

WHAT'S THE WORD

JUNE 8, 2021

WHY VOLUNTEERING
IS IMPORTANT

COMMUNITY MESSAGES

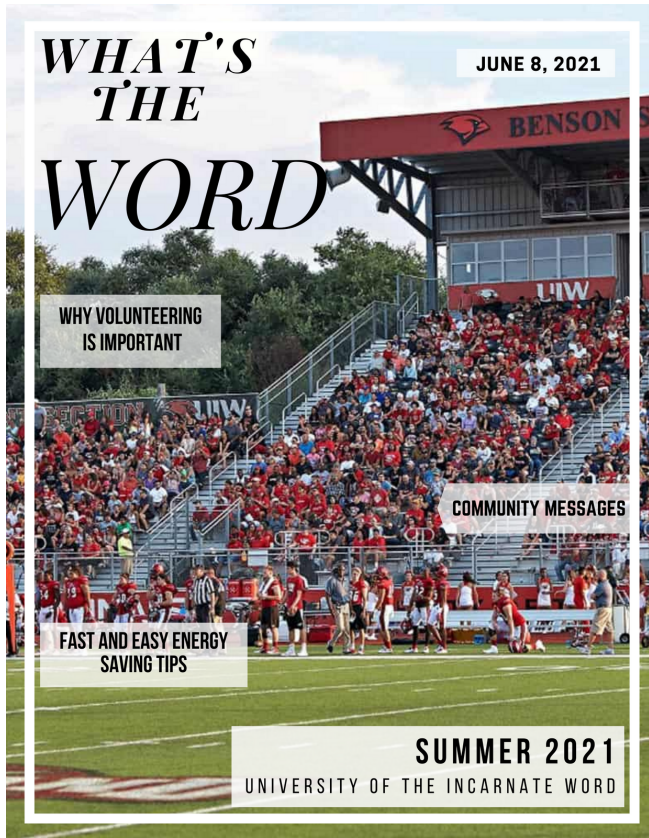
FAST AND EASY ENERGY
SAVING TIPS

SUMMER 2021

UNIVERSITY OF THE INCARNATE WORD



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Message from Campus Engagement:

Cardinals, are you ready for summer?

Whether you are taking summer courses, staying here locally or spending time at home with friends and family, it is always important to stay healthy and stay safe. We hope you enjoy your time away from the Nest, but we are so excited to have you back for the fall. Remember to stay engaged throughout the summer by logging in to your Cardinal Apps, where you can find information on fun and exciting events happening here on campus!

"Adventure is worthwhile in itself." - Amelia Earhart

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.

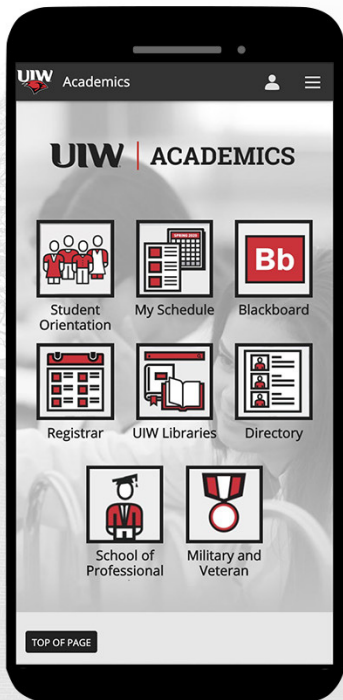
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



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.

STEP 3

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

WHAT WILL YOU FIND?

- Competitions for awesome prizes
- Over 100 student organizations
- Student Government and Campus Activities Board
- Movie night with friends - CHAT ROOM AVAILABLE
- DIY step-by-step interactive activities
- Opportunities to meet other students
- LIVE talent shows and music concerts
- POP UP shops, POP UP giveaways and POP UP karaoke

CAMPUSENGAGEMENT@UIWTX.EDU

210-829-6034



Summer Luau

THURSDAY, JUNE 17

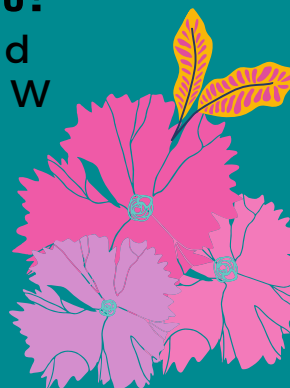
**2 - 5 P.M.
SIDE OF
NATATORIUM**

Kick off summer with a luau full of fun water activities, prizes, food, hula lessons, summer UIW gear, a giant water slide and much more!

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



@UIWCAMPUSENGAGE



SUMMER REFRESH IN-PERSON EVENTS

Summer Luau

THURSDAY, JUNE 17

2 - 5 P.M.
SIDE OF NATATORIUM

Kickoff summer with a Luau full of fun water activities, prizes, food, hula lessons, summer UIW gear, giant water slide and much more!

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

CAMPUS ENGAGEMENT PRESENTS

SCAVENGER HUNT

TUESDAY, JUNE 29

2 P.M.

ONLINE LOCATION:

<https://uiw.zoom.us/j/96567376437>

MARGARITA AND SALSA FESTIVAL

FRIDAY, JULY 9

4-7 P.M. FRIENDSHIP GARDEN

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



CAMPUS LIFE IN-PERSON EVENTS

BROUGHT TO YOU BY
CAMPUS ENGAGEMENT- SPORTS & WELLNESS-UNIV. MISSION AND MINISTRY-COUNSELING-FYE-TITLE IX- STUDENT ADVOCACY AND
ACCOUNTABILITY- RESIDENCE LIFE

UIW BLOCK PARTY

FRIDAY, JULY 23
4-7 P.M. SIDE OF NATATORIUM

Embark on a journey to find all the hotspots on campus. Enjoy some FREE food, LIVE music, t-shirts, giant inflatables and interactive activities.

DOOR PRIZES - FOOD - GAMES - MUSIC - GIVEAWAYS

45 and counting

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

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

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

NACHOS

DANCING

SATURDAY, AUGUST 21
7-10 PM
SEC BALROOM

UIW RES LIFE INVITES
YOU TO:

CARDINAL
CRAWL

T-SHIRTS

MUSIC



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

TEAM RED

**WE'RE
HIRING!**



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

**To apply click the following link
jobs.uiw.edu/postings/16440**



UNIVERSITY OF THE
INCARNATE WORD

ARE YOU READY?

UIW Athletics is back! You can view the
Fall 2021 and Spring 2022 schedules for
all sports using this link:

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

SHOW YOUR SUPPORT AND YOUR UIW PRIDE
GO CARDINALS!



WHY VOLUNTEERING IS IMPORTANT IN A PERSONAL AND PROFESSIONAL CAPACITY

"Helping others in their time of need is an excellent way to connect with your community. Volunteering impacts everyone involved and is a rewarding endeavor with numerous benefits. Understanding the perks of volunteering and why you should do it yourself to help you decide if that path is something you wish to pursue further. In this article, we discuss why volunteering is important, explain the benefits of volunteering and discover places to volunteer."

Continue reading this article at:
<https://www.indeed.com/career-advice/career-development/why-volunteering-is-important>



15 TIPS FOR GREEN LIVING IN COLLEGE

"You don't have to quit using shampoo or go totally vegan to make your lifestyle more sustainable. There are tons of tiny ways you can minimize your resource footprint, and simplify your life. Here are some easy green living tips that will help save resources, and might even save you time and money!"

Continue reading this article at:
<https://www.princetonreview.com/college-advice/green-guide/green-living-tips>

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



ETTLING CENTER FOR
CIVIC LEADERSHIP
& SUSTAINABILITY

SUMMER HOURS!

The Cardinals' Cupboard

Serving non-perishable food items to the UIW community

Come by and grab what you need from our diverse selection of instant meals, canned goods, cooking ingredients, and hygiene products!

- Pasta
- Canned Meat, Fruits
- Bread
- Milk
- Cereal
- Juice
- Granola Bars
- Fruit Snacks
- Cooking ingredients
- Soaps
- Wipes
- Toothbrushes



Reopening Date: June 3rd, 2021

Location: Joeris Hall

Tuesdays & Thursdays

11:00 am- 3:00 pm

For more information, contact us at

(210) 283-6423

or

email CCL@uiwtx.edu

DEI (DIVERSITY, EQUITY, INCLUSION) CIRCLES



We invite you to join our DEI circles, a new initiative of Mission and Ministry at the University of Incarnate Word. The goal is simply to create conversational spaces – in person and via zoom – where we can support one another and learn together about important issues that are central to our mission at UIW, in our nation, and our global community. The conversation circles are open to all UIW students, faculty, staff, and CCVI Sisters. DEI circles will hopefully connect you with new and existing friends.

This month, we will launch circles that focus on DEI issues and priorities of LGBTQ+, Asian American & Pacific Islanders, and LatinX communities. Members of these communities and allies within UIW are welcome to attend via Zoom. Additionally, we will continue our in-person, 12:30 p.m., inter-faith prayer and sacred conversation for racial healing and justice on Wednesdays and Fridays in Our Lady's Chapel.

Wednesdays - June 9, 16, 23 & 30

- 10 - 11 a.m. - DEI Circle via Zoom - LGBTQ+ Communities @UIW
- 12:30 - 1:30 p.m. - Pray & Act for Racial Justice in Our Lady's Chapel (in-person bilingual prayer & sharing)
- 3 - 4 p.m. - Círculo DEI en Español & English via Zoom - comunidades LatinX @UIW

Fridays - June 11, 18 & 25

- 10 - 11 a.m. - DEI Circle via Zoom - Asian/Pacific Islander Communities @ UIW
- 12:30-1:30 p.m. - Pray & Act for Racial Justice in Our Lady's Chapel (in-person bilingual prayer & sharing)

June 11

- 3 - 4 p.m. - DEI Circle via Zoom - "Juneteenth" Storytelling - Juneteenth is made up of the words 'June' and 'nineteenth,' and it is on this day that official word finally arrived in Texas more than 155 years ago to inform slaves that slavery had been abolished. Come and listen to stories about the significance of Juneteenth to activists and elders of the racial justice movement.

For more information, please email Dr. Arturo Chavez at aechavez@uiwtx.edu



Summer One

Campus Dining Hours

May 29-July 2

Campus Dining
@Student Center

Monday – Friday

Breakfast: 7:30am – 9:30am

Lunch: 11:00am – 1:15pm

Dinner: 5:30pm – 7:30pm

Saturday and Sunday

Brunch: 11:00am – 1:15pm

Dinner: 5:30pm – 7:30pm

Hours subject to change with prior notice.



Summer one SEC Coffeeshop

May 29th - July 2nd

Coffee Shop
@Student Center

Monday—Thursday:

8:00am - 2:00pm

Friday:

8:00am—Noon

Closed Monday, May 31st

Memorial Day

Hours subject to change with prior notice.

SUMMER CYBER SAFETY: ONLINE TIPS



YOUR PASSWORD AND PRIVACY SETTINGS MATTER.

Choose strong passwords and never share them with anyone else. Regularly check your privacy settings, too.

WATCH WHAT YOU DOWNLOAD.

Some programs and apps carry malware and try to steal your information. Download content from trusted sites only.

BE CAREFUL WITH YOUR ONLINE SOCIAL LIFE.

Exercise with caution with each online interaction so you can steer clear of scammers and fake users. Do not give personal information or send private photos.

SHOP SAFELY.

Shop from secure websites and avoid saving your credit card information to your computer. Take time to read any reviews on items and ask questions before making purchases.

THINK BEFORE YOU POST.

Be mindful of every post you create. Do not publish content you wouldn't want family, friends and potential employers to see.



FAST AND EASY ENERGY SAVING TIPS

1

Turn off lights when you are not using them



Unplug any chargers when done charging

2

Always be sure to cook with a lid



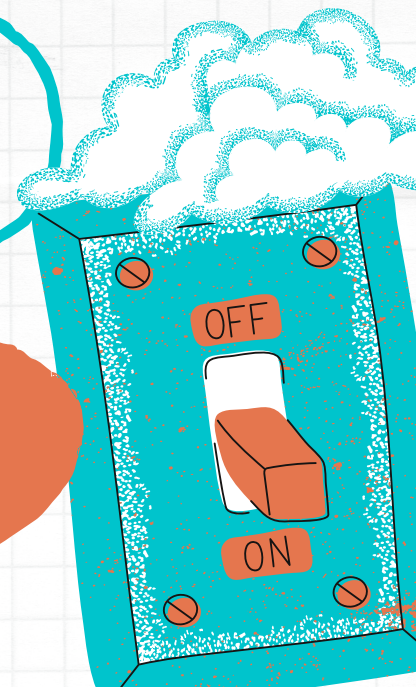
3

Switch off appliances when they are stand-by mode

4

Air dry laundry, try to avoid using the dryer

5



ROAD SAFETY TIPS FOR TRAVELING THIS SUMMER



Check your car before you drive.

Be sure to inspect your battery, lights, oil, water, brakes, air, gas, engine and tires.

Make a plan.

Always plan with enough time to drive safely to your destination. Maybe take a break or two in between.

Avoid distractions.

Calling or texting can wait. Pull over if you need to use your phone.

Follow the two-second rule.

Keep a safe trailing distance of two seconds between your car and the car in front of you to avoid anything from happening.

HAVE FUN

DRIVE SAFE

STAY SAFE



SUMMER LUNCH AND SNACK IDEAS



CHIPS, SALSA AND GUACAMOLE

Craving a fresh and yummy snack? Chips and guac are the way to go! Go heavy on the Guacamole and light on the corn chips. If you want to spice it up, add cheese, fajita meat, and a mix of peppers & onions.



SUSHI ROLLS

Sushi is a great way to mix up your lunch. The best part about sushi? It's easy to grab on the go. It will roll with whatever you had planned for the day. You can put it in the fridge to keep it fresh!



FRESH SALAD

Grab some salad ingredients at the start of the week and make some salad jars. You can add pretty much anything from vegetables and greens to make any type of salad, such as Caesar or Asian salads. Any salad is a good salad. It is fast and yummy!



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

COMMUNITY MESSAGES

COVID-19 Reminders

Members of our campus community are reminded to take precautions to slow the spread of COVID-19. The best way to prevent infection is to take precautions to avoid exposure to this virus, which are similar to the precautions you take to avoid the flu. CDC always recommends these everyday actions to help prevent the spread of respiratory viruses:

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands. Avoid close contact with people who are sick. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces.

For more information, please visit the [CDC's Coronavirus website](#).

To stay up to date on the City of San Antonio's COVID-19 updates, [click here](#).

We will continue to monitor and update our campus community on the coronavirus outbreak as needed.

[Click here](#) for the latest UIW COVID-19 updates.

If you have any questions about UIW's response to COVID-19, [please fill out this form](#).

COMMUNITY MESSAGES

From UIW Behavioral Health Services

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

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

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

Should you have a serious concern about a particular student with possible mental health issues or if you have observed a behavioral incident, you are encouraged to make an online report and to contact Mr. Matt Carpenter, director of student conduct and community standards at (210) 805-5864.

Here are some tips for managing anxiety at this time:

- Do things you enjoy, no matter what they are. You could read through the pile of books you've been accumulating or play video games if it keeps your mind from worry mode and makes you happy!
- Virtually hang out with friends. There are tons of apps you can use to hang out with your friends and family. You can have a virtual meetup with Zoom, play games together on Discord, and FaceTime or Skype with your older family members.
- Engage in physical activity and workouts, as well as in activities involving deep breathing, stretching, and meditation. Take a walk around your neighborhood or stream yoga and attempt that pose you've always been wanting to do.
- Engage in spiritual practices and virtual spiritual gatherings. Many churches and other places of worship are live streaming services throughout the week. They are also offering virtual Bible studies and prayer sessions.
- Create routines for yourself and set small goals for what you would like to accomplish daily.
- Remind yourself that this time of quarantine is temporary and we are all doing the best we can!

Helpful Behavioral Health Resources:

- [Taking Care of your Behavioral Health from SAMSHA](#)
- [Stress and Coping from the CDC](#)
- [National Suicide Prevention Lifeline](#): 1 (800) 273-8255 (24 hours a day)
- [Family Violence Prevention Services Domestic Violence Hotline](#): (210) 733-8810 (24 hours a day)
- SAMHSA's National Helpline for mental health or substance abuse concerns: 1-800-662-HELP (4357)

If you are a student and feel that you are having a behavioral health emergency outside of clinic hours, please do the following:

- If you live on campus, please notify Campus Police, dorm staff or an administrator
- For students living off campus, call 911 or go to the nearest Emergency Room or Behavioral Health Hospital.

COMMUNITY MESSAGES

from the Office of Student Advocacy and
Accountability

Hello Cardinals,

As we start a new semester here at the University of the Incarnate Word, our hope is that each and every one of you will take advantage of the countless opportunities afforded to you as a Cardinal. Whether you are a new student, preparing for graduation, or somewhere in between, you are charged with ownership of the choices you make every day of your collegiate experience. Our hope is that you will make responsible choices that will promote your success and positively impact the UIW community and beyond. To assist you in your decision-making processes, we would like to equip you with both your rights and responsibilities as a Cardinal. You can find copies of the [UIW 2020-21 Student Handbook](#) and [the Behavioral Misconduct Procedures](#) on the Student Advocacy and Accountability website. These two documents outline various policies and procedures that affect students. I highly recommend you take the time to become familiar with these and bookmark them for future reference.

Additionally, as part of your experience, we strongly believe that student engagement can promote your overall success, and you may consider involvement in one of the many student organizations here at UIW. In accordance with Texas state law, we have included information about hazing and its prevention. Please visit the [Hazing Policy and Report page](#) of the OSAA website for our University Statement on Hazing. Also available on that page is the full University policy regarding hazing and reporting options if you experience or hear about hazing. We have also attached a copy of our January 2021 Hazing Report, which provides information on hazing investigations from the past three years.

Furthermore, we hope you will take ownership of your role as a Cardinal and adopt the values of the institution as your very own: Faith, Innovation, Service, Truth and Education. As a Cardinal, if you see something of concern, take action. You can report any incident or concern using our [online reporting forms](#).

Lastly, know that we are here to help you every step of the way. If you are unsure of what office can help meet your needs, feel free to reach out to our [Office of Campus Life](#). Join an organization, make new friends, attend a game, utilize campus resources and be engaged in campus activities and make the most of your time at UIW. Know that all UIW administrators, faculty and staff are rooting for you!

Again, we wish you the best as you embark on a successful semester at UIW.

Praised be the Incarnate Word!

Sincerely,

Matthew Carpenter
Director, Office of Student Advocacy and Accountability

and

Dr. Christopher Summerlin
Dean of Campus Life

COMMUNITY MESSAGES

From the UIW Medical Team

Dear UIW Students,

We would like to take a moment to thank everyone for their participation in the UIW COVID Vaccine Clinic. Thanks to many in our community, the clinic was a great success. Over 1200 in our community are now fully vaccinated as a result. As we move forward with our planning it is important to gather information from our community that will assist with next steps.

The UIW Medical Team, working with IT and campus leaders, have formulated a survey to better inform vaccination planning for UIW Health Services. Your answers will help UIW Health Services gauge interest in offering the COVID-19 vaccine as supplies become more readily available. Your answers will not bind or require you to have the vaccine.

Participation in this survey is voluntary, and in doing so, you are advised not to provide or send any information related to any medical, genetic, or disability-related information.

You can access the survey here: [UIW COVID-19 Vaccine Survey](#).

Thank you for your assistance.

Sincerely,

The UIW Medical Team

COMMUNITY MESSAGES

from UIW Counseling Services

UIW Counseling Services has now updated their website and made their intake paperwork available to all students seeking counseling services. This change will now make it easier for UIW students to access counseling services and streamline the scheduling process.

If you are interested in getting a counseling appointment with our UIW counseling department, please follow the link: <https://my.uiw.edu/counseling/index.html>, complete the appropriate forms, send to the email link listed online, and counseling services will give you a call within 2 business days to check your availability and offer available times for an appointment.

In case of a mental health crisis/emergency, please call our office at (210) 832-5656, call 9-1-1, or campus police at (210) 829-6030.

If you have any questions, please contact Counseling Services at (210) 832-5656.

Sincerely,

UIW Counseling Services Team

Campus Engagement

campusengagement@uiwtx.edu

210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



@UIWCAMPUSENGAGEMENT

UIW GREEK LIFE

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



@UIWGREEKLIFE

UIW CAMPUS ACTIVITIES BOARD

STAY CONNECTED AND FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS



@CABUIW

UIW STUDENT GOVERNMENT ASSOCIATION

CATCH UP WITH SOME ONLINE ACTIVITIES BETWEEN YOUR CLASSES



@UIWSGA

