

APRIL 20

WHAT'S THE

WORD

**STUDENT BODY
ELECTIONS**

HEALTH & WELLNESS

QUARANTINE 15

**ANNUAL VIVA UIW
DATE CONFIRMED**

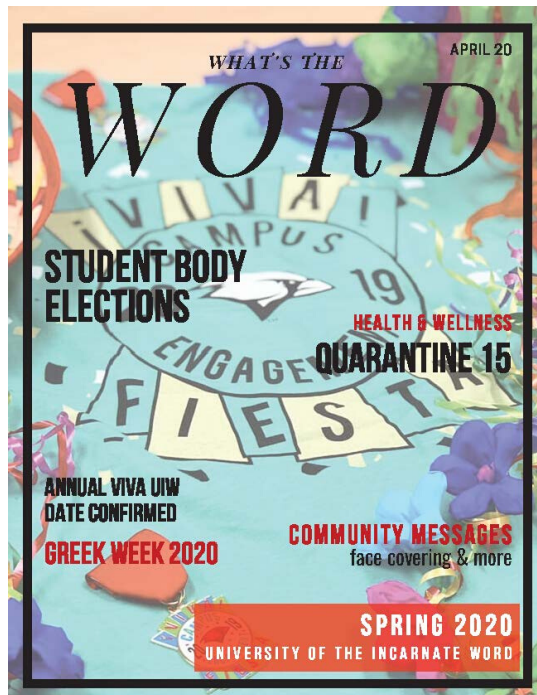
GREEK WEEK 2020

COMMUNITY MESSAGES
face covering & more

SPRING 2020

UNIVERSITY OF THE INCARNATE WORD

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Message from Campus Engagement

Hello Cardinals!

I hope everyone is doing their best to keep themselves safe during these unprecedented times. While we are challenged to find some normalcy in the changes of today, please remember that your safety and wellness is of the utmost importance. Remember to visit the Community Messages section for information on Health Services and Behavioral Health regarding ways we can better serve you. Also, if you feel called to and have been directly impacted by COVID-19, please report your concerns to the UIW CARE Team. UIW is a community that holds its values and Mission close. At the heart of our community is each and every one of you - our students.

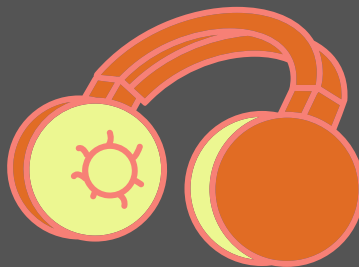
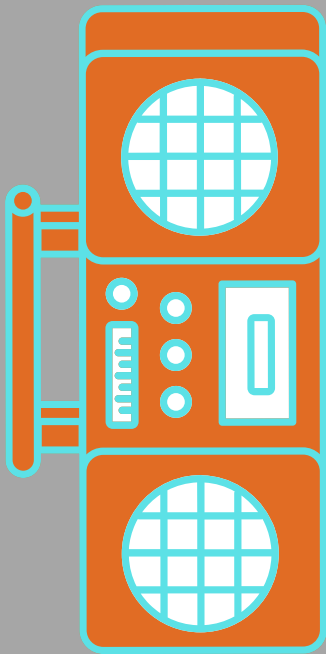
Be safe! Until next edition!

Praised be the Incarnate Word!

**SUPPORT &
RESOURCES**
ACADEMIC
STUDENT LIFE
TECHNICAL

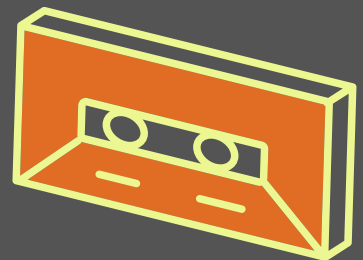
CHECK OUT

UIW STUDENT LIFE ONLINE



STAY
INVOLVED
STAY
CONNECTED

LOOKING FOR SOMETHING TO DO?



VISIT THE WEBSITE AT WWW.UIW.EDU/STUDENTLIFE

EARTH DAY IS NOT CANCELLED, BUT REDEFINED

Ricardo Lopez III- SGA Secretary

Staying home and social distancing has drastically changed all of our celebrations and events. Earth Day is no exception, as many public events had to be postponed until next year. Yet, Earth Day is April 22 and a majority of business, associations and organizations are making the most with all these restrictions. They are actively following CDC guidelines while simultaneously sharing their message around the world. Why should Earth Day be any different? All of us can celebrate Earth Day with small changes, but the same important message of helping the Earth and thanking it for its gifts to us.

There are a multitude of activities you can do without having to leave your house. Earth Day is the holiday to experience something different and include it in your lifestyle. Earth Day could be the day you start routinely riding your bike around the neighborhood instead of driving a car. Maybe you finally start on that herb garden you always wanted to do. Even something small, such as turning off your lights more often, can make a positive impact.

However, you can also get involved with other organizations or start your own movement. If getting involved is what you crave, the best starting point is to go to the Earth Day Website: EarthDay.org. This website has all the necessary information to get involved or be the leader of a movement. While Student Government Association tackles recycling and sustainability, you can find a group, or better yet, start your own group, that tackles the issue of climate change or ocean pollution. This year will make the 50th anniversary of Earth Day. Be the leader that shows your friends, community and the country that you want the world to change for the better.

Earth Day only comes once a year, but your actions are forever. You do not have to be zero waste and run organizations in one day, but you can change one aspect of your life to save the earth. Only grow when you are ready to make a bigger change. April 22 will be the time to help the earth with a little change and appreciate it for everything it provides to us.

#Recyclemania2020 #RecyclemaniaUIW #UIWSGA
#EarthDay2020 #BeTheChange

Presented by Student Government Association

RECYCLEMANIA: ONLINE EDITION!

Monday, April 20

Stop and Reevaluate the Earth

Learn and discover why recycling is important to protect the world

Tuesday April 21

Reduce, Reuse, RELEARN!!!

Get rid of misconceptions about recycling and relearn how to recycle effectively!

Wednesday, April 22

Earth Day Celebration

Ride your Bike, turn out the lights, plant a tree, start a garden. It's your time to shine, Cardinals! Do not forget #EarthDay & @UIWSGA

Thursday, April 23

Get Reinvolved with the Community

Discover existing and new organizations or associations within the community.

Friday, April 24

Refound Sustainability

Learn about small changes in your lifestyle to be more sustainable.

MANDATORY PUBLIC USE OF FACE COVERINGS

All people 10 years or older must wear a cloth face covering over their nose and mouth when in a public place where it is difficult to keep 6 feet away from others or when working in areas that involve close proximity with other coworkers. Coverings may include homemade masks, scarfs, bandanas, or a handkerchief. Exempted Businesses must provide face coverings and training for appropriate use to employees who's work involves close proximity to others. Medical masks or N-95 respirators should be reserved for health care providers and first responders.



Face coverings not required when:

- Exercising outside
- Driving alone or with members of the same household
- Doing so poses a greater mental or physical health, safety, or security risk
- Pumping gas or operating outdoor equipment
- In a building or activity that requires security surveillance or screening
- Consuming food or drink

SPECIAL SHOUT-OUTS

TO: Joshua J.

Josh, you have been the epitome of an exceptional young man! Your hard work, resilience, and kind spirit do not go unnoticed. Thank you for being a great role model to those around you.

FROM: Imani S.

TO: UIW Professors

Thank you for working so hard to make adjustments to our classes. Thank you for hearing my concerns and working with me on this unfamiliar method of learning

FROM: Nalia G.

SIX TIPS TO HELP BEAT THE QUARANTINE 15

6 tips that can help you maintain healthy eating habits to avoid significant weight gain.

By Gabriela Gutierrez

If you're reading this at noon, chances are you already maxed out your recommended calorie intake for the day, and we feel you. Stay at home orders from state and local governments should come with refrigerator padlocks and wireless pantry door alarms.

We're trying to cook healthier during this time of uncertainty. But can grilled chicken and vegetables be considered healthy if you eat four servings for dinner? The side effect of local stay at home orders may be starting to weigh a little on everyone.

Eating well is fundamental to good health and wellbeing, and during this crazy time, it is important to hold on to some normalcy. By regulating our eating habits and continuing to move, we can keep a routine that will ultimately help us achieve success and balance.

1 Plan your meals and snacks ahead of time.

Plan meals ahead of time and limit grocery trips. Pick three to four meals everyone can agree on and make enough to have leftovers for lunches or dinner.

2 Practice portion control.

Portion yourself one serving as described on the snack's nutrition label or buy snack size packages.

3 Drink water.

Keep a water bottle or glass of water within reach. This can help you avoid and or limit drinks made with sugar/artificial sweeteners.

4 Practice mindful eating.

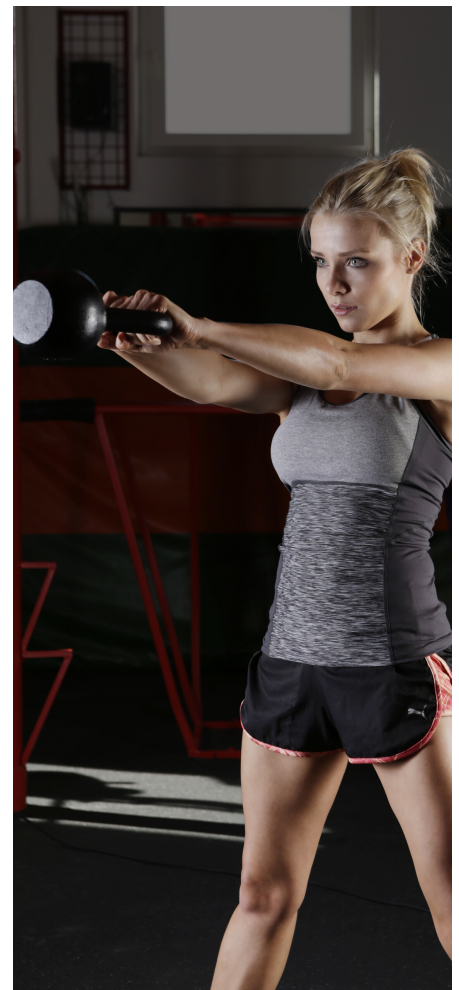
Rather than mindless eating, connect your mind and your body by acknowledging each bite and chewing thoroughly.

5 Have a little, but not a lot.

Don't diet or deprive yourself sweets or other snacks completely. Add these extras in mindfully and in moderation.

6 Get moving.

Create some kind of exercise or movement plan with realistic goals. Any kind of movement is good movement.



PROFESSIONAL DEVELOPEMENT

HOW TO MAXIMIZE YOUR CAREER DEVELOPMENT DURING COVID-19

By Katherine Mariancci, Lehigh University

In this strange and uncertain situation, you might find yourself with less structure to your days and more time on your hands. Classes have gone remote, campus events and activities cancelled, and in-person social interactions drastically decreased. During these times, it's easy to become overwhelmed and debilitated by all the changes... or to view this as Spring Break 2.0: Self-Quarantine Edition. Try not to fall into either trap and, instead, see this as an opportunity to improve yourself and make progress toward your career goals.

Here are six ways you can make the most of this time and maximize your career development:



UPDATE YOUR RESUME

Your resume is typically your first introduction and key opportunity to convince employers that they should interview you. Yet, you have a limited amount of time to make an impression, with employers spending only about six seconds reviewing a resume before deciding if a candidate is a good fit or not. Many companies also use Applicant Tracking System (ATS) software to screen resumes, passing off only the top candidates to actual human recruiters. For all of these reasons, it is essential that you make your resume the best it can be — and now is a great time to do it. Identify your personal brand and strongest selling points. Highlight your unique accomplishments and transferrable skills. Optimize your resume with keywords and customize it each time you apply to a different position or company.

CREATE A PROFESSIONAL ONLINE PRESENCE (AND CLEAN UP YOUR PERSONAL SOCIAL MEDIA ACCOUNTS)

As part of the hiring process today, many employers check a candidate's online presence to learn more about them. This may be even more prevalent in the COVID-19 climate with employers having limited access to candidates in person. Take this opportunity to establish a professional online brand that you would be proud for prospective employers to see. Google yourself and clean up any inappropriate or questionable content. Create a LinkedIn profile, if you don't already have one. Depending on your industry, you might also consider developing a digital portfolio or a website to showcase your work.

BUILD NEW SKILLS

In today's digital age, it's possible to learn almost anything through the internet. Use your extra time at home to build new skills that can get you ahead in your career. Study a foreign language or learn a new technical skill. Read a book or listen to a podcast related to your industry of interest. Complete an online certificate program or join a professional organization. There is so much to learn, and there are so many great skill-building resources out there. This is your chance to take advantage.



PRACTICE VIRTUAL INTERVIEWING.

In the wake of COVID-19, many companies have changed recruiting strategies to reduce or eliminate in-person interactions. For jobseekers, this means virtual interviews—so be prepared to take your next interview digitally. Choose an at-home interview space and check your technology. Research the company, practice commonly asked questions by webcam, and send a thank you email afterward. Through all of this, try to be patient if it takes employers longer than usual to get back to you. With the move to remote work and unexpected organizational changes, there may be delays in the hiring process.

CULTIVATE YOUR PROFESSIONAL NETWORK

Social distancing doesn't mean that you have to put networking on hold. In fact, this might be an ideal time to cultivate professional relationships, with most people having extra time at home and a need to interact with others. Modern technology makes this easy too. Use email or LinkedIn to reach out to professionals in industries and roles of interest. Ask them to set up a virtual meeting or phone call to learn more about their experiences and get advice. Embrace the sense of community by participating in an online forum or joining in the chat during a webinar. Don't forget about existing connections either. COVID-19 is a shared global experience, so this is your chance to check in with the people you know and re-establish old connections.





GET HELP FROM YOUR CAREER CENTER

You don't have to do this alone! Although not physically on campus, your school's career center staff is available to support you remotely. Take advantage of online resources, virtual appointments, workshops, and digital networking opportunities. Whether you're exploring academic majors, looking for an internship, or getting ready for life after graduation—your career center is here to help and can provide guidance specific to your goals as well as the current situation.

With the uncertain economic state, it is important that you use this time to maximize your career readiness and make yourself as marketable as possible. While it is true that some industries have slowed down hiring, others have not and may even have an increased demand for talent in the wake of COVID-19. So stay hopeful, wash your hands, and try out these six ways to make progress toward your career goals.

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



DEADLINE:
APRIL 23

2020-2021 CAB APPLICATIONS DEADLINE: APRIL 23



Innovation

Bring new fresh event ideas to UIW!



Benefits and Perks

Enjoy the free perks of being an event planner - free food and giveaways - along with a small student stipend.



Leadership and Professional Development

Learn to build your leadership skills as you create professional relationships with departments and vendors.



WHO ARE WE?

A group of students dedicated to creating fun and free social events for the student body!

REMINDER FROM TITLE IX AND 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, Zoom, etc.) the following are a few examples of 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.

Alternative Service Option Update

As a result of the COVID-19 pandemic, several of our local non-profit agencies are needing additional support. In an effort to remain in compliance with the community "stay at home" guidelines, we will award one hour of service for every \$5 donated to any one of the following local agencies supporting our community. Please be sure to retain your receipt as proof of your donation and attach to your impact in GivePulse.

- ♥ **San Antonio Food Bank** safoodbank.org
- ♥ **St. Vincent De Paul Society of San Antonio** svdpsa.org
- ♥ **Catholic Charities-Archdioces of San Antonio** ccaosa.org
- ♥ **Eva's Heroes** evasheroes.org
- ♥ **San Antonio Humane Society** sahumane.org
- ♥ **American Red Cross** redcross.org
- ♥ **United Way of San Antonio** unitedwaysatx.org
- ♥ **Be Inspired: Masks4STX** uiw.edu/eccl
- ♥ **South Texas Blood & Tissue Center** southtexasblood.org
- ♥ **Child Advocates of SA (CASA)** casa-satx.org



HOW ARE YOU DOING CARDINALS?

I'M OK

Where do you fall on the scale?

I'M NOT OK

How are you feeling?

Self-aware & calm

Irritable or impatient

Angry

Aggressive & out of control

What's your stress level?

Coping & managing well

Worried & nervous

Very nervous & panicky

Highly anxious panic attacks

What's your outlook?

Optimistic & positive

Overwhelmed & losing hope

Negative & hopeless

Depressed or suicidal thoughts

How are you working?

Working productively

Procrastinating & forgetting

Poor performance

Unable to perform duties

How are you sleeping?

Sleeping normally

Trouble sleeping

Restless & disturbed sleep

Sleeping too much or too little

WHAT YOU CAN DO

Simple ways to support yourself and your peers

Look after yourself & your friends

If you're doing well, keep up the good work and continue doing activities you enjoy! Looking after yourself and your friends is essential for positive mental health.

Practice simple self care

Simple actions can make you feel better. Stay hydrated, make sure to eat and take time to recharge your body. Don't forget to reward yourself for achieving these simple tasks!

Reach out for support

Talk to friends and family about how you're feeling. Try not to judge yourself or others when help is needed.

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

SAMHSA'S National Helpline
1-800-662-HELP

CareConnect Hotline
888-857-5462

NATIONAL ALLIANCE ON MENTAL ILLNESS
1-800-950-6264

In Case of Emergency...

NATIONAL SUICIDE PREVENTION LINE
1-800-273-8755

EMERGENCY SERVICES
911 or go to the nearest Emergency Room

Student Government Association



PICTURED: 2019 - 2020 SGA EXECUTIVE BOARD
LEFT TO RIGHT: IMANI STEWART, AIMEE GALINDO, ISABELLA PINEDA, ANDREA DEL VALLE SORIANO, CHLOE HIPOTLE, RICARDO LOPEZ, DARCY RENFRO

IT'S THAT TIME AGAIN! Student Government election time is here so be sure to cast your vote for the candidates you would like to have representing you as the new student body President and Vice-President.

VOTE TODAY AT:

[HTTPS://UIW.CAMPUSLABS.COM/ENGAGE/SUBMITTER/ELECTION/START/402986](https://uiw.campuslabs.com/engage/submitter/election/start/402986)

Do you want to be a part of the Student Government Association? It is not too late! There are different ways you can be involved. Check out the different positions available to students and make plans to become involved in something great next year.

Create change, create chance.

Join SGA!

POSITIONS (APPLICATIONS)
PRESIDENT AND VICE PRESIDENT
EXECUTIVE OFFICER
SENATOR
INTERN

ELIGIBILITY CRITERIA
CUM GPA 3.0 | FULL TERM (1 YR)
CUM GPA 2.5 | FULL TERM *PREFERRED* (1 YR)
CUM GPA 2.5 | FULL TERM *PREFERRED* (1 YR)
CUM GPA 2.5 | FULL TERM (1 SEMESTER)

Go Vote!



APRIL 20-21

SGA ELECTIONS!

Be sure to vote for your 2020-2021 UIW Student Body President and Vice President. Elections will be Monday, April 20 to Tuesday, April 21. Voting will close at 11:59 p.m.

Vote Here!

Meet your candidates on the next page!

APRIL 22

EXTRA! EXTRA! HEAR ALL ABOUT THE RESULTS

The Student Government Association will be announcing the new SGA President and Vice President on social media! Be sure to check out the winners and give them a congrats. These are your student body leaders, who heard you and are here for you.

APRIL 24

"I SWEAR..."

Watch along the live stream of our 2020-2021 SGA President being sworn into office as they begin preparing for this next academic year.

Did you know?!

THERE WERE OTHER ELECTION EVENTS THAT TOOK PLACE...

Did you get a chance to check out any of the other election events coordinated and hosted by your 2019-2020 SGA Executive Council?

SOCIAL MEDIA TAKEOVER | APRIL 14 AND APRIL 16
GENERAL ASSEMBLY | APRIL 15
CANDIDATE Q&A | APRIL 17



President CANDIDATE

JA WHITE

STUDYING

Nursing

STUDENT INVOLVMENT

- African Student Organization, Vice President
- Student Government Association, Senator
- Diversity and Inclusion Board, Member

PLATFORM

UIW night life
 Food options on the hill
 Student activity lounge
 Acknowledge diversity on campus
 Prioritizing recycling

[VIEW JA'S STATEMENT VIDEO!](#)

“ Once written, you have to stand by it. You may have said it to see whether you believed it or not. ”

Vice - President CANDIDATE

KAITLYN CHERRY

STUDYING

Major: Biochemistry

Minor: English

STUDENT INVOLVMENT

- Student Government Association, Senator for MSE
- Chemistry and Biochemistry Club, President
- Society for Advancement of Chicano's/Hispanics and Native Americans in Science (SACNAS), Social Chair

PLATFORM

Recycling
 Women's hygiene initiative
 Multicultural activities and awareness
 UIW Night Life
 Mental Health



[VIEW KAITLYN'S STATEMENT VIDEO!](#)

“ To serve in office for any reason other than the people is, in my opinion, a waste of time and effort. UIW's people are my people! ”

Meet your candidates

Meet your candidates



President CANDIDATE

AIMEE GALINDO

STUDYING

Major: Finance
Minor: Economics

STUDENT INVOLVMENT

- Student Government Association, Vice President

PLATFORM

Unity for change
The students are our main priority
We want to focus on a better UIW today

[VIEW AIMEE'S STATEMENT VIDEO!](#)

“All big things come from small beginnings”
-James Clear”

Vice -President CANDIDATE

ALEXA CRUZ

STUDYING

Major: Marketing

STUDENT INVOLVMENT

- Student Government Association, Commuter Senator

PLATFORM

Students are the priority
Unity for change
Working together to make a better change

[VIEW ALEXA'S STATEMENT VIDEO!](#)



“We stand united; we speak as one team; and we will transform this moment into a catalyst for unity and positive change.” -Bill First”

DAILY REFLECTION

for the time in which we live.

Pause at the end of each day to reflect and pray with your feelings and emotions.



1 GOD IS PRESENT

I am mindful of God's presence as I start this reflection. How is my heart feeling right now?



2 WHEN DID I EXPERIENCE FEAR?

I reflect on my day. Did I experience fear, anxiety, distress? What did I do with them?



3 WHEN DID I EXPERIENCE ANGER?

I reflect on my day. Did I experience anger, irritation, indignation? What did I do with them?



4 WHERE DID I FIND BEAUTY?

I reflect on my day. Where did I find beauty or joy? When did I feel at peace?



5 WHERE DID I SEE GOD?

I reflect on my day. Where did I see God? In a word, a face, an image or a video, in the silence, in laughter?



6 HOW IS MY HEART FEELING NOW?

I feel grateful for what I experienced today, My God. I know that you were present at every moment. I am especially grateful for the moments where I was able to see you more clearly. Give me the grace to remain open to your love.

HAPPY BIRTHDAY - SPECIAL THANKS
CONGRATULATIONS

INTERESTED IN
SENDING A
SHOUTOUT?

INTERESTED IN
SUBMITTING A
STUDENT
ARTICLE ?

SUBMIT FOR
CONSIDERATION
THROUGH THE
STUDENT LIFE
ONLINE WEB PAGE

ARTICLE - BOOK REVIEW -
MOVIE REVIEW - INTEREST
PIECE

LINK TO [SHOUTOUTS](#)
LINK TO [SUBMISSIONS](#)



UNIVERSITY OF THE
INCARNATE WORD.

What's the Word IS A BI-WEEKLY
NEWSLETTER SENT TO THE ENTIRE
STUDENT BODY

#UIWGREEKWEEK

April 21 - 23



COMMUNITY SERVICE

Nothing feels better than coming together and making a difference. Earn one hour of service for every five digital postcards you save and submit to either of the following:

- [Veterans](#)
- [Children in Hospitals](#)
- [Senior Citizens](#)
- [First Responders](#)
- [Local Heroes](#)

Just download the postcard of your choosing. Edit, save, and submit your work by selecting **Add Impact** on Givepulse.

Visit UIW [Givepulse](#) for details. Should you have any questions or need additional information, please call 210 -832-3208 or email at ccl@uiwtx.edu.

Check out the [Etting Center](#) webpage for other community service options.



#UIWGREEKUNITY

Share some social media fun by celebrating Greek Unity the way we know best... social media! Be sure to use #UIWGreekUnity or tag us @UIWGreekLife or @UIWcampusengage!

Tuesday, April 21

Greek Spirit Day

Show your pride and wear your Greek Life gear!

Wednesday, April 22

#TikTok Challenge

Let's see you do your favorite Tik Tok Challenge and then share!

Thursday, April 23

Big Little/Twin Day

Whether it's between Big/Little, Brothers or Sisters, show the love from a distance by posting your best couple/twin outfits!



THURSDAY, APRIL 23

Hey Greek Community! It's Thursday Virtual Night Trivia time.

Details on [UIW Engage](#)
Time: 6 p.m.

Three rounds of trivia, Kahoot style, and a grand prize for our overall winner! Don't miss out!

@UIWGREEKLIFE   

UNTIL
GREEK WEEK
FALL 2020

UIW

Greek Organizations

**ALPHA SIGMA ALPHA SORORITY, INC.
ZETA SIGMA CHAPTER**

The sisterhood of Alpha Sigma Alpha has a four-pronged purpose: to promote the intellectual, physical, social, and spiritual development of its members. ASA's philanthropies include Special Olympics, the S. June Smith Center and Girls on the Run.

**ALPHA SIGMA TAU SORORITY, INC.
EPSILON ETA CHAPTER**

Alpha Sigma Tau blends distinctive hearts committed to the progress of mankind and the advancement of its members. AST strives to help each member develop and unfold her true potential as an individual and as a member of a national network of diverse women.

**OMEGA DELTA PHI FRATERNITY, INC.
BETA OMICRON CHAPTER**

The purpose of the Omega Delta Phi brotherhood, a Service/Social fraternity dedicated to the needs and concerns of the community, is and shall be to promote and maintain the traditional values of Unity, Honest, Integrity, and Leadership. ODP was founded to provide, to ANY man, a diverse fraternal experience which coincides with a higher education.

**SIGMA DELTA LAMBDA SORORITY, INC.
UIW COLONY**

Sigma Delta Lambda Sorority, Inc. is a service and social organization of collegiate and alumnae women committed to providing a support network geared to women, specifically Latinas. They encourage aid in the retention of women and people of color in higher education. SDL encourages interaction with other Greek organizations, the university, the local community, and most importantly, the minority population.

#UIWGREEKWEEK



Virtual Pray-a-thon

UNIVERSITY OF THE INCARNATE WORD

2020

SPIRITUALITY

In the spring of 2009, a UIW student created the first 24-hour Pray-a-thon as a way to more fully immerse the UIW campus into deeper prayer in anticipation of Easter. What began as 24 hours of prayer has evolved into a week-long “Pray-a-thon” filled with opportunities to experience prayer in different forms, expressions, and traditions.

Normally a week-long celebration held in conjunction with the Feast of the Annunciation, March 25, 2020, otherwise known as Incarnate Word Day, this year we are taking Pray-a-thon to the world wide web. During spring break this year, our lives changed with the spread of the COVID-19 virus. Now sheltering in place, we are experiencing life - school, church, friends, family - from a distance. We are all experiencing new types of stress and anxiety, and are turning to technology to study, worship, and connect with friends and family.

A hallmark of Pray-a-thon has been to take prayer to the people in unique and creative ways. In this spirit, we will not be daunted by our new reality. A schedule of opportunities has been designed to connect us to God and to one another through different experiences of prayer and community. Join us, beginning with Divine Mercy Sunday, April 19, 2020 through Sunday, April 26, 2020 for our Virtual Pray-a-thon. You will find the following opportunities made available for you each day:

- *Opportunities for reflection: #CardinalInspirations and music for meditation*
- *Virtual tours: Locations locally and globally of sacred spaces*
- *Catholic Liturgies: A variety of opportunities to attend Mass locally and globally*
- *Headline Events: A special presentation from a UIW community member*
- *Formative Notes: Saints and holy people of the day; "Did you know?" - facts about Catholicism*
- *Action: How to be active in our faith during this time of social distancing*

Virtual Pray-a-thon 2020 will be hosted through our social media platforms. For a listing of events go to www.uiw.edu/virtualpray-a-thon2020.edu.

Facebook: @uiwumm

Instagram: @uiw_umm

Twitter: @uiw_umm

Questions about Pray-a-thon? Contact the Mission and Ministry Office at ministry@uiwtx.edu.



SENIOR THANK YOU!

MEN'S COLLEGIATE LACROSSE ASSOCIATION

The senior class of 2020 had their season stolen from them. For reasons outside of their control, they will never be able to pursue goals for which they worked so hard.

As part of a recurring segment for the remainder of this spring, coaches have the opportunity to thank their seniors one last time. Continuing the series is Incarnate Word coach Nathan Heaviland honoring his two seniors.

"Patrick Sullivan played four years with the Cardinals and was a team captain for the past two seasons," said Incarnate Word coach Nathan Heaviland. "He was a devoted teammate who not only helped on the field, but behind the scenes with fundraisers and recruiting.

"He was a utility player that was willing to play multiple positions to help the team. Patrick's presence with UIW lacrosse will be missed and 'thank you' is not enough for everything he has done."

Nathan Heaviland, Midfielder **Graduate Student & Head Coach**



Patrick Sullivan



Manny De La Cruz

"Manny De La Cruz played goalie for four years with the Cardinals and was a team captain for the past two seasons," continued Heaviland. "He was the main communicator on defense, and his hard work also showed off the field with assistance in recruiting and fundraising. Manny has consistently helped improve the team each year and we cannot thank him enough for all his effort."

"UIW Club Sports would like to thank Coach Heaviland for his dedication and development of the UIW Lacrosse team. He was instrumental in growing the team in talent and numbers. He will be graduating in the Spring of 2020 and although we are sad to see him leave the program, we are honored to have had him lead the UIW Lacrosse. We wish Coach Heaviland success in his career and want him to know that he will always have a home here at UIW."

- Scott LeBlanc

UIW CARE TEAM

If you or someone else is exhibiting behaviors of concern, please know that the UIW CARE Team is here to help with:

- Anxiety
- Depression
- Suicidal/homicidal thoughts
- Hopelessness
- Emotional swings
- Dramatic change in “typical” behaviors
- Concerns about or a positive test for COVID-19
- Falling behind with coursework
- Lack of motivation



Fill out a referral at
www.uiw.edu/report

or call us at
(210) 805-5864

DEADLINES:

EX. OFFICER (APRIL 30)
SENATOR (JULY 30)
INTERN (JULY 30)

student government association

APPLICATIONS

open positions

- EXECUTIVE OFFICER CUM GPA 2.5 | FULL TERM PREFERRED (1 YR)
- SENATOR CUM GPA 2.5 | FULL TERM PREFERRED (1 YR)
- INTERN CUM GPA 2.5 | FULL TERM (1 SEMESTER)

Make a difference. Make change.



10 TIPS FOR EXERCISING SAFELY

IT'S WISE TO TALK TO A DOCTOR

10 TIPS FOR AVOIDING INJURIES

IF YOU HAVE ANY QUESTIONS ABOUT YOUR HEALTH OR PLAN TO START MORE VIGOROUS WORKOUTS

IF YOU HAVEN'T BEEN ACTIVE RECENTLY

IF YOU SUSPECT YOU MAY HAVE AN ILLNESS THAT WOULD INTERFERE WITH AN EXERCISE PROGRAM

IF YOU HAVE ANY INJURIES

IF YOU HAVE A CHRONIC OR UNSTABLE HEALTH CONDITION, SUCH AS HEART DISEASE OR SEVERAL RISK FACTORS FOR HEART DISEASE

IF YOU SUSPECT YOU MAY HAVE AN ILLNESS THAT WOULD INTERFERE WITH AN EXERCISE PROGRAM

(a respiratory ailment like asthma, high blood pressure, joint or bone disease, including osteoporosis, a neurological illness, or diabetes)

5-10 MIN WARM UP AND COOL DOWN

GRADUALLY BOOST UP ACTIVITY LEVEL

MIX OF DIFFERENT KINDS OF ACTIVITIES AND SUFFICIENT REST TO AVOID OVERUSE INJURIES

LISTEN TO YOUR BODY

DROP BACK TO A LOWER LEVEL OF EXERCISE AFTER STOPPING EXERCISING FOR A WHILE

HYDRATE APPROPRIATELY

CHOOSE THE RIGHT WORKOUT CLOTHES

PROPER FORM IS WHAT MATTERS, MORE SO THAN THE WEIGHT ITSELF

ADJUST PACE IN HIGH TEMPERATURE TO PREVENT FROM OVERHEATING AND DEHYDRATION

DRESS PROPERLY FOR COLD-WEATHER WORKOUTS TO AVOID HYPOTHERMIA

Graduating Greek Members...

Greek Alumni Recognition

Congratulations on taking your final steps toward commencement. We wish you the best of luck in all your future endeavors. Remember that UIW is family and continue living out your mission through continuous engagement, whether it's through Greek Life or Alumni Relations.

*Alpha Sigma Alpha Sorority, Inc.
Zeta Sigma Chapter*

*Omega Delta Phi Fraternity, Inc.
Beta Omicron Chapter*

*Alpha Sigma Tau Sorority, Inc.
Epsilon Eta Chapter*

*Sigma Delta Lambda Sorority, Inc.
UIW Colony Chartered 2017*

Greek Alumni Oath

I do solemnly promise to uphold the standards of the UIW Greek Alumni Network, and to keep this object and aim in mind, and I do solemnly pledge allegiance to my fellow members and promise to aid them in all worthy endeavors.



WE ARE A NETWORK.
COMMUNITY.
FAMILY.

APRIL #UIWSAAM

SEXUAL ASSAULT AWARENESS MONTH





CHECK OUT THEIR EVENT INFO ON EITHER THE TITLE IX ENGAGE PORTAL OR THEIR SOCIAL MEDIA HANDLE @UIWTITLEIX

- April 20** Let's Talk About Online Harassment
- April 21** Teal Day: Check out social media for a chance to win Tiff Treats!
- April 22** Tough Talk & Ted Talk
- April 23** Let's Talk Healthy Relationships Panel (Hosted by SAAC)
- April 27** Start by Believing Day
- April 28** Teal Day: Check out social media for a chance to win Tiff Treats!
- April 29** Denim Day
- April 30** Video from UIW Title IX

CHECK OUT EVENT DETAILS ON SOCIAL MEDIA OR UIW ENGAGE!

UIW Teal Tuesdays!

Wearing Teal - whether it's a teal ribbon, shirt, or other accessory - will serve as a conversation starter for important issues about consent, respect, and supporting survivors.

-  April 7th: Teal Day – Show us your Teal!
-  April 14th: Teal Selfie Love Contest – Take a selfie and tell us what you love about yourself
-  April 21st: Teal Tuesday Empowerment – create your most empowering story/poem/video and send it to Title IX
-  April 28th: Teal Tuesday - Share your teal selfie

Share a selfie of your teal look online and tag the UIW Title IX Department and be entered to win Tiff's Treats or a Gift Card!

 @UIWTitleIX

 @UIWTitleIX



SEXUAL ASSAULT AWARENESS MONTH
#UIWSAAM



YOUR LOCAL HEROES NEED YOU!

- Superhero Power
- Superhero Cape
- Superhero Suit
- Superhero Mask



We are looking for volunteers who have a sewing machine and know how to sew to assist in making face masks for members of our community who are most in need. An instructional video and mask-making tool kits will be made available to all volunteers. If you want to contribute but may not know how to sew, your financial contribution is just as important to support this effort.

ALUMNI SPOTLIGHT

THIAGO PARRAVICINI
UIW INTERNATIONAL ALUMNI



"During the summers I worked and volunteered for events at the UIW International Office. Since day one, the International Office made me grow as a person, helping to create bridges to interact and exchange culture with people from all over the world. Those people skills and learning, it's not in any course but it's the most valuable thing I carry with me to this day. Being able to network & get to know the diverse UIW community has no price".

"I met my family at UIW"

"Everything I have is because of swimming. My athletic scholarship gave me access to UIW and the U.S. But the support of the team and the help from my coaches changed my life! During my MBA I was also lucky enough to be able to give back as a Graduate Assistant Coach to the team".

"I am a revenue cycle Manager for HCA Healthcare, the 2nd largest healthcare system in the U.S. & have been there for 4 great years. My degrees helped me with the technical & people skills to be in a managerial position and to be able to lead a team of 30 people. The professors at UIW were always great to provide real life examples of what the work world would be like. UIW Career Services opened the door for me. I was actually recruited by my current company during a UIW Career Fair before I even graduated".



"I met my family at UIW! My coaches, my teammates, the international office and all the other people along the way. And most importantly my wife, a graduate of the UIW Nursing program and teammate on the swim team.".

HELP US HELP YOU!

STUDENT LIFE POLLS

WHAT TYPES OF ONLINE STUDENT ENGAGEMENT DO YOU WANT TO SEE?

- DIY VIDEOS
- ONLINE TRIVIA/BINGOS
- NETFLIX WATCH PARTIES
- WORKOUT VIDEOS/PLANS
- STREAM/LIVE SPEAKERS

WOULD YOU BE INTERESTED IN JOINING A FOCUS GROUP FOR A UIW MOBILE APPLICATION?

YES / NO

Student Communication

HOW WOULD YOU PREFER TO GET YOUR CONSTANT STUDENT ANNOUNCEMENTS AND UPDATES?

MASS STUDENT EMAIL

WHAT'S THE WORD (BI-WEEKLY NEWSLETTER)

SOCIAL MEDIA

UIW ENGAGE

WHAT IS YOUR PREFERRED SOCIAL MEDIA PLATFORM FOR UIW EVENTS/PROMO?

INSTAGRAM
FACEBOOK
SNAPCHAT
TWITTER

POLL!

SPECIAL SHOUT-OUTS

TO: Dani D.

Congratulations on receiving a position with the Dean of Media and Design!!! That's so amazing! I know you'll do beyond great!

FROM: Jessica B.

TO: Janine Chavez

Sorry your week-long birthday celebration (Fiesta) got canceled but we will make up for it in November.

FROM: Nataly L.

TO: MHA Class of 2020

Shout out to all my fellow classmates and good luck on your exit assessment!

FROM: Gaby G.

RED PUT A RING ON IT! CONGRATULATIONS, CLASS OF 2020!

#RedPutARingOnIt

SHARE YOUR
CARDINAL PRIDE
WITH A SELFIE OF
YOU AND YOUR UIW
CLASS RING!



SHARE YOUR
CARDINAL PRIDE
WITH A SELFIE OF
YOU AND YOUR
UIW CLASS RING!

BE SURE TO USE #REDPUTARINGONIT AND TAG @UIWALUMNI FOR YOUR CHANCE TO BE FEATURED ON OUR SOCIAL MEDIA CHANNELS!

OFFICIAL DATE CHANGE

OCTOBER 28

SAVE THE DATE SAVE THE DATE SAVE THE DATE

DON'T MISS OUT ON THIS UIW ANNUAL EVENT TO KICKOFF FIESTA!





CALLING ALL...

SENIOR STORIES

**Do you know an
outstanding graduating
Cardinal?**

Do you know an outstanding graduating Cardinal? We invite you to help us honor the UIW Spring Class of 2020 by nominating exceptional students to be featured on the UIW blog and UIW social media. Please send nominations to vireyna1@uiwtx.edu with the student's name, major, email address and why you think they should be featured. Please note, depending on the number of nominations, not all submissions may be selected.

COMMUNITY

MESSAGES

- **COMMENCEMENT UPDATE**
- **2020 UIW ONLINE/ALTERNATIVE SERVICE
OPTIONS**
- **UIW MANDATING CLOTH FACE COVERING AS
RECOMMENDED BY CDC**
- **FROM UIW BEHAVIORAL HEALTH SERVICES**
- **FROM UIW HEALTH SERVICES**
- **FROM UIW POST OFFICE**
- **FROM STUDENT GOVERNMENT ASSOCIATION**

COMMUNITY MESSAGES

Commencement Update - From the Registrar

Dear Cardinal Community,

Thank you so much for your patience as we have worked to provide you with the needed information regarding the University of the Incarnate Word's Spring 2020 Virtual Commencement Ceremony. We understand that this is not what you planned for, but rest assured our team is working hard to provide you with a unique and memorable experience.

We are pleased to announce UIW's Virtual Commencement Ceremonies will be held on Saturday, May 30, 2020. On this date, UIW will celebrate commencement for all schools and programs. Please see information below:

(4 p.m.) Virtual commencement ceremony for undergraduate and graduate students. The following schools and programs are included in this ceremony:

- College of Humanities Arts and Social Sciences
 - Undergraduate and graduate programs
- Dreeben School of Education
 - Undergraduate, graduate, and doctoral programs
- H-E-B School of Business and Administration
 - Undergraduate and graduate programs
- Ila Faye Miller School of Nursing and Health Professions
 - Undergraduate, graduate, and doctoral programs
- School of Optometry
 - Undergraduate program
- School of Mathematics, Science and Engineering
 - Undergraduate and graduate programs
- School of Media and Design
 - Undergraduate and graduate programs
- School of Osteopathic Medicine
 - Graduate program
- School of Professional Studies
 - Undergraduate, graduate, and doctoral programs

(6 p.m.) Virtual commencement ceremony for the Feik School of Pharmacy, Rosenberg School of Optometry and School of Physical Therapy.

COMMUNITY MESSAGES



The banner is divided into two sections. The left section is white with a gold border and contains the University of the Incarnate Word logo (a red building with a steeple inside a circular seal with the text 'UNIVERSITY OF THE INCARNATE WORD' and '1881') at the top. Below the logo, the word 'Commencement' is written in a large, black, cursive font, and 'May 30, 2020' is written in a smaller, black, sans-serif font. The right section is black and contains two lines of white text, each preceded by a gold flourish. The first line reads '4 p.m. Undergraduate & Graduate Virtual Ceremony'. The second line reads '6 p.m. Feik School of Pharmacy, Rosenberg School of Optometry, School of Physical Therapy Virtual Ceremony'.

The Virtual Ceremonies will include every element possible to embody a traditional commencement event, including a presidential address, conferral of degrees, and other unique aspects, including special slides for each graduate. Graduates will be emailed instructions to upload their name, a personal message and a photo for their individual “slide.” The ceremonies will be livestreamed by the University and will remain available for viewing after each premiere. More information, including the site where the ceremony will be viewable, will be forthcoming.

Please continue to check your UIW email for updates and announcements, including how you can invite your family and friends to a virtual watch party.

To mark this special occasion, all students participating in the Virtual Ceremony will receive a commemorative box with keepsake items unique to this event. To ensure you receive your gift, please review, and update your information in Banner Web by **May 1** to reflect your current mailing address and contact information.

For questions regarding the 2020 Virtual Commencement Ceremony, [please visit our dedicated page](#) with frequently asked questions about commencement policies and procedures.

For any questions and concerns not addressed in the FAQ, please email pr@uiwtx.edu.

COMMUNITY MESSAGES

2020 UIW Online/Alternative Service Options

The Ettlign Center for Civic Leadership & Sustainability hopes that you and your family are safe and remaining healthy during this unique time in our history. As a result of several notes, emails, and inquiries regarding community service and how one may be able to complete the service requirement in this ever-changing environment, we have developed a quick sheet to assist students with this process. Information regarding online/alternative service options may be [found at this link](#).

UIW Mandating Cloth Face Covering

Effective April 20, 2020, community members working on and visiting campus are required to comply with the recent face coverings directive issued by San Antonio Mayor Ron Nirenberg. For the safety of all community members please ensure that proper safety precautions are followed.

On Thursday, April 16, San Antonio Mayor Ron Nirenberg issued guidance that all people 10 years or older must wear a cloth face covering over their nose and mouth when in a public place where it is difficult to keep six feet away from other people. Coverings may include homemade masks, scarfs, bandanas, or handkerchiefs. The CDC advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. For the Mayors Stay Home Work Safe directive [click here](#). For more information on the CDC recommendation on face coverings and for a guide to make a mask, [click here](#).

Managers are responsible for ensuring that all employees working on or visiting campus comply with this directive. Managers may contact Sam Wages at wages@uiwtx.edu to request face masks.

You can take steps to protect yourself and others during a COVID-19 outbreak. Be reminded of the following safety precautions;

- Exercise social distancing of 6 feet from others
- Use a cloth face covering when in a public place where it is difficult to keep six feet away from other people
- Wash your hands frequently for at least 20 seconds
- Avoid touching your nose or face
- Monitor your temperature
- Do not come to campus or go out in public if you have a temperature
- Do not use disposable mask more than three times
- Wash reusable cloth masks regularly to prevent the spread of the virus
- Clean and disinfect frequently touched surfaces daily

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.

COMMUNITY MESSAGES

From UIW Health Services

UIW Health Services began seeing students and employees via Zoom Telemedicine on Thursday, March 26. The patient **must physically be in Texas** during the scheduled telemedicine visit. To schedule an appointment call (210) 829-6017 or (210) 829-3175.

Student and Employee medical "sick visits" are available:

- Monday - Friday, 9 a.m. - 4:30 p.m.

Student psychiatry visits are available (At this time the psychiatrists cannot see new ADD/ADHD patients):

- Tuesday, 9 a.m. - noon and 2:30 - 5 p.m.
- Wednesday, 11 a.m. - 5 p.m.
- Thursday, 2:30 p.m. - 5 p.m.

Wellfleet (student insurance): UIW has agreed to waive the \$10 copay for "sick visits" for all students on this insurance plan seen via UIW Health Services Telemedicine through April 30, 2020.

All other insurances: (Aetna, BCBS, Cigna, UHS, etc.) are subject to the copay/deductible agreed upon in their insurance plan. *Self-pay options are available.*

Additional healthcare options in San Antonio are:

CHRISTUS Prompt Immediate Care (Urgent Care)
11823 Culebra Rd Ste 105
San Antonio, TX 78253
www.christushealth.org

Impact Urgent Care
1211 Austin Hwy
San Antonio, TX 78253
www.pmc.nextcare.com

Students with Wellfleet Insurance
Wellfleet Nurseline: 1-800-634-7629 (24/7 access to a Registered Nurse)

CHRISTUS Santa Rosa Hospital - Alamo Heights
403 Treeline Dr.
San Antonio, TX 78209
www.christushealth.org

CHRISTUS Santa Rosa Hospital- Medical Center
2827 Babcock Rd
San Antonio, TX 78229
www.christushealth.org In the event of an emergency, please call 911.

From UIW Post Office

Effective immediately, the UIW Post Office will operate from 8:30 a.m. - 2 p.m., Monday - Friday. Mail and packages will be ready for pick up during this timeframe. Students are recommended to call the Post Office in advance if any questions arise or to confirm mail/packages needing to be picked up. As a reminder, all UIW members are required to wear a face covering or mask.

COMMUNITY MESSAGES

From Student Government Association

Dear Cardinals,

The Student Government Association at the University of the Incarnate Word is working hard in continuing the mission of UIW by representing you, the students, and voicing your concerns as you continue your education from home. As we near the end of this semester, we hope that you keep up the great work during these unprecedented times. All SGA officers and senators are working hard to maintain momentum in bettering UIW for students in anticipation of the 2020-2021 academic year. Please feel free to send any of your concerns to our Attorney General at sgaag@uiwtx.edu or follow us on our Instagram for more regular information postings.

The [UIW COVID-19 website](#) has a list of resources available to students and information so you can stay up-to-date on the latest UIW COVID-19 information.

SGA is now accepting applications for the election of next year's Officers and Senators. Applications for the position of Executive Officer conclude April 30. All who are interest in applying for Senator, have until July 30. Voting for next years President and Vice President will be held Monday April 20-21.

Don't forget to vote!

Concerns of the week:

Q: How does the Satisfactory/Unsatisfactory grading system work?

A: The Satisfactory/ Unsatisfactory is an optional form of grade measurement that students can request instead of the regular grade average given at the end of the semester. Rather than receiving a grade that can affect your GPA, S/U classes will not affect your overall GPA at all. For more details, reference the Provost's message to the community from April 10, 2020 found on the [COVID-19 community updates](#) web page.

Please make sure to keep checking your email for any important messages and updates from SGA or the UIW Community. Remember to communicate any of your student concerns to SGA. There are more difficulties to come associated with COVID-19; however, together as a family, we will overcome this situation.

Best Regards,

Andrea del Valle Soriano, President
Iraida Aimee Galindo, Vice-President
Darcy Renfro, Chief of Staff
Imani Stewart, Attorney General
Ricardo Lopez III, Secretary
Isabella Pineda, Director of Public Relations
Chloe Hipolito-Uribe, Treasurer

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

