

SEPTEMBER 22

WHAT'S THE

WORD

HISPANIC HERITAGE
MONTH 2020

COMMUNITY MESSAGES

ELECTION HELP
HOW DO I?

DONNA MUSLIN
SCHOLARSHIP

FALL 2020

UNIVERSITY OF THE INCARNATE WORD

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Message from Campus Engagement

What a great start to the school year! A special THANK YOU to the students who participated in Welcome Week activities while following all the rules associated with social distancing and mask etiquette. We are all in this together. Campus Engagement is hard at work on our next big celebration, Hispanic Heritage Month (Sept. 15 - Oct. 15). Continue to check ENGAGE for virtual and in-person events, lectures and activities during the day and evening. There are many ways to participate, socialize and enjoy our year together.

"Too positive to be doubtful, too optimistic to be fearful, and too determined to be defeated."
- William Bayland, Jr.

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.

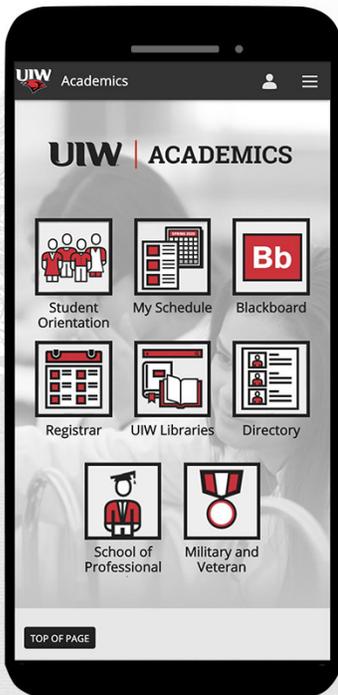
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



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.

MAKING MEMORIES AND TRADITIONS

\$25

PERSONALIZED FRESHMAN JERSEY JUST FOR YOU!



DEADLINE OCT. 9
SHOW YOUR SCHOOL PRIDE

ORDER NOW!

Purchase your freshman jersey for just \$25. The jersey will include the graduating class number 24 on the back along with a customization of your choice. Jerseys will be ready for pick up during homecoming week (Nov. 1 - Nov. 7).

PURCHASE YOUR JERSEY AT:

[HTTPS://WWW.UIW.EDU/STUDENTLIFE/FIRST-YEAR-TRADITIONS.HTML](https://www.uiw.edu/studentlife/first-year-traditions.html)

FOR MORE INFORMATION CONTACT CAMPUSENGAGEMENT@UIWTX.EDU



FIRST YEAR ENGAGEMENT

JOIN US FOR THE CARDINAL PARENT MID-SEMESTER ACADEMIC SUCCESS SESSION (VIRTUAL) ON OCTOBER 3 FROM 9:00 - 11:30 A.M. SEE THE FOLLOWING SYNOPSIS OF THE SESSION:

AS PART OF THE FIRST YEAR ENGAGEMENT PROGRAM, WE HAVE IMPLEMENTED THE CARDINAL PARENT MID SEMESTER ACADEMIC SUCCESS SESSION. THE PREMISE OF THE SESSION IS TO HELP PARENTS UNDERSTAND CHALLENGES THEIR STUDENT MAY HAVE AT THE MIDWAY POINT OF THE SEMESTER. PARENTS WILL RECEIVE INFORMATION FROM THE FOLLOWING ADMINISTRATIVE OFFICES:

- **FINANCIAL AID**
- **BUSINESS OFFICE**
- **REGISTRAR'S OFFICE**
- **TUTORING/WRITING SUPPORT**
- **ADVISING CAREER SERVICES**
- **ALUMNI & PARENT RELATIONS**

EXTENDED HOURS

Mabee Library

Monday - Thursday: 8 a.m - 8 p.m

Friday: 8 a.m - noon

Saturday: 9 a.m - 7 p.m

Sunday: closed

Virtual Reference

Monday - Saturday: 8 a.m - 8 p.m

Sunday: 2 p.m - 8 p.m

Health Sciences Libraries

For information on each health sciences school's library hours, access, and services, please go to [Health Sciences Libraries](#) and select the library for that school.

Computer and Study Space Reservations

The new Cardinal [LibSeats](#) app allows library users to reserve computer workstation or quiet study spaces at UIW Libraries locations. To learn more about reserving seats, please see [Computer and Study Spaces](#).

UNIVERSITY MISSION AND MINISTRY



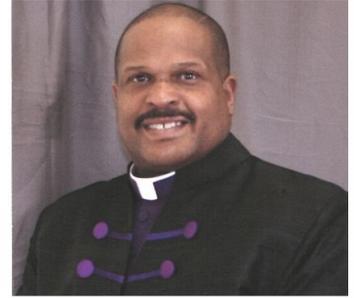
Sr. Walter Maher, CCVI
Vice President



Fr. Thomas Dymowski, O.S.S.T
University Chaplain



Beth Villarreal
Director of Campus Ministry



Bishop Trevor Alexander
Protestant Chaplain

Mission & Ministry Pastoral Team

Lena Gokelman
Director of Music Ministries



Carmen Aguilera
Liturgy and Music Assistant



Sr. Adriana Calzada Vasquez Vela, CCVI
Young Adult Minister



Brenda Dimas
Administrative Assistant to the VP



The purpose of University Mission & Ministry is to make visible and tangible the Incarnate Word of God in the University.

We do this by:

Engaging University life through prayer, liturgy, outreach, faith development, and pastoral care. While expressing a Catholic identity and the Incarnational spirituality of the founding Sisters, we are enriched by the religious tradition of each individual. Mission & Ministry seeks to empower this community to live the Gospel of Jesus Christ by facilitating initiatives of service, peace, and justice. Student Peer Ministry interns are an integral part of this ministry and their growth in faith and development of leadership skills is a core aspect of our ministry. Together, the professional staff and student ministry interns seek to extend an invitation to all students, faculty, and staff to explore formative issues of faith, values, and purpose.



**UNIVERSITY OF THE
INCARNATE WORD**

OFFICE of MISSION
and MINISTRY

4301 Broadway, CPO #29
Administration Building #147
San Antonio, Texas 78209
(210) 829-2736
Email: ministry@uiwtx.edu
Website: www.uiw.edu/ministry

Update on Worshipping in Person

Knowing how much we long to return to worship in person as a community, we thought it important to provide some information. Our Lady's Chapel in the Administration Building of the University and Incarnate Word Sisters Convent Chapel (The Chapel of the Incarnate Word) are our traditional places of worship. In preparing to return to campus, it was determined Our Lady's Chapel could only accommodate a maximum of 35-50 people at a time depending on individuals or sheltering groups in attendance.

We have a large, generationally diverse community at UIW that includes students, faculty, staff, alumni, families, residents from The Village at Incarnate Word Retirement Community, Sisters, and visitors. The Chapel of the Incarnate Word is directly connected to the Retirement Community, which potentially exposes their residents to the virus should there be anyone testing positive attending services. Therefore, the Chapel of the Incarnate Word is closed for public services until further notice and serious threats to the safety of our elder Sisters and residents are no more.

We are planning ways to come back together in person when we reach Yellow Level of reopening. While we are unable to celebrate the Eucharist together on campus until that time, we invite you to join us each week at an online prayer service, or (at the invitation of the pastors at each of our Brainpower Parishes) for livestreamed. We will rotate livestreams from one of these places each Sunday on our Facebook page. Additional information can be found on the respective website of each parish. Please check our Mission and Ministry webpage and the Cardinal Flight Plan on the University's home page for more information at uiw.edu/cardinalflightp

"Come, let us sing joyfully to the LORD;
let us acclaim the rock of our salvation."

PS 95:1

SUNDAY MORNING PRAYER
EVERY SUNDAY
11 AM CT VIA ZOOM

We gather together to greet the Lord in the
Scriptures on the 23rd Sunday in Ordinary

Time. All are welcome!

RSVP through Engage each week

Opportunities to Worship in Person at
UIW Brainpower Schools



**We are blessed to have three Catholic Parishes as part of the
Brainpower Connection.**

In person and live-streamed Mass is available at:

• **St. Peter Prince of the Apostles**

<https://stpeterprinceoftheapostles.org/mass-times>

• **Church of the Blessed Sacrament**

<https://www.facebook.com/blessedcatholiccommunity/live/>

• **St. Mary Magdalene**

<http://www.stmarymagdalena.org/mass-schedule/>



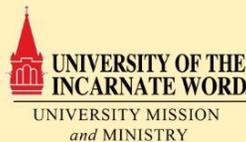
BREATHE YOUNG ADULT GROUP MEETINGS

Breathe Young Adult Group Weekly Gatherings
return this Wednesday via Zoom

7:30 pm

*just
breathe*

Log into Engage & Go to Campus Ministry Events
to Login



BREATHE is a Catholic Young Adult ministry at the University of the Incarnate Word that welcomes all. The main focus of BREATHE is to build a better community in which an individual can grow in relationship with Christ.

Our BREATHE Peer Ministers plan activities that are based around scripture and prayer. The BREATHE community acts as support for one another and strives to become great friends in Christ with fellow members.

Join us weekly on Wednesday nights at 7:30 p.m virtually through Zoom for the Fall 2020 semester. Community Nights alternate with our Men's and Women's Faith Sharing Groups. See the schedule for dates. UIW Students can log into Engage and go to Campus Ministry Events for the links.

BREATHE YOUNG ADULT GROUP

Women's Group

7:30 pm via Zoom

Sept. 16 & 30

Oct. 14 & 28

Nov. 11 & 25



BREATHE YOUNG ADULT GROUP

Men's Group

7:30 pm via Zoom

Sept. 16 & 30

Oct. 14 & 28

Nov. 11 & 25



DONNA MUSLIN SCHOLARSHIP & CAREER DEVELOPMENT PROGRAM

UIW Career Services is pleased to announce the opening of the 2020 application for the Donna Muslin Scholarship & Career Development Program.

The Donna Muslin Scholarship & Career Development Program was created to provide students a meaningful source of financial support, but also encouragement to develop the necessary skills for greater success while in school and post-graduation.

These activities are not eligible for use of the scholarship funds:

- Opportunities pursued to support a required research project (i.e. - Capstone) or to fulfill specific academic/course requirements (Purchase of software, books etc.) are ineligible for funding.
- Exchange programs at other institutions.
- Activities that will occur after you graduate from your degree program or professional or career development.
- Activities that have occurred prior to applying are ineligible for funding.

Awards

- Grants are awarded in the form of a reimbursement for up to a maximum of \$1000 spent on eligible activities.
- \$500 Tuition Scholarship.
- \$250 for registration at a professional conference in students' academic field OR professional development opportunity (award money must be utilized within one year of being awarded).
- \$250 for purchase of professional development business attire.
- You are eligible to receive the award only once during your academic career at UIW.
- Funding is disbursed in accordance with all applicable federal and University guidelines. Funding priority will be given to students who have been selected to present an essay for which they are applying.

Submissions for the Donna Muslin Scholarship & Career Development Program can be completed [here](#). UIW students should contact the Office of Career Services at **career@uiwtx.edu** or **210-829-3931** with any questions about this scholarship opportunity and to learn more about the legacy of Donna Muslin.



BOUNCING FORWARD, NOT BOUNCING BACK: ADAPTING WITH RESILIENCE

By GWENDOLYN VANSANT

PART 1

Resilience can often be misconstrued as an ability to return to something rather than breakthrough to something new. In times of adversity, resilience is the ability to navigate breakdowns that are often out of your own control, be nimble, or admit failure (and embrace it). When something does take the breath out of you or knock you down, resilience is the ability to get back up, breathe, and make informed, positive decisions to reset your equilibrium. This holds true when we speak of personal resilience, cultural resilience, or also organizational resilience.

What we know from research is that any and all of the character strengths influence resilience. For example, hope keeps us looking and moving forward, spirituality keeps us connected to a bigger purpose, perseverance and prudence help us to keep going – wisely!

Resilience is the capacity to move through tumultuous times and setbacks and remain intact on a path to flourishing. Or, as I often tell clients, colleagues, and mentees, it's about being able to "come back to center" whether we're talking about an individual, team, project, community, or an organization. For some, resilience can be taught; for others, it is almost innate; for others it has been deliberately designed and practiced. For many cultural groups, resilience has never been an option either; it has been a survival skill. I personally resonate with the study and practice of this skill and larger body of work for all of these reasons.

At one stage of my career about seven years ago, I had lived a life of enough adversity to know that I needed some help. I needed a “shift.” You might call this a “back to the basics” need for Resilience 101. So, I signed up for a newsletter on resilience, which led me to a year-long study in the science of positive psychology with Dr. Maria Sirois and Dr. Tal Ben Shahar. In my studies, I learned the science behind resilience, which comes from global research over decades. So many lessons resonated with me. I recognized my challenges maintaining some objectivity, and I saw new pathways out.

I loved understanding the science of how time and time again, over the centuries, and across the globe, individuals do find pathways out. For me, positive psychology reveals the science behind how gendered or racialized or minoritized groups have already been resilient. And character strengths are the “backbone of positive psychology” to paraphrase one of the architects of the science Dr. Martin Seligman. The very concept of resilience affirms the ancestral legacy and experience that codifies innate and learned social behaviors and their correlating emotions.

This body of work affirmed that I had already been living in the realm of resilience. And, looking back over key moments and phases of my life, I saw how I actively pursued and found and created new pathways out. I also learned how to teach these skills to others and better appreciate my own resilience skills as incredible leadership skills and sources of strength..

“Like tiny seeds with potent power to push through tough ground and become mighty trees, we hold innate reserves of unimaginable strength. We are resilient.”

—Catherine DeVrye, *The Gift of Nature*

Flash forward to the present moment. These days, I am usually teaching or coaching individuals, community leaders, and corporate teams on resilience using an appreciative inquiry framework. I often co-lead these conversations about resilience teaming up with Dr. Sirois. We introduce fast skills and growth mindset. Other times, I am simply using perspective to show a “straight A student” that a B is more than okay or honesty and kindness to remind the student who made it to school through several extremely difficult challenges that they are resilient.

Again, resilience is about how well you navigate adversity. We can find examples of resilience all around us in individuals, cultural groups, organizations, and in our environment. It is happening all of the time.

Find Part Two of this two-part series [here](#). (adapted with author approval from an original article originally published at gwendolynvansant.com) July 1, 2020



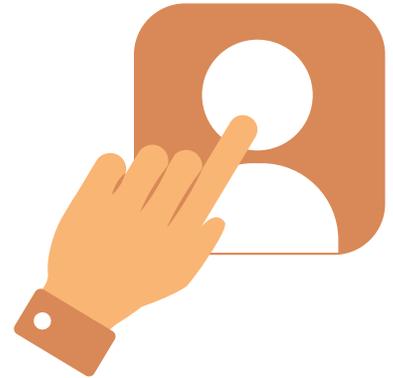
ELECTION HELP... HOW DO I?

From Bexar County Elections Department

Have a question about voting? Use the FAQ below to find the answers to the most common questions about voting, voting by mail, or the election process. Click on the tab for the subject relevant to your question. If you are unable to find your answer here, contact the Elections Department at 210-335-VOTE (8683) for more assistance.

General Voting Questions

1. [How do I know if I'm registered to vote?](#)
2. [How do I register to vote?](#)
3. [How do I update my registration information?](#)
4. [Do I really need my Voter Registration Card to vote?](#)
5. [What is Early Voting and how do I do it?](#)
6. [Where do I go to vote?](#)



1 How do I know if I'm registered to vote?

You can check to see if you are registered online at our [Registration & Polling Location Search](#). Enter your date of birth and house number to see if you are registered.

4 Do I really need my Voter Registration Card to vote?

Bringing the card will help both you and others in line by speeding the process. If you do not have your card, you will be asked for a driver license or other form of positive identification. Please bring the card with you.

2 How do I register to vote?

Visit the [Voter Registration page](#) to see if you meet the criteria. If you are eligible to vote, follow the instructions on the [Register to Vote page](#) to submit your application.

5 What is early vote and how do I do it?

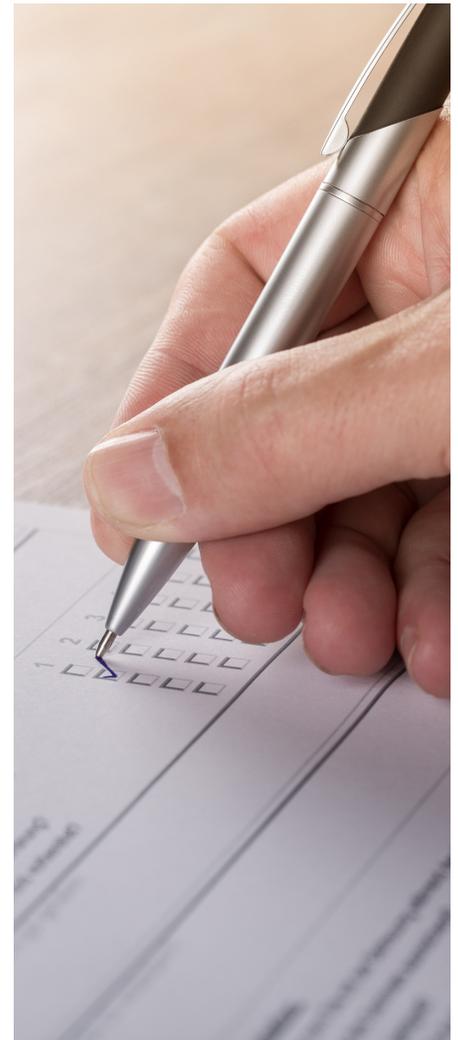
Early Vote is a period of time before the official Election Day during which a registered voter may vote at any polling location in Bexar County. Early Vote may be done in person or by mail.

3 How do I update my registration information?

If you still live within Bexar County, visit the [Registration Changes page](#) for information on how to update your registration online or through the mail.

6 Where do I go to vote?

During Early Vote, a registered voter may vote at any specified polling location. On Election Day, voters may go to any Vote Center.



UIWV
VOTES

YOUR
VOTE IS
YOUR
VOICE

ELECTION 2020

EARLY VOTING BEGINS OCTOBER 13, 2020
ELECTION DAY IS NOVEMBER 3, 2020



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.

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

 UNIVERSITY OF THE
INCARNATE WORD
ETTLIGN CENTER FOR
CIVIC LEADERSHIP
& SUSTAINABILITY

SEPTEMBER

HISPANIC HERITAGE MONTH 2020

HHM Book of the Month

"Esperanza Rising" by author
Pam Muñoz Ryan



@UIWCAMPUSENGAGE

15
Tues.

Papel Picado Contest | SEC Ballroom | 11-2pm

Did you know papel picado originated in Mexico as designs carved into tree bark? Let's see what designs you can make at the Papel Picado contest.

Trivia Night on HHM History | Virtual | 5 p.m

Chances to win great prizes! More info on UIW Engage.

16
Wed.

Virtual Panel: Organizations supporting Voter Engagement | Virtual/GivePulse (<https://givepul.se/kagj2r>) | 11am

Join in discussion with Mi Familia Voters, League of Women Voters, and MOVE Texas as they share the importance of voting, some unique challenges their organizations are facing, and how volunteers can make a difference in their communities!

17
Thurs.

"Mi Lucha Es Tu Lucha" Panel | Virtual | 1:30 p.m

The panel will discuss on how Hispanic/Latinx communities can show support in the various movements taking place, especially as it pertains to the Black community, and the history that connects these groups.

Loteria - Virtual | 12noon and 2pm

Join us every Thursday of Hispanic Heritage Month for a chance to win prizes with Mexican Bingo!

18
Fri.

Watch Party: Immigration Nation | Virtual | 7pm

Watch the first episode of this quickly trending series and take a look at the state of U.S. immigration through moving portraits of immigrants and ICE operations.

21
Mon.

Challenges & Stories regarding U.S. Immigration | Virtual | 12noon

Learn more about challenges in our immigration system, current narratives from those experiencing them, and opportunities to get involved through volunteering/advocacy with Sarahi Calderon from American Gateways

Piñata Scavenger Hunt | Campus-Wide | All Day

Search for the pinatas all across campus and tag @uiwcampusengage with #UIWHHM for a chance to win a goodie bag.

22
Tues.

Craft: Ojo De Dios | SEC Ballroom | 11-2pm

Join us in creating an "Ojo de Dios" or God's Eye, a symbol made by the Huichol Indians of Mexico and Aymara Indians of Bolivia.

23
Wed.

Book Club with Dr. Lopez and Dr. D'Amico | Virtual | 4pm

Join us in reading the award winning *Esperanza Rising* by Pam Muñoz Ryan with co-moderators Dr. Laura Lopez and Dr. LuElla D'Amico from the UIW English Department.

Trivia Night on HHM Food and Drinks | Virtual | 5pm

Chances to win great prizes! More info on UIW Engage.

24
Thurs.

Loteria | Virtual | 5:30pm

Join us every Wednesday of Hispanic Heritage Month for a chance to win prizes with Mexican Bingo!

"Democracy, Values and the 2020 Election" | Virtual | 12noon

A virtual conversation with Dr. Maria Felix-Ortiz of the Psychology Department, Dr. Julie Miller of Cultural Studies, Dr. Brandon Metroka of Political Science, and Madison Hering, Pi Sigma Alpha president and a senior in Political Science.

25
Fri.

ARISE Community Workshop: Education in the Virtual Classroom | Virtual | 3pm

Discussion on how families in South Texas can support and engage their children attending school virtually.

Piñata Bash | Friendship Garden | 6pm

Stop by and enjoy music, sweet desserts, and a chance at winning some awesome giveaways with the Campus Activities Board.

29
Tues.

Trivia Night on HHM Spanish Texas | Virtual | 5pm

Why do we celebrate Fiesta in San Antonio? If you know, then you have a chance to win some great prizes this trivia night!

30
Wed.

Hispanic or Latino? Discussing Latinx Identities | Virtual | 5pm

Join the Grand Rapids Public Library for a LIVE discussion and explore the meaning of being Hispanic or Latino and tackle misconceptions and stereotypes.

#UIWHHM



Prizes for 1st and 2nd place

Wed. September 23

Online | 5:30 p.m.

Register to play:

<https://bit.ly/35HAmJL>

TRIVIA NIGHT

TOPIC: HHM FOOD & DRINK

A HISPANIC HERITAGE MONTH EVENT



Prizes for 1st and 2nd place

Wed. September 30

Online | 5:30 p.m.

Register to play:

<https://bit.ly/35HAmJL>

TRIVIA NIGHT

TOPIC: SPANISH TEXAS

A HISPANIC HERITAGE MONTH EVENT



Prizes for 1st and 2nd place

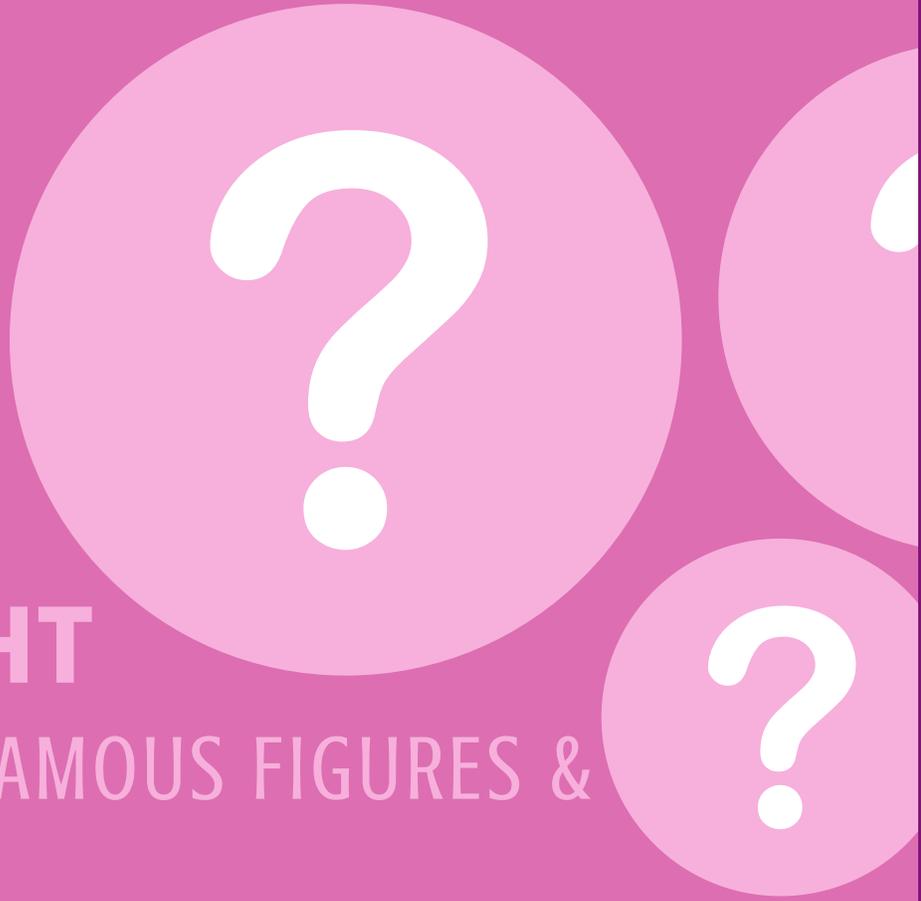
Wed. October 07
Online | 5:30 p.m.

Register to play:
<https://bit.ly/35HAmJL>

TRIVIA NIGHT

TOPIC: HISPANIC FAMOUS FIGURES &
POP CULTURE

A HISPANIC HERITAGE MONTH EVENT



Prizes for 1st and 2nd place

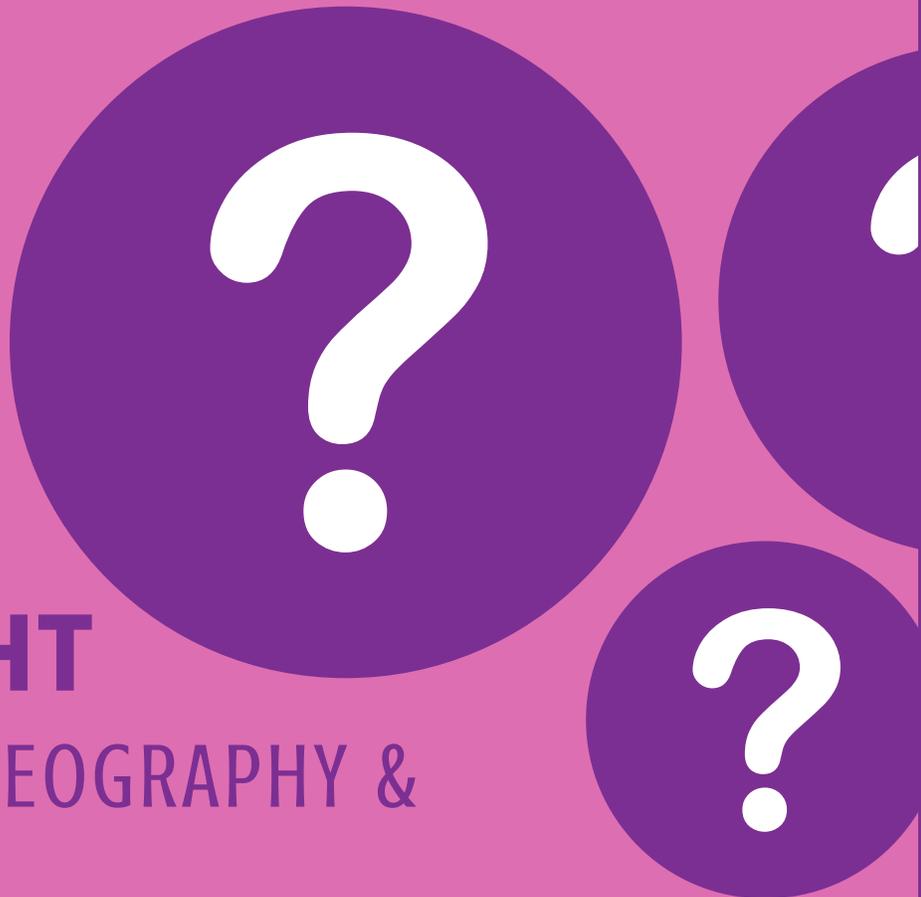
Wed. October 14
Online | 5:30 p.m.

Register to play:
<https://bit.ly/35HAmJL>

TRIVIA NIGHT

TOPIC: HISPANIC GEOGRAPHY &
CULTURE

A HISPANIC HERITAGE MONTH EVENT



Regístrate para jugar: <https://bit.ly/35HAMJL>

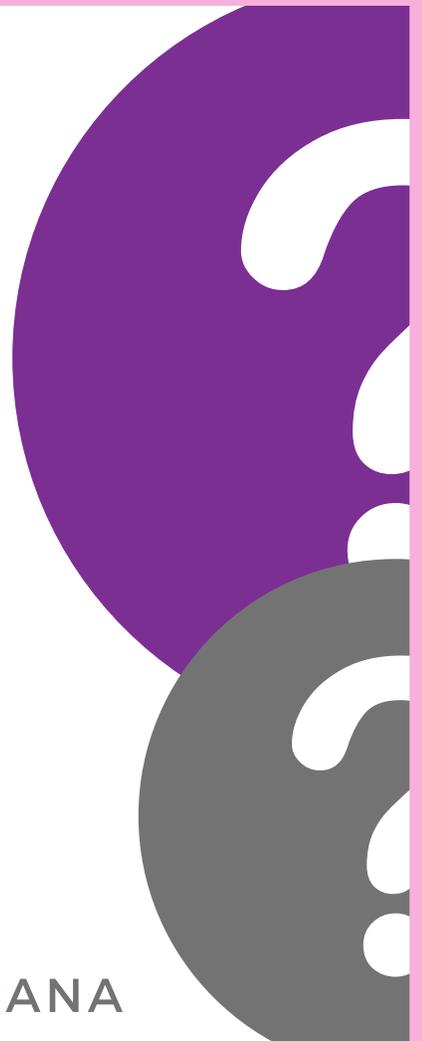
Todos los miércoles a las 5:30pm

16/9/2020 07/10/2020
23/9/2020 14/10/2020
30/9/2020

El ganador del primer lugar recibirá un premio

NOCHE DE TRIVIA

TEMA: HISTORIA DE LA HERENCIA HISPANA



A HISPANIC HERITAGE MONTH EVENT

VIRTUAL LOTERIA

EVERY THURSDAY

AT 5PM
9.24.20
10.08.20

REGISTER TO PLAY ON ENGAGE

PLAY FOR A CHANCE TO WIN A PRICE

A HISPANIC HERITAGE MONTH EVENT

ONCAMPUS LOTERIA

EVERY THURSDAY

AT 12NOON & 2PM
9.17.20
10.01.20
10.15.20

REGISTER TO PLAY ON ENGAGE

PLAY FOR A CHANCE TO WIN A PRICE

A MACETA

EL ARPA

LA RANA

EL MES DE LA HERENCIA HISPÁNICA

LOTERIA VIRTUAL

CADA JUEVES

ESCALERA

LA BODEGA

EL BARRIL

A LAS 5 PM

24.09.2020

08.10.2020

REGÍSTRATE PARA JUGAR:
[HTTPS://BIT.LY/33TDGNQ](https://bit.ly/33tdgnq)

JUEGA PARA LA OPORTUNIDAD DE GANAR UNA TARJETA DE REGALO

A BANDERA

EL BANDOLON

EL VIOLONCELLO

A MACETA

EL ARPA

LA RANA

EL MES DE LA HERENCIA HISPÁNICA

LOTERIA VIRTUAL

CADA JUEVES

INSTRUCCIONES PARA JUGAR

ESCALERA

LA BOTELLA

EL BARRIL

1. Regístrate para jugar usando el enlace:

<https://bit.ly/2H3LTZQ>

2. Después se te enviará una tarjeta de lotería a tu correo electrónico.

3. Cuando empiece la sesión de Zoom, no te olvides de traer tu tarjeta de lotería.

JUEGA PARA LA OPORTUNIDAD DE GANAR UNA TARJETA DE REGALO

A BANDERA

EL BANDOLON

EL VIOLONCELLO

EVENT DETAILS ON UIW ENGAGE

IT'S LITERATURE BOOK CLUB

SEPT. 23 | 4PM

BOOK OF THE MONTH



ESPERANZA RISING

BY PAM MUNOZ RYAN

CO-MODERATED BY DR. LAURA LOPEZ AND DR. LUELLE D'AMICO OF THE UIW ENGLISH DEPARTMENT

A HISPANIC HERITAGE MONTH EVENT

MEETING #1 (PARTIPANTS ARE ENTERED INTO A RAFFLE FOR AN AMAZON GIFT CARD)

EVENT DETAILS ON UIW ENGAGE

IT'S LITERATURE BOOK CLUB

OCT. 7 | 4PM

BOOK OF THE MONTH



ESPERANZA RISING

BY PAM MUNOZ RYAN

CO-MODERATED BY DR. LAURA LOPEZ AND DR. LUELLE D'AMICO OF THE UIW ENGLISH DEPARTMENT

A HISPANIC HERITAGE MONTH EVENT

MEETING #2 (PARTIPANTS ARE ENTERED INTO A RAFFLE FOR AN AMAZON GIFT CARD)

2020 DISPLAY BOARD CONTEST



Saturday, October 10
Parking Lot behind Natatorium

REGISTER NOW!

Search "2020 Display Board Contest" on
UIW ENGAGE. Spaces are limited!

Cash prizes available for the top 3 designs.

All UIW approved student organizations must
register as a group (limit 4 students per group).

For more info, email esmartin@uiwtx.edu.



Holiday Countdown



39 DAYS UNTIL HALLOWEEN



65 DAYS UNTIL THANKSGIVING



94 DAYS UNTIL CHRISTMAS



100 DAYS UNTIL NEW YEAR

BROUGHT TO YOU BY UIW CAMPUS ENGAGEMENT

How to safely wear a medical mask



Do:

- Thoroughly wash hands with soap and water before touching the mask
- Check the mask for any tears or holes
- Find the top side where the metal piece or stiff edge is
- Ensure that the colored side faces outwards
- Place the metal piece/stiff edge over your nose
- Cover your mouth, nose, and chin

Do:

- **Keep the mask away from you or any surface when removing it**
- **Adjust the mask without leaving gaps on the side**
- **Avoid touching the mask**
- **Use the straps to remove the mask**
- **Discard the mask immediately after use, preferably into a closed bin**
- **Wash your hands after**



**Source:
World Health
Organization**

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.

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.**

Campus Engagement

campusengagement@uiwtx.edu

210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



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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

