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### Message from Campus Engagement

Campus Engagement would like to wish you cheerful thoughts and best wishes for a very happy and healthy holiday season and New Year! This year has been one of big changes and accommodations. However, we did enjoy the semester and all it had to offer. Please remember to check your emails and be on the lookout for "What's The Word", UIW's online student newsletter, for more fun, engaging events coming January 2022.

> "Celebrate endings—for they precede new beginnings." - Jonathan Huie

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.

#### 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

210-829-6034

### **RESEARCH WEEK 2022 ADVANCING TUTORIAL**

Abstract Submission Deadline: Friday, Jan. 21, 2022

Greetings,

The Office of Research and Graduate Studies is excited to host its 15th Annual Research Week! It will be held during the week of April 4-7, 2022 with most events conducted online. We invite all researchers, scholars, and artists to submit abstracts or artist's statements describing their completed projects to be part of UIW Research Week 2022. Faculty, staff, and students (undergraduate, graduate, and professional) are welcome to submit abstracts. In keeping with the year's theme, we encourage the submission of projects that incorporate participatory and collaborative approaches, engage with diverse communities, and/or produce outputs that are accessible.

This year we are encouraging student research submissions from San Antonio area colleges and universities.

Projects presented elsewhere over the last academic year are welcome. All accepted abstracts and artist's statements will be published in the Proceedings and archived in the Athenaeum. Please note that accepted projects will be presented online in a virtual symposium format.

Research Week Webpage | Submit an Abstract (poster, podium, performing arts, visual arts, and service learning)

General inquires: researchweek@uiwtx.edu

### **University of the Incarnate Word agrees to Join Western Athletic Conference**

The University of the Incarnate Word (UIW) is proud to announce that it has accepted an invitation to become a member of the Western Athletic Conference (WAC). UIW will join the WAC beginning July 1, 2022.

"As we have witnessed over the past several months, Division 1 athletics can be a changing landscape and with that change will come opportunity," says UIW President Dr. Thomas M. Evans. "The University of the Incarnate Word is committed to prioritizing what is best for our student-athletes and the Mission of the University. A move to the WAC at this time puts our student-athletes in the best position to succeed academically and competitively. We want to thank the WAC Board of Directors, Commissioner Jeff Hurd and all the member institutions for the opportunity to join this prestigious league and we look forward to working with them to maintain and strengthen the level of sportsmanship and competition for which the WAC is known. We would also like to thank the institutions of the Southland Conference for their partnership over the past nine years."

With the addition of UIW, the WAC will soon consist of 14 schools competing in 20 different men's and women's sports, including eight teams that will compete in football at the Football Championship Subdivision (FCS) level.

The conference is beginning its 60th year of intercollegiate competition and in August 2021 the WAC entered into a new media rights agreement with ESPN. Under that agreement, more than 500 live WAC games and events including football, soccer, volleyball, basketball, swimming and diving, track and field, softball and baseball will be available for fans to watch on ESPN+. In addition, ESPN will produce the men's and women's basketball championship games.

"UIW brings a stellar reputation, a balanced athletics program and a great geographic location to the WAC," says Jeff Hurd, commissioner of the WAC. "The conference's Board evaluated every aspect of UIW's profile and knows it is a great fit for the conference now and for years to come."

UIW currently has 23 men's and women's teams competing in 14 different sports. Student-athletes at the University have proven to be champions on and off the field. In the Spring of 2021, UIW student-athletes recorded a collective GPA of 3.27. Despite the ongoing effects of the pandemic felt throughout the year, they managed to log 4,895 hours of volunteer service in the community over 2020-2021.

"We are excited to be joining the WAC," says Richard Duran, UIW athletic director. "This will raise the profile of all our sports teams and give our student-athletes a chance to compete on a different level. We consistently ask our students to be champions in the classroom, the community and in competition. This move will provide them the opportunity to do just that."





### Hosted by:

# President Evans and Campus Life

# Tuesday, Dec. 7 Westgate Circle 4 - 7 P.M.

Join us for a sampling of cuisine and delectable desserts from 5 different countries and enjoy the holiday entertainment.

### **100TH ANNIVERSARY: LAYING OF THE STONE** 12.03.1921

The laying of the cornerstone for what would be later called the Administration Building was held on Dec. 3, 1921. The importance attached to the new building is evident based on the elaborate ceremony planned for the occasion. The new building , which opened in September 1922, was described as the "greatest Catholic educational enterprise in the State."



### **100TH ANNIVERSARY: LAYING OF THE STONE** 12.03.1921

### Selfie Contest

- 1. Take a selfie at the Administration Building Stone
- 2. Post on Instagram Story and tag Campus Engagement @uiwcampusengagement
- 3. Winner will win swag basket and will be announced at 6:30 p.m. at the President Holiday Celebration (Tuesday, Dec. 7)



### South Texas Blood & Tissue Center





# JANUARYJUMPOFF

# SAVE THE ~~\*\* DATE



#### Follow us on Instagram @uiwgreeklife

SPRING RECRUITMENT AND BID DAY JANUARY AND FEBRUARY 2022

### JOIN GREEK!

At their core, fraternities and sororities provide academic support and help young college students develop social and leadership skills.

> Online Bidding opens Jan. 11, 2022

Contact Greek Life GA Kaila Campos for more information <u>kmcampos@</u>uiwtx.edu



2021-2022 School Year

### CAMPUS Activity Board Is Looking For...



HELP CAB PROMOTE AND RUN EVENTS. EARN SERVICE HOURS, RECEIVE EXCLUSIVE GIVEAWAY PRIZES, AND ATTEND A SPECIAL EVENT.

FOR MORE INFORMATION, CONTACT OPHELIA SANCHEZ AT Omsanche@student.uiwtx.edu





# Holiday Courtdown

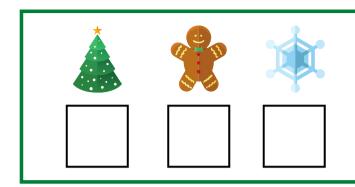
# 19 DAYS UNTIL CHRISTMAS 25 DAYS UNTIL NEW YEAR

BROUGHT TO YOU BY UIW CAMPUS ENGAGEMENT

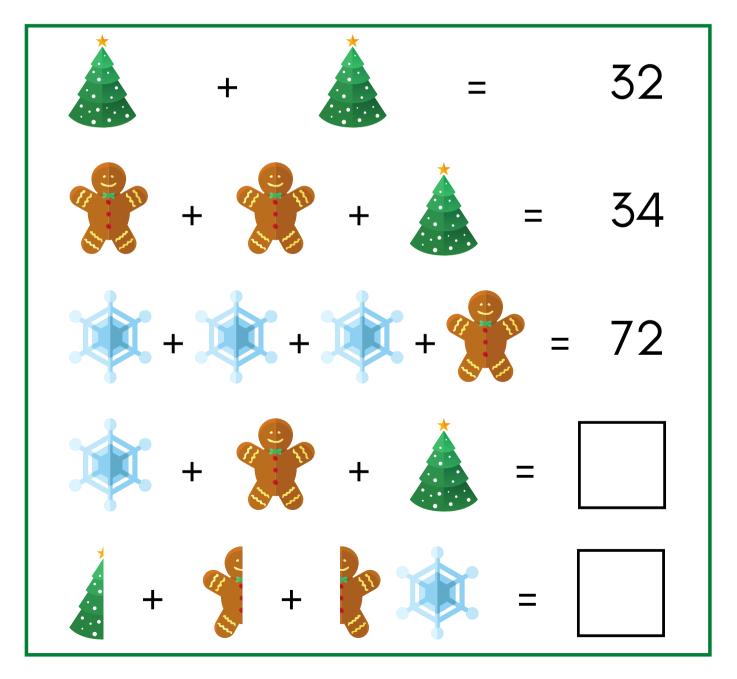


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	Santa elves		stocking tree		snow cookies			toys ornament	
Rudolph		star			present			sleigh	

### CHRISTMAS PUZZLES



**Instructions**: Determine what each of the Christmas images represent in the following maths problems:





Christmas Cake

#### Ingredients

6 eggs 1 C sugar 1/2 lb melted butter 1 C flour 1 tbs vanilla

Fruit stuff: 1/2 C flour 1 lb candied cherries 1 lb candied pineapple 4 C chopped pecans

Method

- 1. Mix eggs, sugar, butter, flour and vanilla together.
- 2. Flour the fruit stuff items.
- 3. Place the fruit stuff into a greased Angel Food cake pan.
- 4. Pour the batter over the fruit stuff.
- 5. Bake at 300 F degrees until cooked inside (about 11/2 hours).



Gingerbread Cookies

PREP: 10 MIN · COOK: 20 MIN

Ingredients

1 C brown sugar 1/4 C butter, melted 1/2 C milk, sour 2 C flour 1 egg, well beaten 2 tbs ginger 1/2 t salt 1 1/2 t baking soda

### Method

- 1. Mix the butter and sugar together and add the egg.
- 2. Sift the dry ingredients together and add alternately with the milk.
- 3. Beat vigorously for 2 minutes.
- 4. Knead into dough.
- 5. Roll flat and use cookie cutters to shape.
- 6. Bake at 350-F for 15-20 minutes or until golden brown.

# 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

# COVID-19 INFORMATION

#### Q: Where can I get tested on campus?

A: UIW has two locations available for free COVID-19 testing. Employees and students can register for testing through the UIW Curative kiosk located in the Founders Hall parking lot on the Broadway campus or on the School of Osteopathic Medicine (SOM) campus by clicking on the links below. You must use your UIW email when registering for testing.

- Schedule an Appointment at the Broadway Campus
- Schedule an Appointment at the SOM Location

The kiosks are located in the Founders Hall Parking Lot, located on the Broadway campus. The Broadway campus testing is available for employees and students only. The location at the SOM is open to the University community and is also open to the public. The test is a self-performed saliva test, authorized by the FDA for emergency use, to provide surveillance testing for general asymptomatic populations, including college-aged students. Results from these COVID-19 tests are estimated to be available within 36 to 48 hours.

#### Q. Can I test at a location other than the Curative Kiosks on the UIW and SOM Campuses?

A. Yes, persons who test at a location other than the Curative testing kiosk on the Broadway campus should report their test results as follows:

You may email your test results to your respective campus email address: Broadway - UIWBroadwaystudentcovid@uiwtx.edu. FSOP – Feikstudentcovid@uiwtx.edu RSO – RSOstudentcovid@uiwtx.edu SOM – SOMstudentcovid@uiwtx.edu SoPT – SoPTstudentcovid@uiwtx.edu

#### Q: What is UIW's new mask mandate?

A: Masks and face coverings are required indoors by those who are vaccinated as well as persons not vaccinated. Masks are required outdoors in group settings and when social distancing cannot be maintained. Read the full mask policy here.

# 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.

<u>Click here</u> for the latest UIW COVID-19 updates.

If you have any questions about UIW's response to COVID-19, <u>please fill out</u> <u>this form</u>.

# 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
- <u>National Suicide Prevention Lifeline</u>: 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 <u>UIW 2020-21 Student Handbook</u> and <u>the Behavioral Misconduct Procedures</u> 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 <u>Hazing Policy and Report page</u> 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<u>online reporting forms</u>.

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 <u>Office of Campus Life</u>. 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: <u>UIW COVID-19 Vaccine Survey</u>

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: <u>https://my.uiw.edu/counseling/index.html</u>, 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** 

# COMMUNITY MESSAGES

### from Student Government

SGA Semester in Review

Fall 2021 showcased how UIW stood apart from other universities and colleges within the community as we returned to campus. SGA, with the support from faculty, staff and administration, were able to contribute to the return by celebrating new and old traditions while also ensuring the student voice is heard.

SGA and the Athletic Department began a new tradition by incorporating the Sisters of Charity for the Blessing of the "student-athletes". Senior athletes were celebrated at the Homecoming game as they received their graduation stole and blessing. SGA and the Senate participated in the traditional Trick or Treat event with the Ettling Center. Over 300 elementary school children made their way through campus and enjoyed receiving candy from faculty and staff who were dressed in the Halloween spirit. SGA received a huge response of participation for our annual Golden Harvest. This year, the Athletics Department and School of Professional Studies joined UIW academic schools for a little friendly competition. With the support and participation from all on campus, SGA has extended Golden Harvest to the last week of the semester. To date, CHASS is in the lead with 2,500 pounds of food!

As we continue our commitment to the students, the SGA is happy to announce the books for next semester will be free to students. SGA will continue to work in partnership with President Dr. Thomas M. Evans and the University towards the success of each student.

With the semester coming to a close, the SGA is excited for the new year. We will be working on new traditions for the sophomore and junior classes and continued school spirit that makes UIW a Cardinal family.

Campus Engagement

<u>campusengagement@uiwtx.edu</u>

### 210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



@UIWCAMPUSENGAGEMENT



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

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@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

