

SEPTEMBER 8

WHAT'S THE
WORD

**MEET THE DEAN
OF CAMPUS LIFE**

COMMUNITY MESSAGES

HEALTH & WELLNESS
TIPS FOR STRETCHING

ELECTION HELP

FALL 2020
UNIVERSITY OF THE INCARNATE WORD



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Message from Campus Engagement

What a great start to the school year! A special THANK YOU to the students who participated in Welcome Week activities while following all the rules associated with social distancing and mask etiquette. We are all in this together. Campus Engagement is hard at work on our next big celebration, Hispanic Heritage Month (Sept. 15 - Oct. 15). Continue to check ENGAGE for virtual and in-person events, lectures and activities during the day and evening. There are many ways to participate, socialize and enjoy our year together.

"People who are crazy enough to think they can change the world are the ones who usually do."
Steve Jobs

Praised be the Incarnate Word!

UIW ENGAGE



YOUR INVITATION TO EVERYTHING CAMPUS ENGAGEMENT IN 3 EASY STEPS

STEP 1

Visit uiw.edu
and log in to
"Cardinal Apps"

STEP 2

Click on the **ENGAGE** tab. Use
the search bar to find an
organization or view events
that are listed.

STEP 3

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

WHAT WILL YOU FIND?

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

CAMPUSENGAGEMENT@UIWTX.EDU

210-829-6043

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.

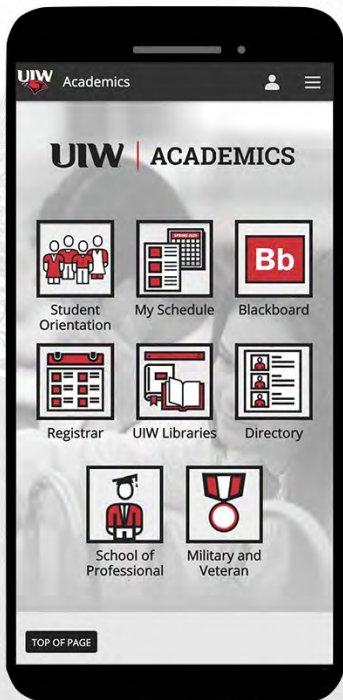
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



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.

EXTENDED HOURS

Mabee Library

Monday - Thursday: 8 a.m - 8 p.m

Friday: 8 a.m - noon

Saturday: 9 a.m - 7 p.m

Sunday: closed

Virtual Reference

Monday - Saturday: 8 a.m - 8 p.m

Sunday: 2 p.m - 8 p.m

Health Sciences Libraries Hours of Operation

For information on each health sciences school's library hours, access, and services, please go to [Health Sciences Libraries](#) and select the library for that school.

Computer and Study Space Reservations

The new Cardinal [LibSeats](#) app allows library users to reserve computer workstation or quiet study spaces at UIW Libraries locations. To learn more about reserving seats, please see [To learn more about reserving seats](#), please see [Computer and Study Spaces](#).

MEET THE DEAN OF *Campus Life* DR. CHRIS SUMMERLIN



Dr. Chris Summerlin joined the University of the Incarnate Word on September 1 as the Dean of Campus Life. Prior to UIW, he served as the Interim Dean of Students and Assistant Dean of Students for Operations and Behavioral Response at Kennesaw State University. Dr. Summerlin's over 15-year career in higher education has been in various roles within housing and residence life, student conduct, and teaching. His academic pursuits include a B.A. in Communications at Brewton-Parker College; M.Ed. in Instructional Technology at American InterContinental University; and Ph.D. in Leadership for Higher Education from Capella University.



1 **How did you find your way into higher education? What did you want to do in life going to college?** I actually went to college with the intent to be a business major, as I didn't want to be undecided. My father was a business major, so it seemed like a good idea at the time. It took one accounting class for me to realize it was not a good fit. I ended up changing my major to communications due to a great public speaking professor. I had thought about going into a career in radio, but got a job offer before graduation working for the Boy Scouts of America. I worked for them for a few years before being asked to interview for the open director of residence life position at my alma mater. As they say, the rest is history.

2 **In your opinion, what is the most important class someone can take in college?** I think every student should take a public speaking class. It is what challenged me to learn as a natural introvert to have the confidence to get up in front of groups. The communication tools in a public speaking class can apply to all types of careers students will enter after graduation.

3 **What brought you to UIW?** I was drawn to UIW as the Mission aligns with my personal core values. Likewise, I was particularly interested in the diversity of the student population and being part of such a remarkable community.

UIW and San Antonio have such rich histories and communities that made moving seem easy.

4 **When did you know you would take the job at UIW if offered?** It was during the meeting with SGA and other student leaders that I knew UIW was where I wanted to be. I met students who have a true love for the institution and community that want to see them flourish. They were looking for a partner in their mission, which made me want to join them in their journey.

5 **What would you consider your greatest personal and professional accomplishments and why?** Earning my doctorate was one of my greatest accomplishments, as I had a rough freshman year of college as an undergrad. I probably had a bit too much fun outside of class and not enough time studying which led to grades I was not accustomed from high school.

6 **What's your "elevator speech" for what a dean of campus life does?** My goal is to help students engage in the campus community through identifying the resources, activities and supporting they need while at UIW. Campus life takes place inside and outside the classroom, which means supporting students in all aspects of their academic journey.

Students should be their own best advocate and my role is to help them along the way to achieve their professional and personal goals.

7 **What do you do for fun?** I love sports and have played many over the years. I was a baseball player in college, so it has always been my greatest passion. In recent years, I have been running various obstacle and community races as a way to keep challenging myself. My biggest accomplishment so far was completing the Disney World Dopey Challenge which consisted of a 48.6 - mile run over four days: 5K (3.1 miles), 10K (6.2 miles), half marathon (13.1 miles), and marathon (26.2 miles).

"It's not whether you get knocked down, it's whether you get up." - Vince Lombardi

Last thoughts: It is truly an honor and pleasure to join UIW. I look forward to working with so many great students, staff and faculty in the near future. Know that my door is always open ... well, when COVID-19 is no longer a concern. Go Cardinals!

ELECTION HELP... HOW DO I?

From Bexar County Elections Department

Have a question about voting? Use the FAQ below to find the answers to the most common questions about voting, voting by mail, or the election process. Click on the tab for the subject relevant to your question. If you are unable to find your answer here, contact the Elections Department at 210 - 335 - VOTE (8683) for more assistance.

General Voting Questions

1. [How do I know if I'm registered to vote?](#)
2. [How do I register to vote?](#)
3. [How do I update my registration information?](#)
4. [Do I really need my Voter Registration Card to vote?](#)
5. [What is Early Vote and how do I do it?](#)
6. [Where do I go to vote?](#)



1 How do I know I'm registered to vote?

You can check to see if you are registered online at our [Registration & Polling Location Search](#). Enter your date of birth and house number to see if you are registered.

4 Do I really need my Voter Registration Card to vote?

Bringing the card will help both you and others in line by speeding the process. If you do not have your card, you will be asked for a driver license or other form of positive identification. Please bring the card with you.

2 How do I register to vote?

Visit the [Voter Registration page](#) to see if you meet the criteria. If you are eligible to vote, follow the instructions on the [Register to Vote page](#) to submit your application.

5 What is early vote and how do I do it?

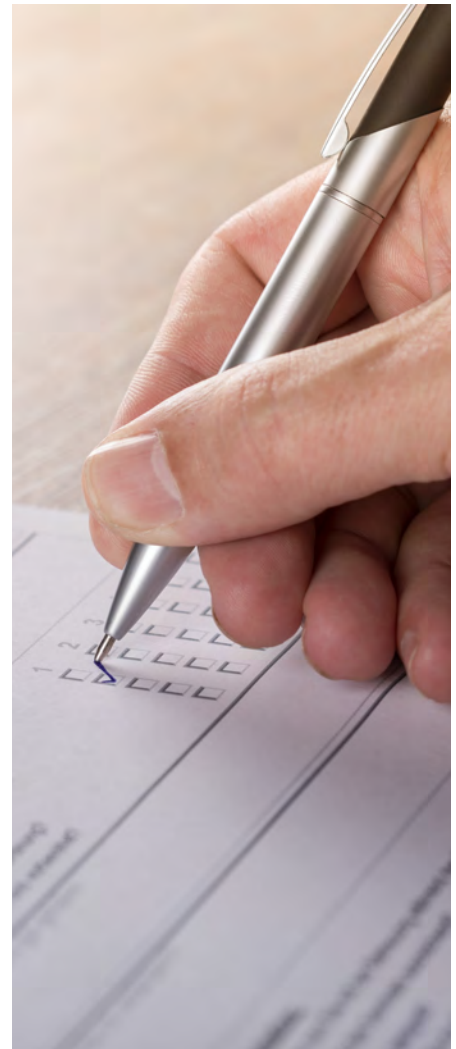
Early Vote is a period of time before the official Election Day during which a registered voter may vote at any polling location in Bexar County. Early Vote may be done in person or by mail.

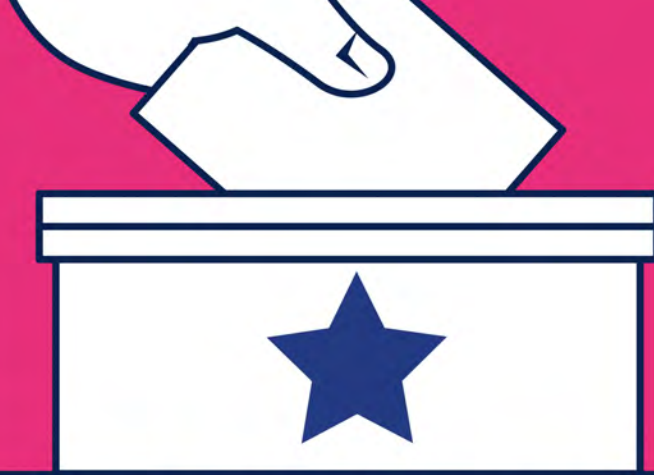
3 How do I update my registration information?

If you still live within Bexar County, visit the [Registration Changes page](#) for information on how to update your registration online or through the mail.

6 Where do I go to vote?

During Early Vote, a registered voter may vote at any specified polling location. On Election Day, voters may go to any Vote Center.





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



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 Ettlign 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.

Ettlign Center for Civic Leadership & Sustainability
(210) 832-3208
ccl@uiwtx.edu

 UNIVERSITY OF THE
INCARNATE WORD
ETTLIGN 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

Breathe...

As we go through trying times in 2020 or just life in general, we often feel the weight of the world on our shoulders. A sensation of things closing in on us overwhelms our bodies and we begin to feel anxious. The easiest way to combat anxiety in general is to just breathe.

Breathing patterns help people sleep better and reduce anxiety. They also assist in managing cravings and controlling anger responses.

4-7-8 TECHNIQUES

One of the most well-known breathing techniques is the 4-7-8 breathing technique, also known as "relaxing breath." It involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds. This method requires an individual to focus on taking long breathes, inhaling and exhaling. This method is one of the core components of yoga and other meditative practices that enhance and promote relaxation.

HOW TO DO IT

Prior to starting your breathing practices, find a comfortable sitting or supine (lying facing upward) position. This will limit dizziness and and potential falls for first timers. It is not uncommon for non-experienced individuals to become lightheaded after doing this for the first time, so it is recommended to only do four cycles of breathing when starting off.

While practicing the 4-7-8 technique, focus on the following breathing pattern:

- empty the lungs of air
- breathe in quietly through the nose for 4 seconds
- hold the breath for 7 seconds*
- exhale forcefully through the mouth, pursing the lips and making a "whoosh" sound, for 8 seconds
- repeat the cycle up to 4 times

*If you are unable to hold your breathe for the full 7 seconds, try the 2-3.5-4 second ratio, following the same steps listed above.



by Isaiah Carrizales
UIW Student Wellness
Graduate Assistant

Follow us!



@uiwstudentwellness

During this pandemic, physical health is at the top of many peoples' priority lists. With so much free time around, why not start now? Before you attempt challenging physical activities, remember that stretching is the ideal way to start and end workouts. Stretching focuses on flexibility and helps with improving our range of motion within the joint, improving sports performance, decreasing the risk of injury, and enabling our muscles to work more effectively.

Tips for Stretching!

HERE ARE SOME STRETCHING TIPS TO CONSIDER:

1
2
3
4
5
6

Stretch for 10 minutes a day. Stretching regularly improves flexibility, strength, and balance.

Stretching shouldn't hurt. If stretching hurts, then you are pushing your body too far, too fast. This could be much more damaging than beneficial.

Warmup before stretching. Try walking or going on a light jog to raise your heart rate, thus increasing the blood flow to your muscles in order to sufficiently begin stretching.

Hold a stretch for 10-30 seconds. Remember overstretching muscles may cause them to contract and cause small tears in fibers.

Choose stretches that cover targeted sections of the body. Choosing stretches that cover the upper body, lower body, and core, can help increase the body's range of motion.

Make stretching part of your warm-up and cool-down activities. Starting with stretching helps you get into a workout mindset. At the end of a workout, stretching can improve circulation, and help you relax.

SEPTEMBER IS SUICIDE AWARENESS MONTH



**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

PROFESSIONAL DEVELOPMENT

Six strategies to help recent college grads find work during the Coronavirus pandemic

Michelle Fox

PUBLISHED WED, JUN 17 2020, 9:23 AM EDT, UPDATED WED, JUN 17 2020, 11:18 AM EDT

Recent college graduates struggle to find work in the wake of the pandemic.

Gillian Gullett thought she had it all figured out: Graduate from college, move to Seattle to live with her boyfriend, and find a job.

After all, the economy was strong and unemployment was matching its lowest level in more than 50 years. Then, the coronavirus crisis hit and jobs dried up.

“The pandemic hit around St. Patrick’s Day. So for at least a week or two after that, I felt like I was having a panic attack every other day just because of the uncertainty of it all,” said Gullett, who was a senior the University of Arkansas Honors College at the time.

The 22-year old had to cancel her spring break trip to Seattle and the job interviews she had scheduled there. They were replaced with Zoom calls, but the opportunities were put on hold.

Gullett packed up after graduation and moved to Seattle anyway. Luckily, she’s receiving unemployment from her job as a barista in Arkansas and is now actively looking for a job in human resources, in the nonprofit world or as a legal assistant.

However, she is also looking for work that pays the bills until she can find an opportunity that interests her.



Gillian Gullett graduated from the University of Arkansas Honors College in May and is now looking for a job in Seattle.

Source: Gillian Gullett

“The pandemic has made it a lot harder to even be interviewed for jobs that I’m interested in because there are that many people out there who are more experienced than I am,” said Gullett, who plans on going to law school in a few years.

“Finding entry level work at the moment seems pretty impossible,” she added.

“I’ve applied for at least 30 or 40 jobs and I’ve heard back from one.”

She is certainly not alone. A survey conducted in March, before graduation, by the job site Monster, found that 55% of future grads applied to a job in the last three months that they knew was not the right fit out of desperation. Here’s what recent grads can do to help get their career off the ground during these difficult times.

1. BE FLEXIBLE

Desperation aside, it's not a bad idea to take a job right now that isn't your dream gig. You will earn money and build your skill set.

Blair Heitmann, a career expert at LinkedIn, said she learned many important soft skills while waiting tables, like how to deal with people, thinking on her feet and learning to multitask.

Skills like communication and problem solving are the top abilities that every industry is hiring for now, she said.

"You are playing the long game," Heitmann said. "Build the skills you will need over the course of your career." Also, identify which jobs are in demand right now and think about how you can market your skills and experiences for those opportunities.

It may just be a way to earn money, but it can also help you stay active and engaged while you continue to look for the job you really want, said Vicki Salemi, a Monster career expert.

2. NETWORK, NETWORK

You are more likely to get your job through a connection, and recent college grads are no exception. "I hear from grads all the time, 'I don't have experience or a network,'" Heitmann said.

The reality is there is a network there. Think about former coaches and teachers, peers from high school or college, or parents' friends. Start with your personal network and build from there. Reach out to former bosses from internships or other interns you may have worked with. Try to find people in the area you want to work.

Remember to cultivate your network throughout your career. No one likes only hearing from people out of the blue when they want something. Ask them what it is like working right now and where their industry is headed. If you had a job offer that was rescinded, stay in touch with your contact at the company.

"If you accepted that rejection gracefully and professionally, you can stay on their radar," Salemi said. "It may not look like the same offer, it may be a contract, but you may get your foot in the door."

3. NAIL YOUR ONLINE INTERVIEW

Before you do an interview over Zoom, Microsoft Teams or another virtual meeting platform, make sure your technology is all set up. Make sure you know how to use the platform to do a video call and even practice with friends or family members.

Also, find a quiet place to set up and ask others in the home to not interrupt. The background should look simple, neat and professional and your lighting should be good. "When you land the interview, you don't want to have any distractions to take away from it," Heitmann said.

It's also important to dress the part, even if you think the interviewer won't see if you are wearing sweatpants. Lastly, try to look at the camera at all times. "What is lost during the interview is the body language and building rapport naturally," Salemi said.

"On a Zoom call you will need to focus on that eye contact 100%."

4. BUILD UP YOUR PROFESSIONAL PROFILE ONLINE

You can make a good first impression with your LinkedIn profile.

Heitmann suggests using a really clear head shot that looks professional.

Fill in the headline section with keywords that describe your skills and craft a summary that highlights your expertise. The "sweet spot" for the summary is 40 words or more, she said.

5. HAVE AS MANY COALS IN THE FIRE AS YOU CAN

When you get job alerts and question whether you should apply or not, apply anyway, Salemi said.

"You can always withdraw your candidacy or even turn down the job if it doesn't feel right," she said. "You won't know if you don't explore it."

If anything, you'll hopefully gain interviewing skills. It's also an opportunity to connect with the organization itself and perhaps be considered for another job down the road.

6. BE PERSISTENT

Salemi is optimistic the job picture will improve. In fact, Monster is already seeing more opportunities becoming available. "Be persistent, stay focused, network, set up job alerts, apply to them as soon as they become available and realize that, in due time, we anticipate more opportunities to become available as various sectors of the economy continue to reopen," she said.

Disclosure: NBCUniversal and Comcast Ventures are investors in [Acorns](#).

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



JCPenney Suit-Up Event

Online event | September 20-21, 2020

SUIT UP is now online. Check out the latest styles and trends here.
To receive your Extra 30% off coupon, text UIWTX to 67292



Contact for more information:

Career Services

careers@uiwtx.edu - 210.829.3931

Best dressed for success

Check out our newest seasonal items like career dress apparel, fashion jewelry, handbags and luggage.

Sephora inside JCPenney

Receive a free beauty consultation in store.

Salon

Turn up the style with locks of savings. New clients get 20% off their service with a Designer or Sr. Designer.

EXTRA
**30%
OFF**

select men's & women's career dress apparel, shoes & accessories



JCPenney Mobile App
Download ahead of time and start earning \$10 rewards!



San Antonio Virtual Community Engagement Fair

Join us for virtual panels highlighting organizations working towards supporting the community in San Antonio in key social justice issues and learn more about ways students can volunteer their time and talents in service!

Monday, September 14th, 11am-12pm CT:

Panel Discussion: Education Inequality

Register here: <https://givepul.se/3u8o42>

Wednesday, September 16th, 11am-12pm CT:

Panel Discussion: Voter Engagement

Register here: <https://givepul.se/dgqm4j>

Friday, September 18th, 11am-12pm CT:

Panel Discussion: Child Welfare and Safety

Register here: <https://givepul.se/a1kt1j>

**For more details,
contact Brian
Halderman at
brian@givepulse.com**

Schreiner University

WOMEN'S
LEADERSHIP
CONFERENCE

09.16.2020

Wednesday | 8:30am - 4:30pm | Virtual Event

Space is Limited - Register Today!

<https://bit.ly/3aU40Mx>



Schreiner University Women's Leadership Conference

Keynote Speaker

Chaunte' Hall, CEO, Centurion Military Alliance

featuring

Major General Angie Salinas, United States Marine Corps (retired)

CEO, Girl Scouts of Southwest Texas

Tuesdae Knight, President and CEO, SAGE

Danielle Carosello, GM, Federal Health Sector, GE Healthcare

Kim Lasseter, Global Director of Partner Program Design, Google

Dr. Marilyn Thompson, Associate Provost, Human Resources

University of Waterloo

Dr. Karen Sides, Mindful & Creative Living

JCPenney

09.16.2020

Wednesday | 8:30am - 4:30pm | Virtual Event

<https://bit.ly/3aU40Mx>



SPACE IS LIMITED
REGISTER TODAY

Holiday Countdown



54 DAYS UNTIL HALLOWEEN



79 DAYS UNTIL THANKSGIVING



108 DAYS UNTIL CHRISTMAS



114 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 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.**

Campus Engagement

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