

AUGUST 11

WHAT'S THE

# WORD

CAMPUS ENGAGEMENT  
HOLIDAY COUNTDOWN

COMMUNITY MESSAGES

HEALTH & WELLNESS  
INFO AND Q&A SESSION

HOW TO USE A MASK

SUMMER 2020  
UNIVERSITY OF THE INCARNATE WORD

# TABLE OF *contents*



- 6 University Mission and Ministry**  
*Holy Virgin of Guadalupe Prayer*
- 9 Health & Wellness**  
*Info and Q&A Session*
- 11 Ettlting Center for Civic Leadership and Sustainability**  
*I Wear a Mask for...*
- 19 UIW Campus Engagement**  
*Holiday Countdown*
- 20 Community Messages**  
*UIW Campus Health Protocol*
- 25 Student Conduct**  
*Title IX Reminder*

## Message from Campus Engagement

What's the Word is produced for you, our UIW students, as a way to help keep you up to date on the latest from your University. The Campus Engagement team has been busy gearing up and preparing for your return. We are working to provide ways to make sure you are ENGAGED in all UIW events and programs, whether you are on campus or learning virtually.

Search for ways to get involved in student organizations you are interested in! You can find student organizations in Cardinal Apps under the ENGAGE tab. We hope you enjoy exploring our online magazine. Let us know what you want to see in the next edition.

"I am too positive to be doubtful, too optimistic to be fearful and too determined to be defeated."  
Hussein Nishah

## Praised be the Incarnate Word!

# 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)

210-829-6043

# ZOOMIN' WITH THE ADVISORS



## Join the UIW Advisors for Zoomdays!

Starting in July, UIW advisors will be available to address your questions & concerns using Zoom, which can be found in Cardinal Apps.

### Summer Zoomday Schedule

Zoomday session times are from 10-12 p.m. and 2-4 p.m. on the days listed below.

- Friday, July 24
- Wednesday, July 29
- Wednesday, August 5
- Friday, August 14

For more information, please visit: [uiw.edu/advising](http://uiw.edu/advising)





## Cardinal Online Learning Orientation

This module will help you understand what to expect and prepare you to be successful in your online journey. You will find information on technology requirements, the basics of how online courses at UIW work, ways to be successful, and what is expected of you as a student. Finally, you will find ways to reach out any time you need help. Find instructions for accessing the orientation on the Tutoring Services webpage:

<https://my.uiw.edu/tutoringservices/>.

# A Message from University Mission and Ministry

As we prepare for the 2020-2021 school year, we invite you to take time to let your needs known to God. While we are returning to school during a time of great uncertainty, one thing is for certain...God is with us. You are not alone. The faculty and staff of UIW are in this with you. We have been preparing for you all summer and are looking forward to being with you. We have faith in God's plan for us. The Pastoral Team of University Mission and Ministry, along with the student Peer Ministry Intern team are preparing times for prayer, worship, reflection, and opportunities to grow in your faith and as a community. Be on the lookout for more information in the coming weeks.

Please reach out to us should you need anything or just want to say hi. Our contact information can be found at <https://my.uiw.edu/ministry/about-us.html>. Many blessings to you and all you do!

Beth Villarreal, director of Campus Ministry  
Psalm 27:7-9, 13-14

*Hear, O Lord, the sound of my call;  
have pity on me, and answer me.  
Of you my heart speaks; you my glance seeks;  
your presence, O Lord, I seek.  
Hide not your face from me;  
do not in anger repel your servant.  
You are my helper: cast me not off;  
forsake me not, O God my savior.  
I believe that I shall see the bounty of the Lord  
in the land of the living.  
Wait for the Lord with courage;  
be stouthearted and wait for the Lord.  
~ from Catholic Household Blessings and Prayers*

## ***Holy Virgin of Guadalupe,***

*Queen of the Angels and Mother of the Americas.*

*We fly to you today as your beloved children.*

*We ask you to intercede for us with your Son,  
as you did at the wedding in Cana.*

*Pray for us, loving Mother, and gain for our nation and world,  
and for all our families and loved ones,*

*the protection of your holy angels,  
that we may be spared the worst of this illness.*

*For those already afflicted,  
we ask you to obtain the grace of healing and deliverance.*

*Hear the cries of those who are vulnerable and fearful,  
wipe away their tears and help them to trust.*

*In this time of trial and  
testing, teach all of us in the Church to love one another  
and to be patient and kind.*

*Help us to bring the peace of Jesus to our land  
and to our hearts.*

*We come to you with confidence,  
knowing that you truly are our compassionate mother,  
health of the sick and cause of our joy.*

*Shelter us under the mantle of your protection,  
keep us in the embrace of your arms,  
help us always to know the love of your Son, Jesus.*

*Amen*



# SPORTS AND WELLNESS INFO & Q&A SESSION

## ZOOM OPEN FORUM

INFO ON FALL  
PROGRAMMING & SERVICES

- Intramurals ·
- Club Sports ·
- Student Wellness ·
- Wellness Center ·
- Natatorium ·
- Fencing Center ·

### DATE

TUESDAY, AUGUST 11  
THURSDAY, AUGUST 13  
4:00 PM - 5:00PM

Zoom Meeting ID: 919 8216 4286



# WORKOUT FROM HOME

RANDALLE WILLIAMS-DIAZ, LAT, ACT

SUPINE  
STRETCH

3 SETS  
10 REPS  
5 SEC HOLDS



SINGLE  
LEG BRIDGE

3 SETS  
10 REPS  
5 SEC HOLDS



STRETCH  
ON WALL

3 SETS  
10 REPS  
5 SEC HOLDS



HEEL  
SQUEEZE

3 SETS  
10 REPS  
5 SEC HOLDS



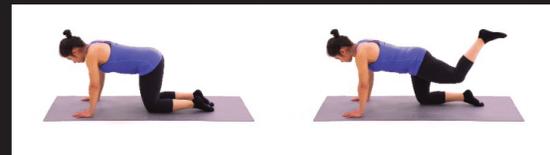
SIDE PLANK  
WITH RESISTANCE

3 SETS  
10 REPS  
2 SEC HOLDS



KICK  
EXTENSION

3 SETS  
10 REPS  
5 SEC HOLDS



BRIDGE WITH MINI  
BALL BETWEEN KNEES

3 SETS  
10 REPS  
5 SEC HOLDS



CHECK OUT THE FULL DETAILS OF  
THIS WORKOUT & MORE WORKOUTS  
AT [UIW.EDU/WELLNESS](http://UIW.EDU/WELLNESS)



# I wear a mask for...

## Practice compassion and share who you wear a mask for!

Practicing compassion can take shape in many ways, including wearing a face mask. This campaign is intended to inspire and educate the public on the importance of wearing a mask/face covering to help minimize the spread of COVID-19, which some research reveals may mitigate the spread of the virus by 40%. For more information, please visit the CDC website at <https://www.cdc.gov/>

**Students may earn up to one hour of community service hour for submitting a video or picture sharing "I wear a mask for..."**

Please follow these steps to earn up to one hour of community service:

- Register and add impact using this designated event <https://givepul.se/2w6i84>
- Submit a 15-30 second video or picture answering the phrase, "I wear a mask for..."
- Complete reflection questions
- By completing this activity and submitting your project to the Ettlign Center, you are authorizing and giving the Center permission to post and distribute your submission on their social media platforms



Should you have any questions or need additional information, please call (210) 832-3208 or email us at [ccl@uiwtx.edu](mailto:ccl@uiwtx.edu).

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



# Masks 4 South Texas



**We are seeking volunteers 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 volunteers that register. Upon receiving the kit, you will be emailed detailed instructions to sew the masks.

**These are the items you will need in your home in order to sew the masks:**

- A sewing machine
- An iron
- Scissors
- A Sharpie
- Washing facilities (to wash before packing)
- Clean rubber or latex gloves or tongs that have been boiled in hot water (for packing)

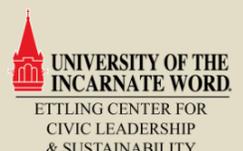
**The face mask kit will include:**

- cotton fabric for exterior layer and the interior lining
- flannel
- nose bridges
- elastic
- 1 paper pattern for outer fabric and lining
- 1 paper pattern for the flannel interior
- A paper bag
- Thread

**Register in GivePulse: <https://givepul.se/4o4j7z>**

This project has been organized by Margaret Mitchell, Dr. Teri Lopez, and Yesi Grancharoff with video and visual documentation by Nick Grancharoff. This project is a collaboration with The Sisters of Charity of the Incarnate Word and the Ettling Center for Civic Leadership & Sustainability. If you want to contribute but may not know how to sew, your financial contribution is just as important to support this effort. For more information, please contact Yesenia Caloca at [caloca@uiwtx.edu](mailto:caloca@uiwtx.edu) or 210-805-2547.

**Ettling Center for Civic Leadership & Sustainability**  
**(210) 832-3208**  
**[cclcuwtx.edu](http://cclcuwtx.edu)**



# 2020-2021 CARDINAL COMMUNITY LEADERS PROGRAM

DEVELOPING LEADERS WHO PROMOTE SOCIAL JUSTICE IN  
PARTNERSHIP WITH DIVERSE LOCAL & GLOBAL COMMUNITIES

## WHY BECOME A CARDINAL COMMUNITY LEADER?

- GIVE BACK to your COMMUNITY
- Apply & learn SOCIAL JUSTICE leadership through a local, national, regional or international service experience
- Develop your LEADERSHIP skills through service & mentoring

## PROGRAM REQUIREMENTS

- UIW undergraduate freshman, sophomore, or junior
- Cumulative GPA of 2.75
- Completed 12 hours of coursework or in progress (must have completed a Level I Religious Studies class or currently enrolled)
- Participate in a required Cardinal Community Leaders Orientation
- Participate in at least one Ettling Center Service Mission Trip (local, regional, national, or international)
- Commit to a minimum of 10 hours of service each fall and spring semester
- Commit to serve and assist in 5 Ettling Center events per academic year (this can include voter registration drives, volunteer fairs, community service days, lectures/presentations)
- Selected students will be required to enroll in RELS 3399 Social Justice Leadership course for Fall 2020
  - This is a Level II Religious Studies class and has a prerequisite of a Level I Religious Studies class. This class can fulfill the undergraduate UIW Core Curriculum requirement of an upper level Religious Studies or Philosophy class. Please consult with your academic advisor to review your degree plan.
- Commit to serve as a Cardinal Community Leader for 1-2 consecutive academic year(s).

## HOW TO APPLY?

- For complete program requirements & application:
  - <https://uiw.campuslabs.com/engage/submitter/form/start/415403>

For more information on the program requirements and application process, please email or call Yesenia Caloca, Assistant Director, at [caloca@uiwtx.edu](mailto:caloca@uiwtx.edu) or 210-805-2547.

**APPLICATION  
DEADLINE EXTENDED:  
FRIDAY,  
AUGUST 14**



**UNIVERSITY OF THE  
INCARNATE WORD.**  
ETTLING CENTER FOR  
CIVIC LEADERSHIP  
& SUSTAINABILITY



BROUGHT TO YOU BY CAMPUS ENGAGEMENT

# CRAFT TUESDAYS ARE BACK



Starting on  
August 18, 2020 | 12PM  
Details on Engage



BROUGHT TO YOU BY  
CAMPUS ENGAGEMENT

# CARDINAL BREAK TIME



Learn how to make easy,  
delicious and energizing snacks!  
Starting August 20th, 2020

# DID YOU KNOW?

## August 11

### Mountain Day

*Mountain Day encourages everyone, especially those who are boxed into the flatlands of dense, urban centers; to use the day exploring nature and taking in wondrous views while breathing deeply of fresh, mountain air.*



## August 12

### National Vinyl Record Day

*National Vinyl Record Day on August 12 is your chance to go old school. Spin music lovers all around the world have disagreements on a number of things, but one thing we think everyone can agree on is that vinyl records are here to stay.*



## August 13

### National Lefthanders Day

*Did you know Presidents Ronald Reagan, Bill Clinton and Barack Obama were all left-handed? Rock out with Paul McCartney or Jimi Hendrix, the world's greatest left-handed guitarist.*



## August 15

### National Relaxation Day

*Sometimes, you just have to stop and smell the roses. National Relaxation Day gives you a chance to just say no. It's your time to kick back and chill!*



## August 18

### National Fajita Day

*It's a day to celebrate the authentic taste of the Southwest with the fiesta of flavor known as the fajita. Throw in some awesome black beans or even add a little hot sauce, guacamole, sour cream, or cheese.*



## August 24

### National Waffle Day

*We'll welcome any occasion to indulge in this iconic international treat. With so many varieties to enjoy, in countless ways from adding classic toppings like butter and syrup, fruit, and chocolate, to waffle sandwiches and hotdog buns, we can't wait to eat them at every meal.*



## August 20

### National Lemonade Day

*Participating cities will have the chance to teach youth about setting up their own lemonade stand and running their own company. It's a great way to meet people in your city, sip on a refreshing beverage and put your money to a good cause.*



## August 27

### International Lottery Day

*Lottery. Lotterie. Lotería. No matter what language, people around the world love lottery games! On International Lottery Day every August 27, we're all dreaming about euros, dollars, pounds and lire.*



## August 26

### National Dog Day

*Can you believe that our furry friends have been with us for at least 14,000 years? Thank goodness for that because what would we do without man's best friend?*





All during August, **National Wellness Month** focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

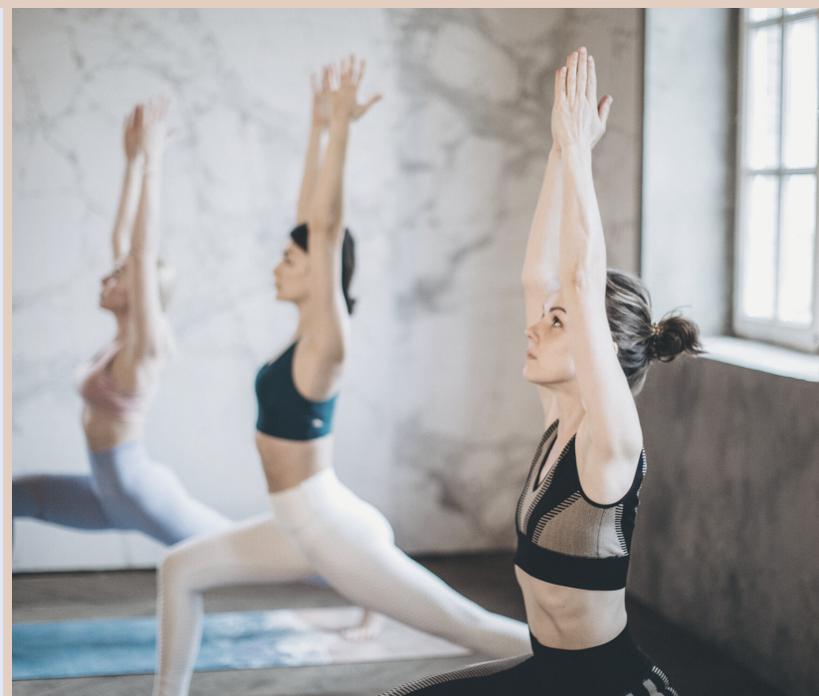
Did you know?

# August is... National Wellness Month

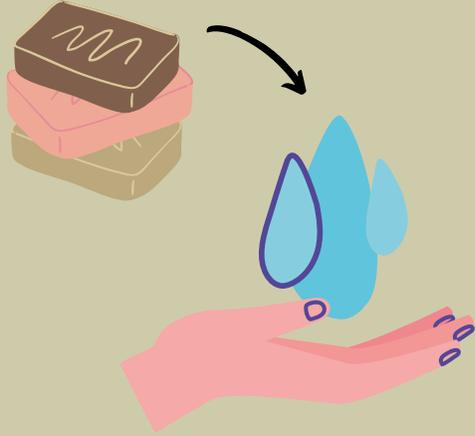
There are numerous ways to make those small changes, too.

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits.
- Join a yoga, walking, or aerobics class.
- Learn to meditate.

These small steps can lead to many more healthy habits in your lifestyle.



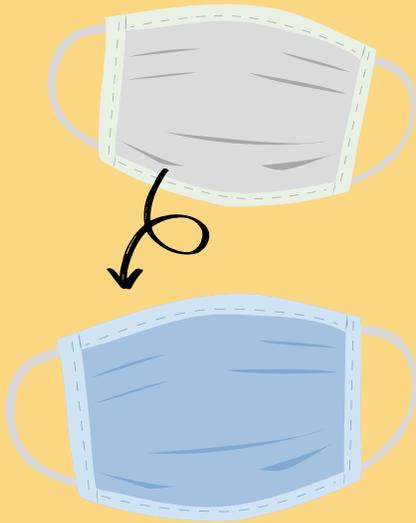
# A GUIDE TO MASK USE



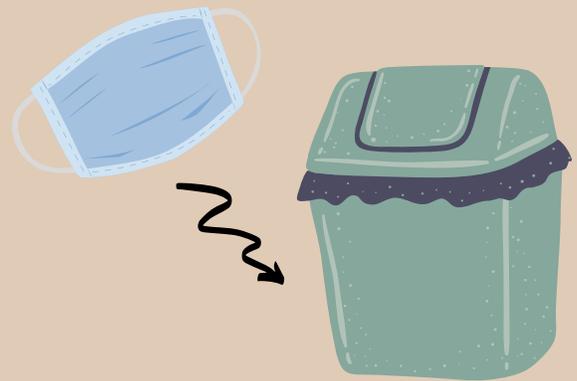
Before putting on a mask, clean hands with alcohol-based hand sanitizer or soap and water.



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand sanitizer or soap and water.

# Holiday Countdown



81 DAYS UNTIL HALLOWEEN



107 DAYS UNTIL THANKSGIVING



136 DAYS UNTIL CHRISTMAS



142 DAYS UNTIL NEW YEAR

**BROUGHT TO YOU BY UIW CAMPUS ENGAGEMENT**

**COMMUNITY**

# **MESSAGES**

- **UIW EMERGENCY AID PROGRAM**
- **COVID-19 REMINDERS**
- **UIW CAMPUS HEALTH PROTOCOL**
- **FROM UIW BEHAVIORAL HEALTH SERVICES**

# COMMUNITY MESSAGES

## Message from the Office of the Provost **UIW Emergency Aid Program**

These unprecedented times have brought about many challenges that have impacted every one of you. For some, this may mean extra strain on your families, finances and college experience.

We remain committed to supporting you academically, spiritually and in times of need. This month, the University of the Incarnate Word launched an Emergency Aid program to help students overcome temporary financial hardship and difficulty covering expenses such as food, housing, course materials, healthcare, childcare, tuition and fees due to COVID-19.

The Emergency Aid program awards funds up to \$800 for qualifying expenses and is funded through the federal CARES Act and UIW's Emergency Impact Fund. Awards based on need, qualifying expenses and aid are available.

Students currently enrolled in Spring 2020 are eligible to apply, but priority will be given to those demonstrating hardship due to disruption of campus operations and/or changes to their course delivery platform due to COVID-19. Per the U.S. Department of Education, only enrolled, Title IV eligible students experiencing hardship and campus disruption due to COVID-19 may receive CARES Act funds, however all enrolled students experiencing COVID-19 hardships may apply for UIW Emergency Impact Fund awards.

Please visit <https://www.uiw.edu/finaid/emergency-aid.html> for more information about the application, qualifying expenses, special circumstances and additional resources. You may access and submit the application directly on the site.

We hope this program will assist you in navigating these trying times. If you have additional questions not addressed on the webpage or application, please contact the financial aid office at [finaid@uiwtx.edu](mailto:finaid@uiwtx.edu).

Stay safe, Cardinals.

Sincerely, Sandy McMakin  
Associate Provost, Academic Support 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

## UIW Campus Health Protocol

In our continuing effort to protect members of the UIW community, offices will remain closed until further notice, and employees will continue working remotely. We will continue to monitor the situation and provide updates as appropriate.

Effective Friday, May 1, 2020, there will be a check-in station at all UIW campuses. In accordance with Gov. Abbott's directives for businesses, before admittance to campus, all employees and guests, working or visiting, will have their temperatures taken and will need to indicate if they have any of the following new or worsening signs or symptoms of possible COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is lab confirmed to have COVID-19

Please note that admittance to any UIW campuses will not be permitted if you have any COVID-19 symptoms. Employees also have a responsibility to self-report if they have any of the above symptoms directly to HR, their supervisor, or by completing the [online reporting illness form](#). Out of an abundance of caution for members of our community during this pandemic, employees and visitors are reminded to stay home if they are sick.

As a reminder, UIW requires all employees working on and visiting campus to comply with the face coverings directive issued by San Antonio Mayor Ron Nirenberg. For the safety of all employees, please ensure that proper safety precautions are followed. All employees and guests should wash or sanitize their hands upon entering the business and maintain at least 6 feet of separation from other individuals. If such distancing is not feasible, other measures such as face-covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.

Additionally, UIW requires all employees to display their UIW ID or nametag when working on and visiting campus.

For more details on the new statewide measures, please read the Governor's "[Texans Helping Texans](#)" report.

# 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 at this link and to contact Mr. Matt Carpenter, director of student conduct and community standards at (210) 805-5864.

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

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

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

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

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

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



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

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

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

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

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

# 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](http://www.uiw.edu/report)

or call us at  
**(210) 805-5864**



## REMEMBER! REMEMBER! REMEMBER! OFFICE OF CAREER SERVICES

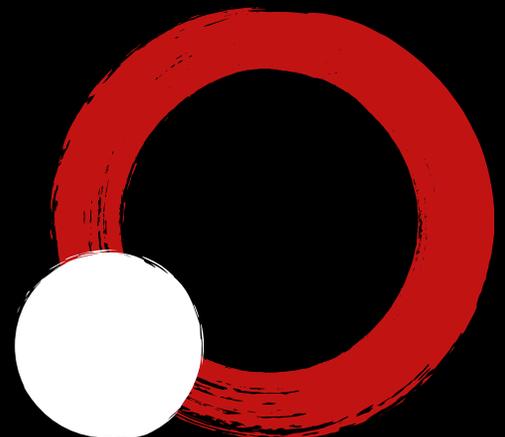
### WE ARE HERE TO HELP!

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](mailto:careers@uiwtx.edu)



# Campus Engagement

[campusengagement@uiwtx.edu](mailto: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

