

JUNE 1

WHAT'S THE
WORD

**CONGRATULATIONS
GRADUATES!
CLASS OF 2020**

SENIOR RECOGNITIONS
UNIVERSITY MISSION AND MINISTRY

HEALTH & WELLNESS
COPING WITH STRESS

CARDINAL CHRONICLES

SPRING 2020
UNIVERSITY OF THE INCARNATE WORD

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IN SOLIDARITY – A MESSAGE FROM SR. WALTER MAHER, CCVI, VICE PRESIDENT OF UNIVERSITY MISSION & MINISTRY

"Our Lord Jesus Christ, suffering in the persons of a multitude of sick and infirm of every kind, seeks relief at your hands."

— *Bishop Claude Marie Dubuis, 1866*

Reflecting on this past week's events, we cannot but lament, cry out, and ask God to look on our distress and to show us the way of compassion and mercy, especially as we try to process, mourn, and even peacefully protest the depths of destruction that have been inflicted upon some of our brothers and sisters.

In the fifth chapter of the Book of Lamentations, God encourages those who suffer to lament, to cry out, and to break up their silence. In other words, God encourages suffering humans to openly express their grief, pain and suffering - and to do it, even in the midst of confusion and pain, in a peaceful, yet transformative way.

God also expects us, the whole community, to stand in solidarity with the sufferers, that is, with those who are on the margins, those who are vulnerable, those whose lives are in danger and to work tirelessly to eliminate the causes of their suffering.

As a community of faith called to see Jesus Christ in the persons of a multitude of sufferers, we commit to continue working to defend and promote the human dignity of all God's children; to work toward a most just society that addresses the systemic roots and heals the deep wounds of racism; and to ensure the safety and well-being of all so that our entire society can benefit from the unique gifts and talents each individual brings for the betterment of the whole.



Congratulations Class of 2020

#UIWGrad

Share your graduation photos and your favorite UIW memories with the hashtag #UIWGrad. Enjoy seeing what your fellow graduates are up to and come together to celebrate your accomplishment!



WE'RE OPEN ONLINE

SUMMER AND FALL BOOKS AVAILABLE NOW

uiwshop.com

UIW BOOKSTORE

New and used books available for rental and purchase. Ebooks are also available with instant delivery online.





A letter to my younger self: Hector Ruvalcaba Cruz

Dear Hector,

It is exciting to see that you are becoming a great swimmer, and that you are about to start the next chapter in your life as a student-athlete at UIW. However, there are some things that I want to tell you about the road ahead.

First, get ready to grind because things are not always going to be easy and you will have to face many challenges down the road. Overall, being a student-athlete is extremely demanding, both physically and mentally. You will find out that you are not going to be in control of certain aspects in your life, so you are going to have to deal with some bad days, disappointing competitions, the stress of school, and sometimes you will feel frustrated because things are not going the way you expected. But you know what? It is OK to feel like that sometimes. Failure is part of the process and will be a part of the product. Just remember that every time you feel defeated, you will get up stronger and wiser.

Believe me when I say that all your effort and sacrifice will be rewarded. This is going to be one of the best chapters in your life so you should be excited!!! You are going to meet a lot of people along the way and build great friendships, you will visit many cool places around the world, and you will make some of the best memories of your life. Keep in mind that time goes by incredibly fast, so please enjoy every moment and be thankful for all the blessings in your life. Always try to surround yourself with people that share your ambition and have similar goals, motivate each other, and lead by example. Also remember that you are always going to have your family and friends there to support you unconditionally.

The mental and physical challenges that are waiting for you will test your courage and determination in many ways. But you are up to the challenge and you will find great satisfaction when you overcome those obstacles. Listen to your coaches, trust the process, enjoy the journey, and most importantly always believe in yourself. You are going to be surprised when you realize how far you have come, and that might be just the begging... So, keep fighting for what you want and never give up on your dreams.

I believe in you,
Your future self.

**CARDINAL
CHRONICLES**

**HECTOR
RUALCABA-CRUZ
UIW CLASS OF 2020**



Dear Synchro: Thank you, from Alex McGee

Dear Synchro,

When I started this sport in second grade, I never could have dreamed of all the opportunities it would give me. As a kid, it was purely for fun. I only started because my sister did it and I wanted to be just like her, but as time went by, I really fell in love. You taught me healthy competition, dedication, teamwork, responsibility, respect, and to be humble. You gave lifelong teammates, my best friends, and a variety of coaches I was able to look up to. You taught me to be fearless, to try new challenges without question. You gave me my passion for travel, and because of you, I was able to travel all over the country with my best friends. Above all, you gave me a second home all the way in San Antonio where I was able to achieve two bachelor's degrees. You provided me with professors, advisors, and other faculty who wholeheartedly cared about me and my success.

My time at UIW has been the greatest 4 years of my life. While this has all come to an abrupt end, you prepared me for the next step in my life, whatever it may be. I have had you in my life for as long as I can remember. Without you, I truly do not know the person I would have become. I am forever grateful to you, synchro, for everything you've given me.

Thank you.
Sincerely,

Alexandra McGee

**CARDINAL
CHRONICLES**

**Alexandra
McGee**

UIW CLASS OF 2020

Senior Recognitions

It is bittersweet that it is time to wish farewell to the Mission & Ministry Graduating Seniors. We have been blessed by everything these students have brought us in their time at UIW. It is with great joy that we celebrate them, their achievements, and their plans for their futures.

Congratulations!

The LORD bless you and keep you! The LORD let his face shine upon you and be gracious to you! The LORD look upon you kindly and give you peace! ~ Numbers 6:24-26.

Student CCVI Spirit Award 2019-2020

It is with great joy that as we begin to celebrate our first graduating senior ~ Julia King, we also announce she is this year's Student CCVI Spirit Award Recipient.

Congratulations, Julia King!

Many blessings to you and to your coming adventures.



Julia King



Student CCVI Spirit Award

Congratulations to Miss Julia King,
recipient of the
2019-2020 Student CCVI Spirit Award.

Each year the University awards an undergraduate student who is recognized by peers, faculty and staff as living the mission of the Sisters of Charity of the Incarnate Word in her/his service to the University and the broader civic community.

Miss King was selected for her commitment to "educational excellence in a context of Faith in Jesus Christ, the Incarnate Word of God...thoughtful innovation that serves the spiritual and material needs of people...an emphasis on social justice and community service...support [for others] in search for the communication of truth, and [becoming a] concerned and enlightened citizen."*



Julia King

"Being involved in ministry has meant so many things to me. It has meant that I received the gift of community--people who genuinely loved me for who I am and encouraged me to grow in extraordinary (and sometimes difficult) ways and accompanied me through all of the joys and sorrows that college life entailed. I have also come to know the Lord in extraordinary ways through my experiences within Mission and Ministry, mostly through everyone I have encountered who radiates the love of Christ."



UNIVERSITY OF THE INCARNATE WORD.

UNIVERSITY MISSION
and MINISTRY

Senior Recognitions

Graduation Date:

May 2020 – Cum Laude
BA in English & BA in Religious Studies

UIW Organizations:

Peer Ministry Intern - Faith Formation -
Breathe Young Adult Ministries,
Alpha Sigma Tau Sorority

Honors:

CCVI Student Spirit Award 2019-2020,
Sr. Alacogue Power English Award for
Outstanding Undergraduate Student of
English, Archdiocese of San Antonio
Newmanite Award

Future Plans:

Pursue a Masters of Divinity
at the University of Notre Dame



Alexandra Saldivar

Being involved in UIW's mission and ministry has many meanings for me. First of all it of course helped me strengthen my relationship with God. Second the people I worked with not only became my friends but more like a second family. They were my family away from home. Third it was a safe space for me. Whenever I had problems going on or just needed someone to vent to, I knew that I could just walk into the office and whoever was there was all ears to help. It has been a pleasure working in the UIW's Ecumenical and Interfaith office and im thankful for all the friendships and memories I made while working there.



UNIVERSITY OF THE INCARNATE WORD.

UNIVERSITY MISSION
and MINISTRY

Senior Recognitions

Graduation Date:

May 2020 ~ BS in Rehabilitative Sciences

UIW Organizations:

Peer Ministry Intern - Ecumenical &
Interfaith Ministries,
Alpha Sigma Alpha Sorority, Alpha Phi
Omega, UIW Lions Club, Society of
Therapeutic Rehab Students, National
Society of Collegiate Scholars, The Marching
Cardinals

Honors:

Alpha Phi Omega Brother of the Year
Alpha Phi Omega Section D2/D4 Co-
Sectional Conference Chair

Future Plans:

Attend Physical Therapy School



Gabriella Fresquez

"Being a part of Music Ministry has truly changed me for the better. When I look back at my inventories for all the years that I have been a part of ministry, it really shows just how much I have changed and gives me a real sense of perspective. It has taught me to be more patient and compassionate towards all I come into contact with. I have learned just what it means to lead a pastoral life outside of church walls. These and so many others are lessons I will take with me when I begin my journey as a teacher."



Senior Recognitions

Graduation Date:

May 2020 - Bachelors of Music in Music Education with a Minor in All-Level Education

UIW Organizations:

UIW Cardinal Chorale & Cardinal Singers, Peer Ministry Intern - Music Ministry - Laudate Choir Co-Director

Honors:

Fr. Philip Lamberty Music Minister of the Year and Ingrid Seddon Scholar

Future Plans:

Teaching music in the Dallas-Fort Worth Area



Renee Muñiz

"Being in UMM showed me how to relate to others with different stories and honor them as children of God. And, personally, I learned how to offer praise to the Incarnate Word through my work and art."



Senior Recognitions

Graduation Date:

December 2019 ~ Summa Cum Laude
BA in Communication Arts & BA in English

UIW Organizations:

Peer Ministry Intern - Media Ministry, Logos, Women's and Gender Studies Book Club

Honors:

Kappa Gamma Pi Saint Catherine Medal for Student Achievement; Monahan Media Studies Award for Journalism; three-time scholarship recipient of Society of Professional Journalists - San Antonio Chapter (SPJSA), San Antonio Association of Hispanic Journalists (SAAHJ), and Stars Scholarship Fund; honor society member of Alpha Lambda Delta, Lambda Pi Eta, Golden Key International, National Society of Collegiate Scholars, Sigma Tau Delta, Archdiocese of San Antonio Newmanite Award

Future Plans:

Currently working as a marketing coordinator at Catholic Charities, Archdiocese of San Antonio



RJ Delgadillo

Being involved in University Mission and Ministry has been my absolute favorite part of attending UIW. Through it, I was able to continue my passion for ministering to my fellow peers that I initially discovered in high school. I found some of the best friends I'll ever have through joining UMM. I will always be grateful for all the opportunities and memories that UMM has provided me!



**UNIVERSITY OF THE
INCARNATE WORD.**

UNIVERSITY MISSION
and MINISTRY

Senior Recognitions

Graduation Date:

May 2020 ~ BA in Pastoral Ministry with a concentration in Philosophy

UIW Organizations:

Peer Ministry Inter ~ Faith Formation ~
Breathe Young Adult Group Ministries,
Breathe Men's Group, Cardinals for Life,
Young Conservatives of Texas

Future Plans:

Teach Theology at a Catholic High School

Congratulations Graduates!
Class of 2020

University of the Incarnate Word Prayer

Jesus Christ, the Incarnate Word,
Son of God and Son of Mary,
you are Emmanuel: God-with-us.

We praise and thank you for your life,
your love, your death, and resurrection.

We ask you, please,
send your Holy Spirit
to enlighten our minds with your truth
and to enflame our hearts with love for you
and for all human persons everywhere on earth.

Soften our hearts to the needs of the poor.
Inspire us to use the knowledge we are acquiring here to:
understand better your plan for creation,
bring about justice,
and alleviate human suffering
everywhere on your good earth.

Mary, Mother of Jesus and Mother of the Church,
pray for us that we may always say

"Yes"
to God's call in our lives.

Amen

GREEN SERVICE PROJECT

OUR UIW COMMUNITY GARDENS MAY BE TEMPORARILY CLOSED BUT WE WANT TO CHALLENGE YOU TO CREATE YOUR OWN AT HOME!

CREATE A GARDEN, PLANT A TREE, FLOWER OR OTHER TYPE OF PLANT AND EARN 5 HOURS OF COMMUNITY SERVICE.

IN ORDER TO RECEIVE SERVICE HOURS, STUDENTS MUST:

- REGISTER AND ADD IMPACT USING DESIGNATED GIVEPULSE EVENT ([HTTPS://GIVEPUL.SE/UTC32V](https://givepul.se/UTC32V))
- DOCUMENT PROCESS BY TAKING PICTURES AND ATTACHING PICTURES TO YOUR IMPACT
- COMPLETE REFLECTION QUESTIONS

SHOULD YOU HAVE ANY QUESTIONS OR NEED ADDITIONAL INFORMATION, PLEASE CALL (210) 832-3208 OR EMAIL US AT CCL@UIWTX.EDU.

Ettling Center for Civic Leadership & Sustainability
(210) 832-3208
ccl@uiwtx.edu



UIW THANKING OUR HEROES POSTCARD CAMPAIGN

Write a thoughtful and encouraging note to special members of our community, especially during this challenging time. Write notes to veterans, children/patients currently hospitalized in our local medical care units, first responders, senior citizens and local heroes.

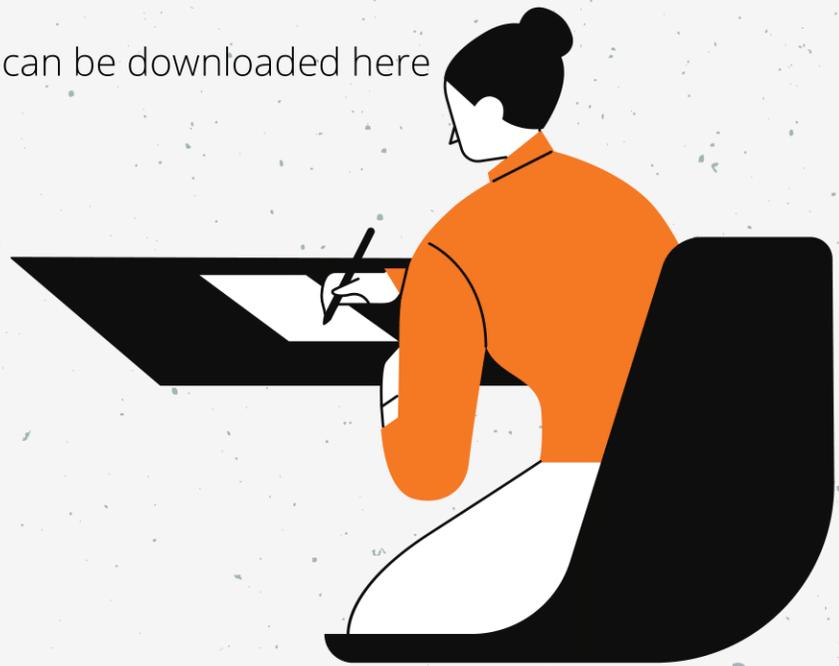
Students may earn 1 hour of service for every 5 postcards.

Choose from the following postcards that can be downloaded here (<https://www.uiw.edu/eccl/engage.html>):

- Veterans
- Children/Patient in Hospitals
- Senior Citizens
- First Responders
- Local Heroes
- UIW Essential Employees

Guidelines & tips:

- Message must be at least 50 words
- Do not provide personal information
- Be sure to download the PDF and SAVE on your computer
- Add your impact by completing the online community service form in GivePulse and attach the 5 postcards. Don't forget to complete the reflection questions!



To sign up and add your impact, please visit <https://givepul.se/knby7b>

Ettling Center for Civic Leadership & Sustainability
(210) 832-3208
ccl@uiwtx.edu



COPING WITH STRESS

KNOW THE SIGNS

HOW TO RELIEVE

YOUR BEHAVIOR

- AN INCREASE OR DECREASE IN YOUR ENERGY AND ACTIVITY LEVELS
- AN INCREASE IN YOUR ALCOHOL, TOBACCO USE, OR USE OF ILLEGAL DRUGS
- AN INCREASE IN IRRITABILITY, OUTBURSTS OF ANGER & FREQUENT ARGUING
- HAVING TROUBLE RELAXING OR SLEEPING
- CRYING FREQUENTLY, WORRYING EXCESSIVELY
- WANTING TO BE ALONE MOST OF THE TIME
- BLAMING OTHER PEOPLE FOR EVERYTHING
- HAVING DIFFICULTY COMMUNICATING OR LISTENING
- HAVING DIFFICULTY GIVING OR ACCEPTING HELP
- INABILITY TO FEEL PLEASURE OR HAVE FUN

YOUR BODY

- HAVING STOMACHACHES OR DIARRHEA
- HAVING HEADACHES AND OTHER PAINS
- LOSING YOUR APPETITE OR EATING TOO MUCH
- SWEATING OR HAVING CHILLS
- GETTING TREMORS OR MUSCLE TWITCHES
- BEING EASILY STARTLED

YOUR EMOTIONS

- BEING ANXIOUS OR FEARFUL
- FEELING DEPRESSED, GUILTY, OR ANGRY
- FEELING HEROIC, EUPHORIC, OR INVULNERABLE
- NOT CARING ABOUT ANYTHING
- FEELING OVERWHELMED BY SADNESS

YOUR THINKING

- HAVING TROUBLE REMEMBERING THINGS
- FEELING CONFUSED
- HAVING TROUBLE THINKING CLEARLY AND CONCENTRATING
- HAVING DIFFICULTY MAKING DECISIONS

IF YOU OR SOMEONE YOU KNOW SHOWS SIGNS OF STRESS FOR SEVERAL DAYS OR WEEKS, GET HELP



KEEP THINGS IN PERSPECTIVE

- SET LIMITS ON HOW MUCH TIME YOU READ OR WATCH THE NEWS
- FIND PEOPLE AND RESOURCES FOR ACCURATE HEALTH INFORMATION
- KNOW HOW TO PROTECT YOURSELF AGAINST ILLNESS
- FOCUS ON THINGS YOU CAN CONTROL

KEEP YOURSELF HEALTHY

- EAT HEALTHY FOODS, AND DRINK WATER
- AVOID EXCESSIVE AMOUNTS OF CAFFEINE AND ALCOHOL
- DO NOT USE TOBACCO OR ILLEGAL DRUGS
- GET ENOUGH SLEEP AND REST
- GET PHYSICAL EXERCISE

PAY ATTENTION TO YOU

- RECOGNIZE AND HEED EARLY WARNING SIGNS OF STRESS.
- KNOW THAT FEELING STRESSED, DEPRESSED, GUILTY, OR ANGRY IS COMMON AFTER AN EVENT LIKE AN INFECTIOUS DISEASE OUTBREAK.
- RECOGNIZE HOW YOUR OWN PAST EXPERIENCES AFFECT YOUR WAY OF THINKING, AND THINK OF HOW YOU HANDLED YOUR THOUGHTS, EMOTIONS, AND BEHAVIOR DURING PAST EVENTS.
- TALK ABOUT YOUR FEELINGS, SHARE RELIABLE HEALTH INFORMATION, AND ENJOY CONVERSATION UNRELATED TO THE OUTBREAK TO REMIND YOURSELF OF THE MANY IMPORTANT AND POSITIVE THINGS IN YOUR LIVES.
- TAKE TIME TO RENEW YOUR SPIRIT THROUGH MEDITATION, PRAYER, OR HELPING OTHERS IN NEED.

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

CareConnect Hotline
888-857-5462

In Case of Emergency...

EMERGENCY SERVICES
911 or go to the nearest Emergency Room

NATIONAL SUICIDE PREVENTION LINE
1-800-273-8755

UIW

YOU OK?



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.**

UIW CARE TEAM

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

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



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

or call us at
(210) 805-5864



REMEMBER! REMEMBER! REMEMBER! OFFICE OF CAREER SERVICES

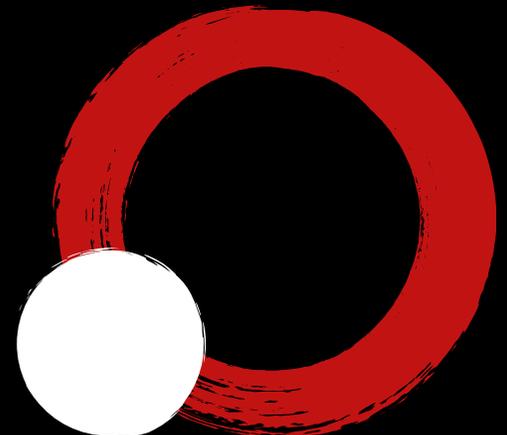
WE ARE HERE TO HELP!

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



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.

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.

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:

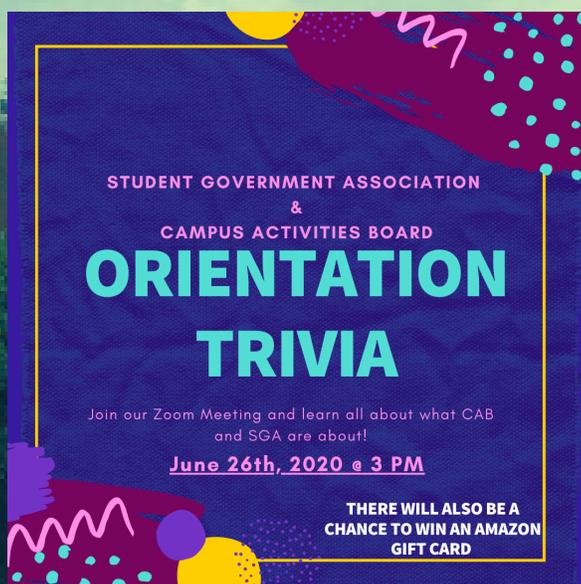
- [Taking Care of your Behavioral Health from SAMSHA](#)
- [Stress and Coping from the CDC](#)
- [National Suicide Prevention Lifeline: 1 \(800\) 273-8255 \(24 hours a day\)](#)
- [Family Violence Prevention Services Domestic Violence Hotline: \(210\) 733-8810 \(24 hours a day\)](#)
- SAMHSA's National 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.

JUNE ORIENTATION EVENTS

STAY ENGAGED ONLINE.



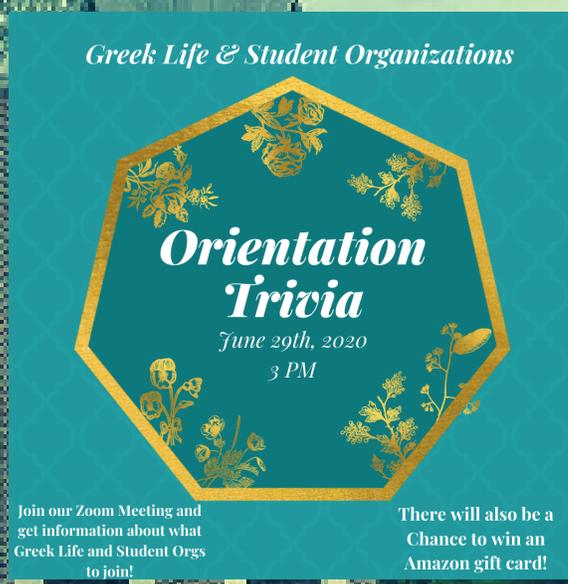
STUDENT GOVERNMENT ASSOCIATION
&
CAMPUS ACTIVITIES BOARD

ORIENTATION TRIVIA

Join our Zoom Meeting and learn all about what CAB
and SGA are about!

June 26th, 2020 @ 3 PM

THERE WILL ALSO BE A
CHANCE TO WIN AN AMAZON
GIFT CARD



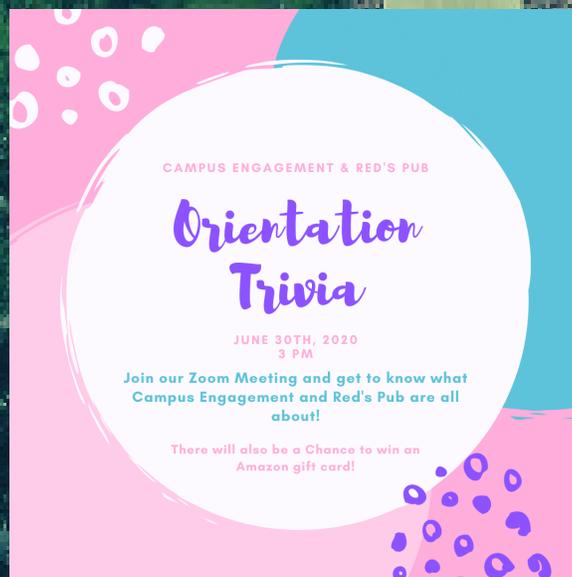
Greek Life & Student Organizations

Orientation Trivia

June 29th, 2020
3 PM

Join our Zoom Meeting and
get information about what
Greek Life and Student Orgs
to join!

There will also be a
Chance to win an
Amazon gift card!



CAMPUS ENGAGEMENT & RED'S PUB

Orientation Trivia

JUNE 30TH, 2020
3 PM

Join our Zoom Meeting and get to know what
Campus Engagement and Red's Pub are all
about!

There will also be a Chance to win an
Amazon gift card!

Find more Events and Activities on UIW Engage

Campus Engagement

campusengagement@uiwtx.edu

210-829-6034

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