

WHAT'S THE WORD

JULY 6, 2021

PEER ADVISORS FOR
STUDENT VETERANS

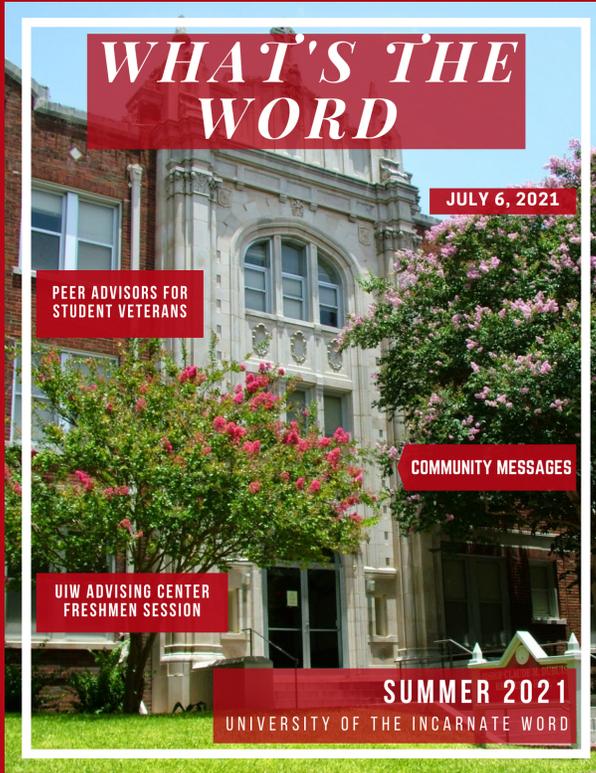
COMMUNITY MESSAGES

UIW ADVISING CENTER
FRESHMEN SESSION

SUMMER 2021

UNIVERSITY OF THE INCARNATE WORD

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Message from Campus Engagement:

Hi Cardinals!

We hope everyone is having a great summer! We miss you being here at the Nest, but we are excited to have you back in the fall. We hope you are staying safe, having fun and missing us as much as we miss you!

Remember to stay engaged throughout the summer by logging in to your Cardinal Apps, where you can find information on fun and exciting events happening here on campus!

"Be happy, be bright, be you." - Arlyn Rivera

Praised be the Incarnate Word!



UNIVERSITY OF THE
INCARNATE WORD

ARE YOU READY?

UIW Athletics is back! You can view the
Fall 2021 and Spring 2022 schedules by
visiting:

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

SHOW YOUR SUPPORT AND YOUR UIW PRIDE.
GO CARDINALS!

TEAM RED

**WE'RE
HIRING!**



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

To apply, visit:
jobs.uiw.edu/postings/16440



MARGARITA AND SALSA FESTIVAL

FRIDAY, JULY 9
4-7 P.M. FRIENDSHIP GARDEN

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

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

@UIWCAMPUSENGAGEMENT



IN-PERSON EVENTS
CAMPUS LIFE

UIW
BLOCK PARTY

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

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

45 and counting

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

TUESDAY, AUG. 10, 2021
9 A.M. - 12 P.M.
WESTGATE CIRCLE

DANCING

CARDINAL
CRAWL

MUSIC

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



SATURDAY, AUGUST 21
7-10 PM
SEC BALLROOM

Fresh

Friday!

July 16 • 1-4 p.m.

Join us for a special freshman session

Guess
Who?

Get to know your advisor

Map Your
Classes!

University Trivia

Career Quiz!

Games and Prizes

Destress
before a Test



See you there!
In the Ballroom or Zoom

Campus Location:
SEC Ballroom
Zoom Meeting
ID: 825 050 1938

For more information, please contact the University Advising Center
at: advising@uiwtx.edu or (210) 805-5814

Help PAVE the way for a new student veteran.

Peer Advisors for Veteran Education (PAVE) is a peer support program for student veterans.

Student veterans are trained to share their firsthand experiences with incoming student veterans and help connect them with the campus and community resources they need to succeed.

P★A★V★E

Peer Advisors for Veteran Education



Interested in learning more about volunteering for PAVE?

Contact us:

pave@uiwtx.edu



How great is our state? Here are some Texas fun facts we all need to know!

★ *Dr. Pepper was invented in the year 1885 by Charles Alderton in Waco, Texas.*

★ *The first Six Flags, called Six Flags over Texas, was named for the theme park six countries that have ruled over Texas: Spain, France, Mexico, the Republic of Texas, the Confederate States of Texas, and the United States.*

★ *Texas State Highway 130 has a speed limit of 85, the highest posted speed limit in the US.*

★ *The Texas Capitol building is the largest capitol building in the United States.*

★ *Texas is larger than any country in Europe.*

★ *King Ranch, which is located in Kingsville, Texas, is larger than the state of Rhode Island it self.*

★ *Texas is home to three of the top most populated cities in the United States: Houston, Dallas, and our very own city, San Antonio.*

I guess it is true when they say that everything is bigger in Texas!

UNIVERSITY MISSION AND MINISTRY



JULY REFLECTION: SOCIAL FRIENDSHIP

Pope Francis' July Prayer Intention: Social friendship - We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship.

In the heart of summer, these are long and lazy days for many of us. There's time for rest, vacation, swimming, and barbecues with family and friends. In these sunny days and starry nights, our backyards and front porches can feel like the safest and best places to be.

In July, Pope Francis asks us to pray for social friendship: "that in social, economic and political situations of conflict, we may be courageous and passionate architects." In the Gospels, we see Jesus reaching out to draw all people into the Kingdom of God. He meets with Greeks and the poor, visits with lawyers and Pharisees, dines with women and sinners and Samaritans.

Even in these summer days of rest and recreation, we're invited to open our circle wider—to welcome someone new or to meet old friends in new ways.

Meeting different people can be fun and exciting! It can mean new ideas, new stories, and new experiences. And, sometimes, it's not easy. In a wounded world filled with conflict and division, it can be difficult to go beyond my neighborhood, my friends and family. How can I invite visitors into my backyard? Where can I go to meet new friends on their front porches?

FATHER JOE LARAMIE SJ-JUNE 29, 2021

[HTTP://POPESPRAYERUSA.NET/2021/06/29/JULY-REFLECTION-SOCIAL-FRIENDSHIP/](http://popesprayerusa.net/2021/06/29/july-reflection-social-friendship/)

bustedhalo
#DAILYJOLT
JULY 1, 2021

Anything is possible when you have the right people there to support you.

— MISTY COPELAND

TODAY'S #MICROCHALLENGE
TODAY, REFLECT ON THE WAYS IN WHICH YOU ARE UNIQUE. JOT DOWN FIVE THINGS THAT MAKE YOU, YOU!

 **Keep in touch with us**
VIA EMAIL OR TEXT MESSAGE

- Choose to receive updates from groups you're interested in
- Unsubscribe anytime
- No spam, we promise



FAITH AND PRAYER RESOURCES

<http://popesprayerusa.net/>

<https://www.usccb.org/>

<https://bustedhalo.com/>

<https://hallow.com/>

UNIVERSITY MISSION AND MINISTRY
AD147
MINISTRY@UIWTX.EDU
210-829-3128

DEI (diversity, equity, and inclusion) CIRCLES



Mission and Ministry DEI Circles

Mission and Ministry invites you to join us this summer as we initiate new spaces for conversation and community building called DEI (diversity, equity, and inclusion) Circles. These are opportunities for you to find a safe space to learn and teach – through respectful conversation – about critical DEI issues. The primary goal is to foster awareness and support among students, faculty, staff and CCVI Sisters as we live out the Mission and values of UIW. In July, we will continue the focus on DEI issues and priorities of LGBTQ+, Asian American and Pacific Islanders, and Latinx communities. Members of these communities and allies within UIW are welcome to attend via Zoom. Additionally, we will continue our in-person, inter-faith prayer and sacred conversation meetings for racial healing and justice on Wednesdays and Fridays at 12:30 p.m. in Our Lady's Chapel. Finally, in July, we will also offer DEI Formation Circles on Critical Race Theory and Microaggressions.

DEI Conversation Circles – spaces for community building, support, and action planning

- Wednesday – June 16, 23 and 30 and July 14, 21 and 28
 - 10 – 11 a.m. – DEI Circle via Zoom – LGBTQ+ Communities at UIW
 - 12:30 – 1 p.m. – Pray & Act for Racial Justice in Our Lady's Chapel (in-person prayer and sharing)
 - 3 – 4 p.m. – Círculo DEI en Español and English via Zoom – Comunidades Latinx at UIW
- Friday – June 18 and 25 and July 16, 23 and 30
 - 10 – 11 a.m. – DEI Circle via Zoom – Asian/Pacific Islander Communities at UIW
 - 12:30 – 1 p.m. – Pray & Act for Racial Justice in Our Lady's Chapel (in-person prayer and sharing)

DEI Formation Circles –spaces for teaching, learning, skills building and research

- July 14 and 16, 1:30 – 3 p.m. – “What is Critical Race Theory?”

<https://uiw.zoom.us/meeting/register/tJEscOugrTwuGtchi4TSiWqYSFTJgczmJEKT>

The term Critical Race Theory has recently dominated the news as racial tensions escalated around the country. Many condemn it as covert, Marxist ideology that threatens the very fabric of U.S. society, thus justifying new laws and policies forbidding it in classrooms and workplaces. Is this extreme reaction justified? What do we need to know about it as a teaching and learning community rooted in the UIW Mission and Catholic identity? Dr. Sandy Guzman-Foster, an expert in this field of study, will lead these two formation circles.

- July 21 and 23, 1:30 – 3 p.m. – “What are Microaggressions?”

https://uiw.zoom.us/meeting/register/tJwvceiopzlvG91OgwPYLQS_nSgg828k5CHx

Microaggression is a term being used to describe the day-to-day experiences of racial and gender prejudice. Sometimes it's an overt insult, but more often it is an ambiguous joke, an invasive question, a strange comment or an unwelcomed gesture. This circle hopes to create a safe space for examining our unconscious bias, questioning stereotypes and developing new skills for intercultural relationships in our teaching and learning UIW community.

- July 28 and 30, 1:30 – 3 p.m. – “DEI Implications for Healthcare”

<https://uiw.zoom.us/meeting/register/tJYpf-murjsjHtExPUs8YXH4aY1NYBBUnwTg>

Along with the COVID-19 pandemic, we have also experienced a time of heightened consciousness of the persistence of racism in our society. As we begin to recover from the worst of the pandemic's grip, it is time to ask the deeper questions about systemic racism and its impact on the health of People of Color, disproportionately affected by disease and access to care. This circle will provide a safe space for conversation on how UIW's health programs can respond to these critical realities in light of our Mission.

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



PROJECT UPLIFT: MY MOTIVATION

The University of the Incarnate Word Ettlign Center for Civic Leadership and Sustainability is inviting young women from seventh grade through college to the inaugural event Project Uplift: My Motivation. Encourage and prepare young women to support each other and to be heard in the community. Help them grow into leaders who make a difference in the world around them.

Saturday, Aug. 7, 2021

9 a.m. to 12 p.m.

UIW Broadway Campus | Student Engagement Center Ballroom

Our focus this year is finding your personal motivation for returning to school. We are inviting diverse and inclusive women from the community to speak and engage our community, working together to uplift and empower the women of UIW and San Antonio.



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

Scan the QR code or visit <https://givepul.se/d21mw/>

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**

UPDATED COVID-19 **INFORMATION**

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

COMMUNITY MESSAGES

COVID-19 Reminders

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

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

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

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

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

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

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

COMMUNITY MESSAGES

From UIW Behavioral Health Services

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

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

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

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

Here are some tips for managing anxiety at this time:

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

Helpful Behavioral Health Resources:

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

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

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

COMMUNITY MESSAGES

from the Office of Student Advocacy and
Accountability

Hello Cardinals,

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

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

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

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

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

Praised be the Incarnate Word!

Sincerely,

Matthew Carpenter
Director, Office of Student Advocacy and Accountability

and

Dr. Christopher Summerlin
Dean of Campus Life

COMMUNITY MESSAGES

From the UIW Medical Team

Dear UIW Students,

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

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

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

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

Thank you for your assistance.

Sincerely,

The UIW Medical Team

COMMUNITY MESSAGES

from UIW Counseling Services

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

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

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

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

Sincerely,

UIW Counseling Services Team

Campus Engagement

campusengagement@uiwtx.edu

210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



@UIWCAMPUSENGAGEMENT

UIW GREEK LIFE

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



@UIWGREEKLIFE

UIW CAMPUS ACTIVITIES BOARD

STAY CONNECTED AND FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS



@CABUIW

UIW STUDENT GOVERNMENT ASSOCIATION

CATCH UP WITH SOME ONLINE ACTIVITIES BETWEEN YOUR CLASSES



@UIWSGA

