STEVE STONE  
STARTING AT 11AM | DUBUIS LAWN

## TUESDAY 25

**VIRTUAL** *Craft Tuesday*  
**DIY FACE MASKS**  
2 PM | ENGAGE

**AROUND THE WORLD**  
*with Greek Life and Club Sports*  
11AM - 2PM | FOUR CIRCLES  
FOUR CIRCLES: WESTGATE, AT&T, CLOCK TOWER, ADMIN

## WEDNESDAY 26

**VIRTUAL** *Get Involved!*  
**VIRTUAL ACTIVITIES FAIR**  
11AM - 1PM | ENGAGE

*Free Snowcones and Prizes!*  
**BREAKING ICE WITH CAB**  
5 P.M. | FRIENDSHIP GARDEN  
WHILE SUPPLIES LASTS

## THURSDAY 27

*Free Ice Cream!*  
**SNAPSHOT ACTIVITIES FAIR**  
11AM - 2PM | DUBUIS WALKWAY  
WHILE SUPPLIES LAST

**VIRTUAL** *Win prizes!*  
**LOTERIA NIGHT**  
6PM | ENGAGE

## FRIDAY 28

*Let's get crafty!*  
**CRAFT CORRAL**  
2PM - 5PM | SEC

**VIRTUAL** *Win prizes!*  
**TRIVIA NIGHT**  
7PM | ENGAGE

## SATURDAY 29

*Free food and prizes!*  
**TACO TACO!**  
6PM | FRIENDSHIP GARDEN  
WHILE SUPPLIES LAST



@UIWCAMPUSENGAGE



@UIWCAMPUSENGAGE



# ALL AROUND THE WORLD



## WITH GREEK LIFE & CLUB SPORTS




LOCATION: FOUR CORNERS  
OF CAMPUS




(WESTGATE CIRCLE, AT&T CIRCLE,  
ADMIN TOWER, CLOCK TOWER)

TUESDAY, AUGUST 25

FROM 11 AM - 2 PM



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





WELCOME WEEK 2020

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# VIRTUAL DIY FACE MASK

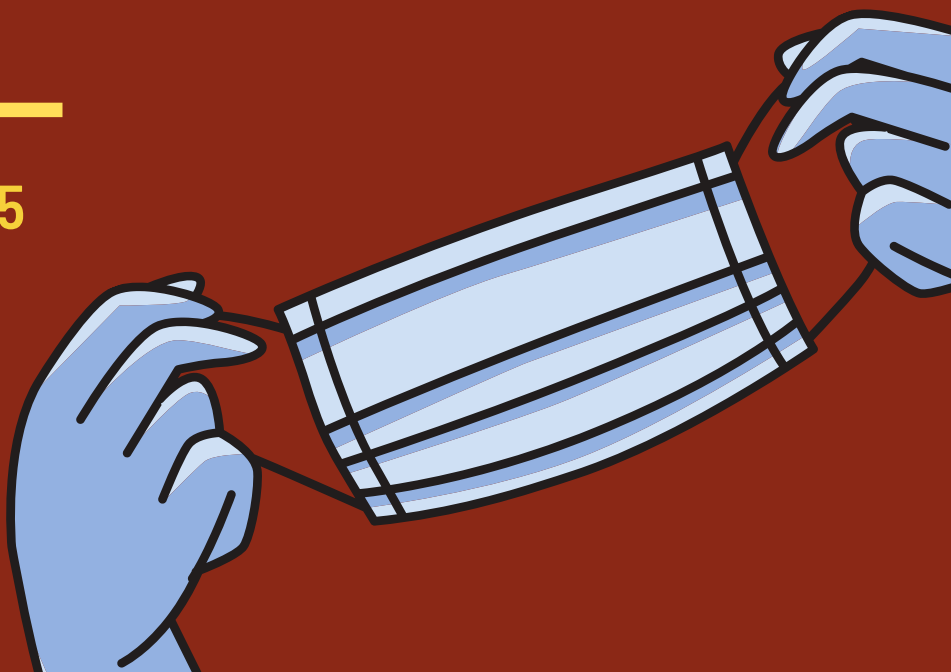
Relieve some stress from your first week of school by taking a break and making your very own DIY Face Mask. Join us on ENGAGE for an easy-to-follow tutorial on making your own mask from home.

Post a picture of you wearing your own face mask and tag us @uiwcampusengage for a chance to be featured on our social media this week and randomly picked to win some UIW swag!

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**TUESDAY, AUGUST 25**

BROUGHT TO YOU BY  
TEAM RED



**AUG. 26 11:00 AM - 1:00 PM**



**[VIRTUAL]**

# **STUDENT ACTIVITIES FAIR**



**EVENT INFO FOUND ON ENGAGE**

**IF YOU ARE REPRESENTING A STUDENT ORGANIZATION AND HAVE QUESTIONS ABOUT HOW TO BE A PART OF THIS EVENT, CONTACT CAMPUS ENGAGEMENT AT**

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



# ICEBREAKERS WITH CAB

WEDNESDAY, AUGUST 26

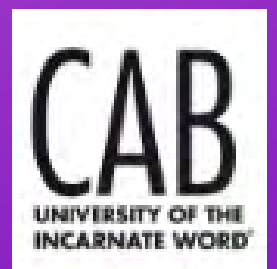
6 - 8 P.M | FRIENDSHIP GARDEN

JOIN US FOR A COUPLE OF SWEET TREATS  
ON US AND PLAY A GAME TO WIN SOME  
UIW SWAG!



**FACE MASKS ARE REQUIRED  
AT ALL CAMPUS EVENTS**

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



**THURSDAY, AUG. 27  
11:00 AM – 2:00 PM  
DUBUIS WALKWAY**

**FREE  
ICE CREAM**



**SNAPSHOT**

# **STUDENT ACTIVITIES FAIR**

**EVENT INFO FOUND ON ENGAGE**

**IF YOUR ORGANIZATION WOULD LIKE TO BE A PART OF THIS EVENT, SUBMIT YOUR 13 X 19 POSTER WITH YOUR ORGANIZATION NAME, SUMMARY, AND OTHER IMPORTANT INFO TO [CAMPUSENGAGEMENT@UIWTX.EDU](mailto:CAMPUSENGAGEMENT@UIWTX.EDU)**

**FACE MASKS ARE REQUIRED AT ALL CAMPUS EVENTS**

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





WELCOME WEEK 2020

# VIRTUAL LOTERIA NIGHT

Play for your chance to win a gift card or free swag.  
Go to [UIW Engage](#) for event details  
on how to join us through your computer or smart device.

**BROUGHT TO YOU BY TEAM RED**

**AUGUST 27, 2020 @ 6PM**

# craft corral

FRIDAY AUGUST 28, 2020

from 2- 5 PM

at SEC

---

Kick off the weekend with some destressing at the Craft Corral, where you can choose from three different arts and crafts projects.

Seating is first come, first serve!

Craft sessions will be in 30 min increments so EVERYONE can enjoy a craft session!

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



HOSTED  
BY  
TEAM RED



# TACO TACO

**SATURDAY, AUGUST 29**

**FRIENDSHIP GARDEN | 6 PM**

***ENJOY DELICIOUS TACOS ON US! NO BETTER WAY TO WELCOME YOU TO THE NEST THAN SOME DELICIOUS FOOD AND A CHANCE AT WINNING SOME GREAT PRIZES AND GIVEAWAYS.***

**Hosted by Campus Engagement**

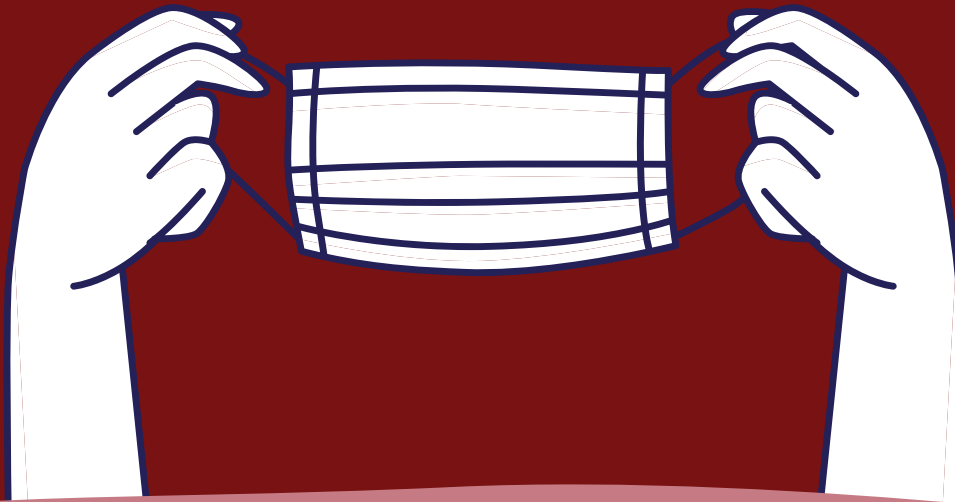
**FACE MASKS ARE REQUIRED  
AT ALL CAMPUS EVENTS**

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



# How to Safely Wear a Mask

*Source: World Health Organization*



## Do's

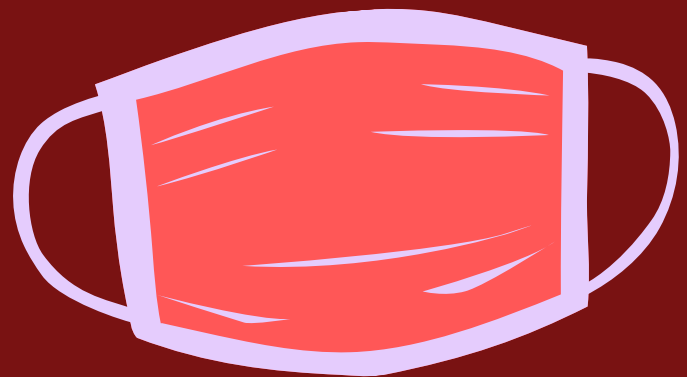
- ✓ Thoroughly wash hands with soap and water before touching the mask
- ✓ Check the mask for any tears or holes
- ✓ Find the top side where the metal piece or stiff edge is
- ✓ Ensure that the colored side faces outwards
- ✓ Place the metal piece/stiff edge over your nose
- ✓ Cover your mouth, nose, and chin



## HOW TO USE A MASK

**Masks alone will not protect you from Covid-19.**

**Remember to sanitize your hands and practice social distancing.**





Do you think you  
have what it  
takes to be a  
knight of Omega  
Delta Phi?

Let's Find Out!

Follow Us on on your  
socials

For any Questions  
Dm us!



@Incarnateknights

**Greek Life**  
University of the Incarnate Word



# Holiday Countdown



67 DAYS UNTIL HALLOWEEN



93 DAYS UNTIL THANKSGIVING



122 DAYS UNTIL CHRISTMAS



129 DAYS UNTIL NEW YEAR

**COMMUNITY**

# **MESSAGES**

- **UIW EMERGENCY AID PROGRAM**
- **COVID-19 REMINDERS**
- **UIW CAMPUS HEALTH PROTOCOL**
- **FROM UIW BEHAVIORAL HEALTH SERVICES**



# COMMUNITY MESSAGES

## Message from the Office of the Provost **UIW Emergency Aid Program**

These unprecedented times have brought about many challenges that have impacted every one of you. For some, this may mean extra strain on your families, finances and college experience.

We remain committed to supporting you academically, spiritually and in times of need. This month, the University of the Incarnate Word launched an Emergency Aid program to help students overcome temporary financial hardship and difficulty covering expenses such as food, housing, course materials, healthcare, childcare, tuition and fees due to COVID-19.

The Emergency Aid program awards funds up to \$800 for qualifying expenses and is funded through the federal CARES Act and UIW's Emergency Impact Fund. Awards based on need, qualifying expenses and aid are available.

Students currently enrolled in Spring 2020 are eligible to apply, but priority will be given to those demonstrating hardship due to disruption of campus operations and/or changes to their course delivery platform due to COVID-19. Per the U.S. Department of Education, only enrolled, Title IV eligible students experiencing hardship and campus disruption due to COVID-19 may receive CARES Act funds, however all enrolled students experiencing COVID-19 hardships may apply for UIW Emergency Impact Fund awards.

Please visit <https://www.uiw.edu/finaid/emergency-aid.html> for more information about the application, qualifying expenses, special circumstances and additional resources. You may access and submit the application directly on the site.

We hope this program will assist you in navigating these trying times. If you have additional questions not addressed on the webpage or application, please contact the financial aid office at [finaid@uiwtx.edu](mailto:finaid@uiwtx.edu).

Stay safe, Cardinals.

Sincerely, Sandy McMakin  
Associate Provost, Academic Support 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

## UIW Campus Health Protocol

In our continuing effort to protect members of the UIW community, offices will remain closed until further notice, and employees will continue working remotely. We will continue to monitor the situation and provide updates as appropriate.

Effective Friday, May 1, 2020, there will be a check-in station at all UIW campuses. In accordance with Gov. Abbott's directives for businesses, before admittance to campus, all employees and guests, working or visiting, will have their temperatures taken and will need to indicate if they have any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19

Please note that admittance to any UIW campuses will not be permitted if you have any COVID-19 symptoms. Employees also have a responsibility to self-report if they have any of the above symptoms directly to HR, their supervisor, or by completing the [online reporting illness form](#). Out of an abundance of caution for members of our community during this pandemic, employees and visitors are reminded to stay home if they are sick.

As a reminder, UIW requires all employees working on and visiting campus to comply with the face coverings directive issued by San Antonio Mayor Ron Nirenberg. For the safety of all employees, please ensure that proper safety precautions are followed. All employees and guests should wash or sanitize their hands upon entering the business and maintain at least 6 feet of separation from other individuals. If such distancing is not feasible, other measures such as face-covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.

Additionally, UIW requires all employees to display their UIW ID or nametag when working on and visiting campus.

For more details on the new statewide measures, please read the Governor's "[Texans Helping Texans](#)" report.

# COMMUNITY MESSAGES

## From UIW Behavioral Health Services

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

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

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

Should you have a serious concern about a particular student with possible mental health issues or if you have observed a behavioral incident, you are encouraged to make an online report at this link 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](http://WWW.UIW.EDU/REPORT).**



# Campus Engagement

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

210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



@UIWCAMPUSENGAGEMENT

## UIW GREEK LIFE

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



@UIWGREEKLIFE

## UIW CAMPUS ACTIVITIES BOARD

STAY CONNECTED AND FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS



@CABUIW

## UIW STUDENT GOVERNMENT ASSOCIATION

CATCH UP WITH SOME ONLINE ACTIVITIES BETWEEN YOUR CLASSES



@UIWSGA

