

JANUARY 5

*WHAT'S THE*  
**WORD**

**JANUARY JUMP-OFF  
2021**

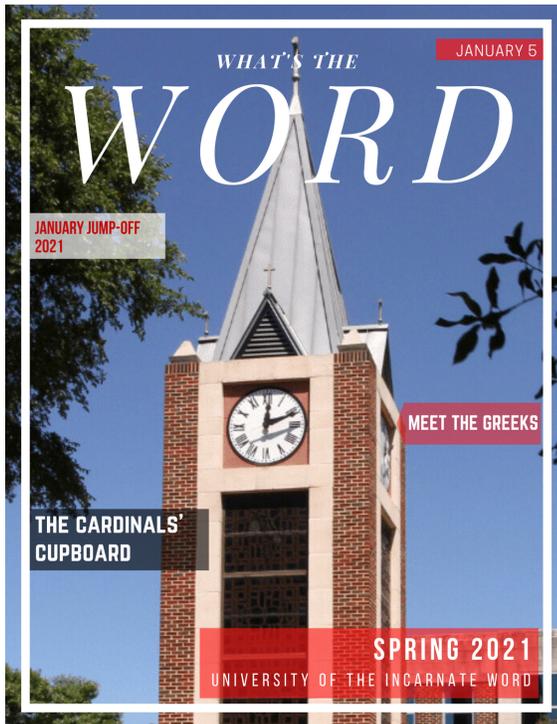
**MEET THE GREEKS**

**CRAFT TUESDAY  
SPRING SCHEDULE**

**SPRING 2021**

UNIVERSITY OF THE INCARNATE WORD

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## Message from Campus Engagement

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

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

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

## Praised be the Incarnate Word!

# GET YOUR THERMOMETERS READY!

## CARDINAL DAILY HEALTH CHECK IS HERE!

The Cardinal Daily Health Check, a web-based tool, must be completed by all employees, students, and guests before visiting any UIW location.

After a successful daily health check, users will be emailed a ticket they use to verify completion of the screening.

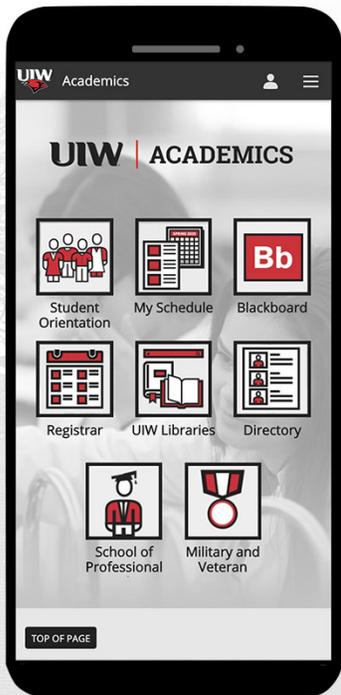
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



For detailed instructions and more information, please visit <https://www.uiw.edu/cardinal-daily-health-check/>.



Scan this QR code to go to the Cardinal Daily Health Check.



## DOWNLOAD THE OFFICIAL UIW MOBILE APP

Use the app for quick access to important information and university resources.

Stay tuned for updates as we work to bring you additional features and integrations!



Campus Map



Blackboard



Calendar of Events



University and Athletics News



Emergency Contacts and Information



Look for it on the Apple App store and Google Play store.

# UIW ENGAGE



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

### STEP 1

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

### STEP 2

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

### STEP 3

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

### WHAT WILL YOU FIND?

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

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

210-829-6034

focus

# SEEK<sub>21</sub>

February 4-7, 2021

COME.  
SEE.  
HEAR.  
ENCOUNTER.

Learn more about  
SEEK21 here:



## SEEK21 STARTS: FEBRUARY 4, 2021



Encounter the Heart  
of the Gospel

Join the largest  
conference focused  
on the Gospel itself!



### You Are Not Alone

Experience SEEK21 in a  
community with others right  
here at UIW, at no cost to you  
by [registering here](#):



### Speakers Coming to You

Chika Anyanwu  
Bishop Robert Barron  
Hilary Draftz  
Sr. Miriam James Heidland  
Sr. Bethany Madonna  
Curtis Martin  
Dr. Jonathan Reyes  
Fr. Mike Schmitz  
Msgr. James Shea  
Dr. Edward Sri

Dear God,  
On this day I ask You to grant this request,  
May I know who I am and what I am,  
Every moment of every day.  
May I be a catalyst for light and love,  
And bring inspiration to those whose eyes I meet.  
May I have the strength to stand tall in the face of conflict,  
And the courage to speak my voice, even when I'm scared.  
May I have the humility to follow my heart,  
And the passion to live my soul's desires.  
May I seek to know the highest truth  
And dismiss the gravitational pull of my lower self.  
May I embrace and love the totality of myself,  
My darkness as well as my light.  
May I be brave enough to hear my heart,  
To let it soften so that I may gracefully  
Choose faith over fear.  
Today is my day to surrender anything that stands  
Between the sacredness of my humanity  
and my divinity.  
May I be drenched in my Holiness  
And engulfed by Your love.  
May all else melt away.  
And so it is.

- -Debbie Ford



# 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](#).



# NEW STUDENT ORGANIZATIONS

## Statement of Compliance and Approval of Registration

No student organization shall discriminate in membership or activities on the basis of race, creed, gender, sexual orientation, age, national origin and/or handicap. Purposes and activities of a registered student organization must not conflict with the purposes and regulations of the University of the Incarnate Word, including its mission. All officers of the organization must be registered students. A majority of the members of a registered student organization must be registered University of the Incarnate Word full or part-time students. The participation of faculty and staff is encouraged. Failure to follow all applicable campus, state and/or federal policies, procedures or statutes may result in the suspension or loss of any or all benefits as a registered student organization.

## Review the Following Guidelines for Starting a New Student Organization

Meet with the Campus Engagement Representative to review the approval process and application materials. Necessary paperwork must be completed and/or revised if necessary:

- Constitution and Bylaws (electronic and hard copy): Review guidelines for writing the constitution and bylaws of the organization.
- Student Membership Roster: At least eight (8) student members must be listed on the Student Membership Roster.

- Agency Account Authorization Request: This is a budget account number issued to you by the Comptroller's Office.
- On-campus Advisor: On-campus advisors must be a full-time UIW employee.
- [New Student Organization Registration](#)

## New Student Organization Process

New student organizations are approved by the Director of Campus Engagement and the Student Government Association. Once a completed registration packet has been submitted, the Director of Campus Engagement will review the registration application and follow up on any questions they may have. After approval from the Campus Engagement Office, the organization will be contacted by the Student Government Association. The purpose and activities of the organization must be presented to the student body at a designated General Assembly and the new student organization must be voted in. Please be aware of the dates of the General Assembly as they only take place monthly.

## Types of Student Organizations

Depending on the type of organization you are looking to start, please be sure to select the appropriate UIW Engage branch to submit your new student organization registration. If you do not see the proper branch for your intended new organization, please contact a Campus Engagement representative at (210) 829-6034.

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2021- 2022  
SCHOOL YEAR

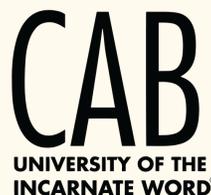
*Campus Activity Board is looking for:*

# CAB BOARD MEMBERS!

If you want to plan FREE fun and engaging events for UIW students, apply today! A stipend is available for board members.

Applications are being accepted on UIW Engage through April 9, 2021. Just follow these simple steps:

[UIW Engage > Campus Activities Board > Forms](#)



FOR MORE INFORMATION, PLEASE CONTACT  
PAULINA ZELAZNA AT  
[ZELAZNA@STUDENT.UIWTX.EDU](mailto:ZELAZNA@STUDENT.UIWTX.EDU)



**2021 – 2022  
SCHOOL YEAR**

**CAMPUS ACTIVITY BOARD IS LOOKING FOR**

# *CABbies*

Help CAB promote and run events. Earn service hours, receive exclusive giveaway prizes, and attend a special event!

**FOR MORE INFORMATION, CONTACT  
KARLA RAMIREZ AT  
[KKMARTIN@STUDENT.UIW.EDU](mailto:KKMARTIN@STUDENT.UIW.EDU)**

**CAB**  
UNIVERSITY OF THE  
INCARNATE WORD®



# ***Low On Food Supply?***

**COME ON DOWN TO THE CARDINALS' CUPBOARD FOOD PANTRY!**

***We Provide A Diverse Food Selection  
Towards Those In Need In Our Community***

## **WHAT YOU CAN FIND AT OUR FOOD PANTRY:**

- **CEREAL**
- **MILK**
- **JUICE**
- **PRESERVED FRUITS**
- **CANNED SOUP**
- **PASTA**
- **CANNED MEAT**
- **COOKING INGREDIENTS**
- **HEALTHY SNACKS**



## **WE ALSO HAVE NECESSITY ITEMS SUCH AS:**

- **SOAPS**
- **TOOTHBRUSHES**
- **SHAMPOO**
- **CONDITIONER**



*Follow us on Instagram!  
@uiwcc\_foodpantry*

**Location: Joeris Hall  
Hours: M-TH 10AM-3PM  
Open Friday by Appointment**



**FOR MORE INFORMATION  
(210) 283-6423  
OR  
CCL@UIWTX.EDU**



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

# ***JANUARY JUMPOFF***

**JAN 11 | 8:30 - 10:30 AM**

PICK-UP/WESTGATE CIRCLE  
**BREAKFAST TACOS AND MARIACHI MUSIC**

**JAN 12 | 11 AM- 2 PM**

PICK-UP/ SEC MEZZANINE  
**CRAFT BOX PICK-UP**  
**CERAMIC PLATE PAINTING & FRIENDSHIP BRACELETS**

**JAN 12 | 5 PM - 6 PM**

VIRTUAL/ZOOM  
**MEET THE GREEKS**

**JAN 13 | 11 AM - 1 PM**

VIRTUAL/ ZOOM  
SNAPSHOT/WESTGATE CIRCLE  
**VIRTUAL & SNAPSHOT ACTIVITIES FAIR**

**JAN 13 | 7 PM**

VIRTUAL/ZOOM  
**SCAVENGER HUNT**

**JAN 14 | 2 PM - 4 PM**

PICK-UP/WESTGATE CIRCLE  
**CARDINAL COFFEE HOUSE**

**JAN 14 | 5 PM - 7 PM**

VIRTUAL/ZOOM  
**WHAT'S THE TEA? HOSTED BY: THE GREEKS**

**JAN 15 | 6 PM AND 8 PM**

SKYVIEW LOT  
**SKYVIEW LIGHTS HOSTED BY: CAB AND SGA**

TO VIEW EVENT DETAILS OR EVENT UPDATES VISIT UIW  
ENGAGE.



@UIWCAMPUSENGAGE



# Craft Tuesday spring 2021

Brought to you by Team Red

For more details log into UIW Engage or follow our social media .

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JAN 19· DIY PICTURE FRAME

JAN 26· DIY WATER COLOR MASON JARS

FEB 2· DIY WOODEN KEYCHAINS

FEB 9· PARDI GRAS BANNER

FEB 16· DIY TERRA COTTA COASTERS

FEB 23· MARBLE ART GLASSWARE

MARCH 2· DIY PENCIL POUCH

MARCH 16· DIY CANVAS ART

MARCH 23· DIY BEADED WIND CHIMES

MARCH 30· DIY EASTER EGG PAINTING

APRIL 6·DIY SPRING SIGNS

APRIL 13· DIY MARACA PAINTING

APRIL 20· DIY FLOWER POTS

APRIL 27· DIY SUN CATCHERS

Join us every Tuesday from 11-2pm in the SEC



@UIWCAMPUSENGAGEMENT

# Spotlight: Appreciation Day

**LOG INTO ENGAGE OR OUR SOCIAL MEDIA TO SEE IF YOUR TEAM OR ORGANIZATION IS IN THE SPOTLIGHT BY RECEIVING A SPECIAL DEAL FROM LUCIANOS BROUGHT TO YOU BY CAMPUS ENGAGEMENT**

LOCATION : RED'S PUB

TIME: 5PM-9PM

**JANUARY 20**

**JANUARY 27**

**FEBRUARY 3**

**FEBRUARY 10**

**FEBRUARY 17**

**FEBRUARY 24**

**MARCH 3**

**MARCH 17**

**MARCH 24**

**APRIL 7**

**APRIL 14**

**APRIL 21**

**APRIL 28**



UIW GREEK LIFE

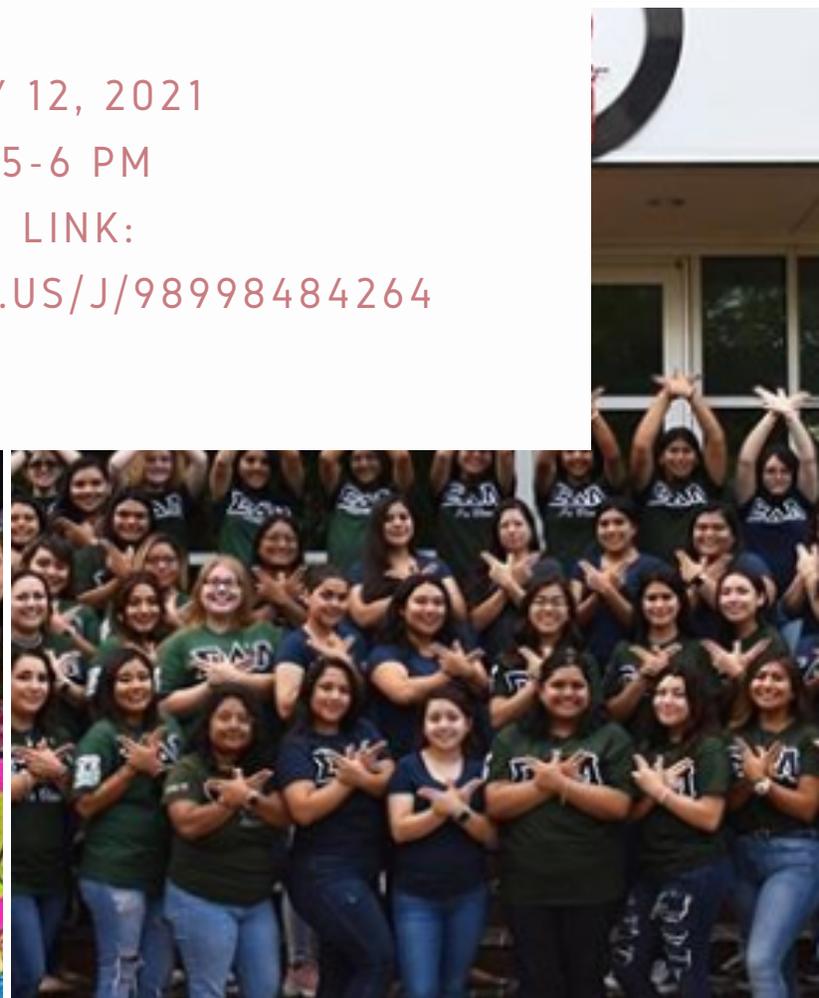
# Meet the Greeks

JANUARY 12, 2021

FROM 5-6 PM

ZOOM LINK:

[HTTPS://UIW.ZOOM.US/J/98998484264](https://uiw.zoom.us/j/98998484264)



The Offices of Campus Life offer many opportunities for students to get involved through membership in over 60 student organizations.

The UIW Greeks are a diverse community comprised of local, national, and international Greek organizations. This community offers its members opportunities to expand their undergraduate experience through leadership, academic excellence, service, brotherhood and sisterhood. Go Greek! It's one of the most fulfilling experiences at UIW.

### Eligibility:

- Must have earned a minimum of 12 college hours at UIW or any accredited college and/or university
- Must have a minimum of a 2.5 cumulative GPA (no exceptions)
- Must not be a first-semester freshman
- Must not currently be part of a dual enrollment course from high school

**Alpha Sigma Alpha** is a national women's organization that strives to develop well rounded women of poise and purpose. This is accomplished through focusing on four areas of development: physical, spiritual, intellectual, and social.

Each of our events contributes to growth in at least one of these areas. Service is also very important to us. We are proud to support two national philanthropies, Special Olympics and S. June Smith Center, as well as one local philanthropy, Respite Care. Our goal is to inspire women to lead, serve and make a difference in their communities.

### Quick Facts:

**National Founding Date:** November 15, 1901

**Chapter Founding Date:** November 21, 1998

**Motto:** Aspire, Seek, Attain

**Mascot:** Ladybug, Raggedy Anne

**Flower:** Aster, Narcissus

**Colors:** Crimson, Pearl White, Palm Green & Gold



# Alpha Sigma Tau

Since 1899, **Alpha Sigma Tau** has stood for excellence. Alpha Sigma Tau develops women into chapter leaders and community partners.

AST is about women who work together to support each other, creating meaningful relationships that add value to their lives. Alpha Sigma Tau provides positive opportunities for women to be sisters, leaders, scholars and philanthropists. These are Friendships Forged in Tradition!

## Quick Facts:

**National Founding Date:** November 4, 1899

**Chapter Founding Date:** April 25, 2009

**Colors:** Emerald Green & Gold

**Flower:** Yellow Rose

**Motto:** Active, Self-Reliant, Trustworthy

**Mascot:** Turtle

**Required GPA** 2.5

## Purpose:

To promote ethical, cultural and social development of its members.



# Omega Delta Phi

The Incarnate Knights of **Omega Delta Phi** Fraternity Inc. was established April 13, 2015 at the University of the Incarnate Word campus. Men of Vision encourages the mindset of constant service and chivalry in the form of social and volunteer events in the areas surrounding the University of the Incarnate Word. Our mission is to dedicate our efforts to the needs and concerns of the community, and to promote and maintain the traditional values of Unity, Honesty, Integrity, and Leadership.

## Quick Facts:

**National Founding Date:** November 25, 1987

**Colors:** Scarlet, Silver, Black

**Flower:** Silver Rose

**Motto:** Crescit Eundo It grows as it goes

**Symbol:** Silver Knight

**Slogan:** One Culture, Any Race

## Mission:

To dedicate our efforts to the needs and concerns of the community, and to promote and maintain the traditional values of Unity, Honesty, Integrity, and Leadership.

# Sigma Delta Lambda

**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. We hope to aid in the retention of women and people of color in higher education. We encourage interaction with other Greek organizations, the university, the local community, and most importantly, the minority population. Sigma Delta Lambda also holds high academic expectations for its members in order to help them succeed in life.

## Quick Facts:

**Colors:** Navy Blue & Forest Green

**Flower:** White Calla Lily

**Motto:** "Together We Rise through Education, Loyalty and Pride."

**Mascot:** Dove

## Philanthropy:

Sigma Delta Lambda's philanthropy is At-Risk Youth. We encourage interaction with the local community, and most importantly the minority population.



# Any Questions?



## CONTACT US

4301 Broadway St, San Antonio  
TX 78209  
210-829-6034  
campusengagement@uiwtx.edu

Interested in Greek Life?  
Follow us to see what our Greeks are doing:



@UIWGREEKLIFE

C A B P R E S E N T S

★  
*Skyview*  
★  
*Lights!*

JANUARY 15, 2021

6:00 PM AND 8:00 PM SHOW

SKYVIEW PARKING LOT

Join us for a night of live music,  
snacks and goodies!

RSVP on UIW Engage for a spot to see the band.

Face mask required at all campus events. All the events  
will be adhere to the event and social distancing  
guidelines listed in the Spring Cardinal Flight Plan

#StopTheSpread

# 7 Steps to prevent the spread of COVID-19

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose, and mouth
- 03** Cover your mouth when you cough using a tissue or the bend of your elbow
- 04** Avoid crowded places and close contact with anyone who has fever or cough
- 05** Stay home if you feel unwell
- 06** Seek medical care early if you have a fever, cough, and difficulty breathing—but call first
- 07** Get information from trusted sources

**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](mailto:melonson@uiwtx.edu).

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

### ***Here are some tips for managing anxiety at this time:***

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

### ***Helpful Behavioral Health Resources:***

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

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

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



## **A Reminder from Title IX Department and the Student Conduct Office**

**THE STUDENT CODE OF CONDUCT AND THE SEXUAL  
MISCONDUCT POLICY STILL APPLY TO VIRTUAL LEARNING.**

**IN ALL YOUR INTERACTIONS AS A  
STUDENT, (EMAILS, BLACKBOARD MESSAGE  
BOARDS, ZOOM MEETINGS, ETC.) THE FOLLOWING ARE JUST  
SOME OF THE BEHAVIORS THAT WOULD VIOLATE THESE  
POLICIES:**

- **HARASSMENT (CAN BE SEXUAL OR NON-SEXUAL IN NATURE)**
- **DISRESPECTFUL, DISORDERLY, DISRUPTIVE OR  
INDECENT CONDUCT**
- **STALKING**
- **BULLYING/INTIMIDATION**
- **VERBAL OR WRITTEN ABUSIVE STATEMENTS**
- **DISCRIMINATORY OR INFLAMMATORY STATEMENTS (RACIST,  
SEXIST, ETC.)**
- **ACADEMIC DISHONESTY**
- **FALSIFYING DOCUMENTS**
- **VIOLATING THE UIW RESPONSIBLE COMPUTING POLICY**

**IF YOU FIND YOURSELF NEEDING TO FILE A REPORT FOR A  
STUDENT CODE OF CONDUCT OR SEXUAL MISCONDUCT POLICY  
VIOLATION, PLEASE GO TO: [WWW.UIW.EDU/REPORT](http://WWW.UIW.EDU/REPORT).**

# Campus Engagement

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

210-829-6034

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## UIW CAMPUS ACTIVITIES BOARD

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CATCH UP WITH SOME ONLINE ACTIVITIES BETWEEN YOUR CLASSES



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