

APRIL 6

WHAT'S THE

WORD

**QUARANTINE
CALISTHENICS**

**POPE FRANCIS' ORBI
BLESSING**

**COMMUNITY
MESSAGES**

**JOB INTERVIEWS
DURING A PANDEMIC**

AN EYE OPENER
STUDENT ARTICLE

SPRING 2020
UNIVERSITY OF THE INCARNATE WORD

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Message from Campus Engagement

Hello Cardinals! We hope you enjoy this new edition of What's the Word. It is our goal to provide you with timely updates, resources and student engagement through this bi-weekly newsletter.

While we find ourselves in a time of uncertainty, know that we are still working to serve you with the best student experience we can. We're here for you, Cardinals – Student Government will lend an ear and take your concerns, Campus Engagement will work to provide entertainment through various activities, and our office is constantly doing what we can to create a unique Student Life Online experience.

We want to hear from you! Please feel free to share any suggestions on how we can better serve you at campusengagement@uiwtx.edu.

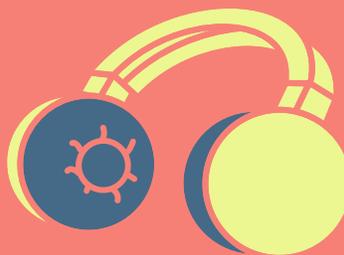
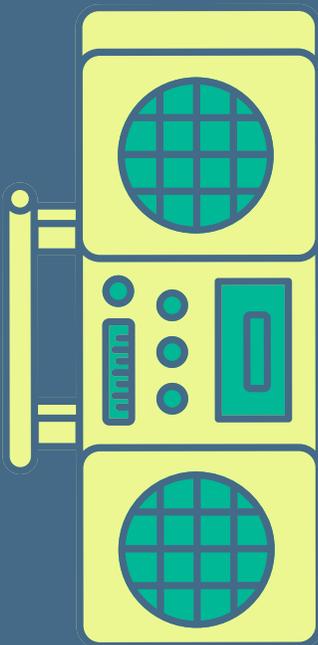
Stay tuned for continued content and ways to become involved in future editions of What's the Word!

Praised be the Incarnate Word!

**SUPPORT &
RESOURCES**
ACADEMIC
STUDENT LIFE
TECHNICAL

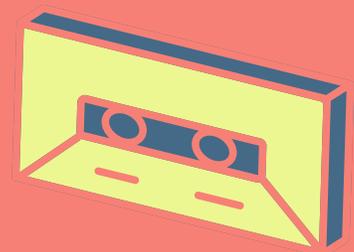
CHECK OUT

UIW STUDENT LIFE ONLINE



**STAY
INVOLVED
STAY
CONNECTED**

LOOKING FOR SOMETHING TO DO?



VISIT THE WEBSITE AT WWW.UIW.EDU/STUDENTLIFE

Pope Francis' Special Urbi et Orbi Blessing: ‘God turns everything to our good’.

(Excerpts shared by Beth Villarreal, Director of Campus Ministry from the article written by Devin Watkins for Vatican News.)

On March 27, 2020, Pope Francis led a special prayer service for an end to the COVID-19 coronavirus pandemic. In his meditation on the crisis, Pope Francis reflected on the Gospel of Mark (4:35-41). Here, Jesus and the disciples are on a boat in a terrible storm. Pope Francis reflected how our fear and uncertainty is like that of the disciples whose boat was in danger of sinking while Jesus slept at the stern. We are reminded, as we cry out to Jesus, we are not alone on this boat. Jesus is with us and we are with one another. We will weather this storm together, by turning to Jesus and handing him our fears.

Because this is God's strength: turning to the good everything that happens to us, even the bad things. He brings serenity to our storms, because with God life never dies." So God asks us now, in the midst of the tempest, "to reawaken and put into practice that solidarity and hope capable of giving strength, support and meaning to these hours when everything seems to be floundering.

At the conclusion of his meditation, Pope Francis entrusted us all to the Lord, through the intercession of the Blessed Virgin Mary, so that our faith might not waiver in this time of crisis.

"Dear brothers and sisters, from this place that tells of Peter's rock-solid faith, I would like this evening to entrust all of you to the Lord, through the intercession of Mary, Health of the People and Star of the stormy Sea. From this colonnade that embraces Rome and the whole world, may God's blessing come down upon you as a consoling embrace. Lord, may you bless the world, give health to our bodies and comfort our hearts. You ask us not to be afraid. Yet our faith is weak and we are fearful. But you, Lord, will not leave us at the mercy of the storm. Tell us again: 'Do not be afraid' (Mt 28:5). And we, together with Peter, 'cast all our anxieties onto you, for you care about us' (cf. 1Pet 5:7)."

The entire article by Devin Watkins on Pope Francis' reflection, as well as a recording of the prayer service can be found at:

<https://www.vaticannews.va/en/pope/news/2020-03/pope-francis-urbi-et-orbi-blessing-coronavirus.html>



HOW ARE YOU DOING CARDINALS?

I'M OK

Where do you fall on the scale?

I'M NOT OK

How are you feeling?

Self-aware & calm

Irritable or impatient

Angry

Aggressive & out of control

What's your stress level?

Coping & managing well

Worried & nervous

Very nervous & panicky

Highly anxious panic attacks

What's your outlook?

Optimistic & positive

Overwhelmed & losing hope

Negative & hopeless

Depressed or suicidal thoughts

How are you working?

Working productively

Procrastinating & forgetting

Poor performance

Unable to perform duties

How are you sleeping?

Sleeping normally

Trouble sleeping

Restless & disturbed sleep

Sleeping too much or too little

WHAT YOU CAN DO

Simple ways to support yourself and your peers

Look after yourself & your friends

If you're doing well, keep up the good work and continue doing activities you enjoy! Looking after yourself and your friends is essential for positive mental health.

Practice simple self care

Simple actions can make you feel better. Stay hydrated, make sure to eat and take time to recharge your body. Don't forget to reward yourself for achieving these simple tasks!

Reach out for support

Talk to friends and family about how you're feeling. Try not to judge yourself or others when help is needed.

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

SAMHSA'S National Helpline
1-800-662-HELP

CareConnect Hotline
888-857-5462

NATIONAL ALLIANCE ON MENTAL ILLNESS
1-800-950-6264

In Case of Emergency...

NATIONAL SUICIDE PREVENTION LINE
1-800-273-8755

EMERGENCY SERVICES
911 or go to the nearest Emergency Room

Special Edition - Job interviews during a pandemic

Andrew Seaman | Mar 12, 2020

The number of companies around the globe asking their employees to work from home increases each day with the number of infections tied to the ongoing coronavirus pandemic. As a result, recruiters and managers are being forced to move their hiring processes online. The most immediate change will likely be - as we're already seeing - companies switching in-person interviews to video. While the substance of those interviews is ultimately the same, video interviews differ from in-person meetings. I spoke with Sarah Johnston, a friend of #GetHired and founder of Briefcase Coach, to learn the best practices for video interviews and to hear what job seekers may face over the next few weeks.

What you should expect

Companies are always proud when they are able to quickly fill positions. They may be less concerned about that measure during the pandemic, though. In other words, companies may take longer to make you an offer, especially for senior-level positions, said Johnston, who was also a 2019 LinkedIn Top Voice in job search and careers. "It would be shocking to me if someone made an offer to a senior candidate without meeting the person, but I can see - in this situation - getting the person through several rounds of interviews until they can meet the person," Johnston said.

Another issue is that it's likely more difficult to get all the key stakeholders to weigh in on a job candidate to make a decision. "If everyone is going to be out of the office, working remotely and not meeting regularly, it may be harder to get people on the same page. "While no one wants to take part in prolonged hiring processes, you need to remember that we're currently dealing with unprecedented circumstances. If you want to land a job, you'll need to continue engaging with these processes — no matter how long it takes — to be considered for roles.

Do your research

Fortunately, the first step in preparing for video interviews is not unlike what you did before the pandemic began. The key is to do as much work and research ahead of an interview as possible. You can read more about that from Dawn Graham in a past edition of #GetHired here. During your research, it's important to find potential topics of conversation with interviewer or interviewers. Johnston said video interviews tend to contain less small talk and be shorter than in-person meetings. So, it's even more important that you make an effort to form a bond with the person on the other side of the screen. She suggests looking for things to talk about on the interviewer's LinkedIn profile, for example. Or, you can mention something they said on a podcast or elsewhere.

During the interview

While many of the formal job interview questions will be the same whether in-person or over video, Johnston said you should ask for specific information about the company's hiring timeline. Also, you should ask if the position will be remote until the pandemic is over and how the onboarding process will proceed if the company continues to work remotely for a month or two. She said it's also important during a video interview to tell the recruiter or hiring manager how interested you are in the opportunity. You should thank the person for their time, tell them how impressed you are with the team and say how honored you are to be considered for the position. "Leave no doubt in the hiring manager's mind that you want to be there," she said. Additionally, you should expect the unexpected during these next few weeks while people are working from home. While everyone will want to continue on with their professional tasks, life can sometimes get in the way when children, pets or even the doorbell intrude on a video interview. "The best thing you can do is show grace and hope they'll return the favor," said Johnston.

The entire article by Andrew Seaman can be found at:

<https://www.linkedin.com/pulse/special-edition-job-interviews-during-pandemic-andrew-seaman/>



NHMA

VIRTUAL PRE-HEALTH CONFERENCE

April 16, 2020
2:00-4:30 pm EST

Join NHMA College Health Scholars Program for a virtual pre-health conference focusing on medical, dental, nursing, public health, and graduate science programs with professionals, graduate students, and financial aid experts to learn more about preparing for next steps in applying to health professional schools.

Please RSVP at:
<http://bit.ly/VirtualNHMACHSP>

FOR ANY QUESTIONS, PLEASE CONTACT CHSP@NHMAMD.ORG



ONE WORD *Impact*

2020 UIW Online/Alternative Service Options



COMMITMENT TO COMMUNITY

The Ettlign Center for Civic Leadership & Sustainability hopes that you and your family are safe and remaining healthy during this unique time in our history. As a result of several notes, emails, and inquiries regarding community service and how one may be able to complete the service requirement in this ever-changing environment, we have developed this quick sheet to assist you with this process.

Remember, this is not the first time the UIW community has been called to action. Bishop Dubuis in the mid 1800s sent numerous letters throughout Europe asking for help and assistance for the people of San Antonio who were in need of medical support and assistance and three sisters accepted the call to action. We have received a similar call to action from Archbishop Gustavo-Garcia-Siller, M.Sp.S, to help those within our community during this COVID-19 situation. Thus, in continuing in the footsteps of the Sisters of Charity of the Incarnate Word, who answered the call, and in celebration of their 150th anniversary, we invite, encourage, and challenge each of you to go above and beyond the community service requirement. We have an opportunity to make a difference, to impact our global community and demonstrate what it means to be a member of the University of the Incarnate Word community.

The following is a recommended listing of alternative options that we believe will allow undergraduate students at UIW to complete their community service requirement prior to upcoming graduations.

NATIONAL/INTERNATIONAL

- **Translators Without Borders.** The online service opportunity allows volunteers to translate words, documents and assist with marketing flyers, publications, and web sites development (<https://translatorswithoutborders.org/>).
- **United Nations Online Volunteer Opportunities.** This service offers volunteers over 100 online options to support needs of non-profit and organizations from around the world (<https://www.onlinevolunteering.org/en>).
- **Zooniverse** provides volunteer opportunities doing scientific research online. Research projects have various options and field areas to consider. Moreover, projects have different lengths in time frame to complete the project or task. (<https://www.zooniverse.org/get-involved>).

SAN ANTONIO

- **The San Antonio Food Bank** is needing local volunteers to help provide meals to those most in need. Volunteers need to contact the food bank to coordinate times and schedules to begin assisting with volunteer services as soon as possible. (safoodbank.org).
- **Meals on Wheels in San Antonio** is needing local volunteers to help provide meals to those most in need. Volunteers must complete a security background check and brief orientation. Most volunteers will be able to begin delivering items to local residents within a week of completion of the pre-requisites (email caseyp@mowsatx.org for more information).
- **Catholic Charities of San Antonio** is searching for volunteers to assist and support the 35+ programs and services offered by CCAOSA. Students may call 210-222-1294 to learn of volunteer opportunities or visit the website at (<https://ccaosa.org/get-involved/>).
- **SACRD & the San Antonio Compassion Initiative** is in need of volunteers to contact local non-profit organizations throughout San Antonio. Interested volunteers may email ann.helmke@sanantonio.gov
- **South Texas Blood & Tissue Center** allows volunteers to donate platelets, plasma, and blood. Students who are able to donate blood may earn between two to four hours of service depending on their donation. Volunteers may learn of special events, locations, and opportunities to donate at <https://southtexasblood.org>.
- **UIW Thanking Our Heroes Postcard Campaign.** Students can write notes to veterans, children currently hospitalized in our local medical care units, first responders, senior citizens and local heroes. Students may earn one hour of service for every five postcards written. Please visit the Ettlign Center website for instructions at <https://www.uiw.edu/eccl/engage.html>.

UIW-SVDPSA-CCAOSA

In an effort to support the "Call to Action" request of Archbishop Gustavo-Garcia-Siller, UIW's Ettlign Center for Civic Leadership & Sustainability has partnered with San Antonio's St. Vincent De Paul Society & Catholic Charities to support and assist the needs of our community.

- **Food Pantry Donations.** Students may earn one hour of service for every five canned goods donated. Donated items will benefit local pantries in need of assistance.
- **Socks for Souls.** Students will receive one hour of service for every two pairs of new socks donated.
- **Diapers for Tiny Tots.** Students may receive two hours of service for each new package of 12+ donated.
- **Books4SA.** Students will receive one hour of service for every five new or gently used children's books for elementary-aged students donated.

PLEASE DROP OFF ALL DONATIONS LISTED UNDER "UIW-SVDPSA-CCAOSA" TO:

St. Vincent De Paul Society of San Antonio
1 Haven for Hope Drive
San Antonio, Texas 78207
(210) 225-7837
svdpsa.org

Catholic Charities Archdiocese of San Antonio Inc.
St. Stephen's CARE Center
2127 S. Zarzamora, San Antonio, Texas 78207
(210) 222-1294
erocha@ccaosa.org

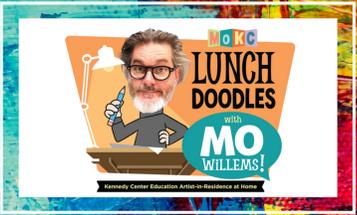
When visiting either drop off location, be sure to note that you are from UIW, so that you may receive a donation verification form, which will be needed when completing the event entry on the UIW Engage system along with your reflection: (<https://uiw.givepulse.com/group/events/167422>). If you donate to your local church or other non-profit or community agency, please take a picture of you with your donations and submit as part of your verification.

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



EVENTS

STAY ENGAGED ONLINE.



LUNCH DOODLES
with **MO WILLEMS!**
Kennedy Center Education Artist-in-Residence at Home

LUNCH DOODLES
APRIL 15, 2020
TIME: 12PM
MORE DETAILS ON ENGAGE



NETFLIX PARTY

DATE: APRIL 9
TIME: 3PM

AVENGERS: INFINITY WAR

DETAILS ON ENGAGE



TRIVIA NIGHT

APRIL 15, 2020
TIME: 6PM

MORE DETAILS ON ENGAGE



NAME THAT TUNE
EVERY OTHER THURSDAY!

GENRE: COUNTRY

APRIL 16
5:00 PM



SCAVENGER HUNT
Follow me to the Van Gogh Museum (Virtual Tour)

DETAILS ON UIW ENGAGE

April 17
5:00 PM



FRIDAY NIGHT BINGO

April 17, 2020
Time: 6pm

MORE DETAILS ON ENGAGE !!
WIN PRIZES !!!!!



APPLICATIONS OPEN!

President and vice president - Due april 30th
Executive Officer - Due april 30th
Senator - Due July 30th

APPLY through the UIW Engage Page

The Art of Towel Folding

April 20
2:00 PM



Presented to you by **RED'S PUB**

Guess what Cardinals?

CAB IS HIRING!

Applications can be submitted through Engage at

UIW Engage > Campus Activities Board > Forms

Deadline is April 23rd



NAME THAT TUNE
EVERY OTHER THURSDAY!

GENRE: TOP 40

APRIL 30
5:00 PM



QUARANTINE CALISTHENICS

The UIW Sports and Wellness Department takes our commitment to protecting the health of our Cardinals and the San Antonio community seriously. Complying with current federal and local guidelines is of the utmost importance to all of us. As Cardinals, we must all do our part to mitigate the spread of COVID-19.

MAKE SURE YOU:

- Avoid social gatherings
- Use drive-thru, pick up or delivery options
- Avoid discretionary travel
- Practice good hygiene

New restrictions on gathering as a community and keeping our distance from loved ones place a unique stress upon us as a community, but adherence is an essential part of upholding the University's core value of service to others. Still, compliance with current guidelines will cause disruptions in maintaining a healthy balance and your overall wellness. . If you are used to exercising in a fitness facility, your physical well being may be impacted as the Cervera Wellness Center, along with many other centers for recreational fitness will remain closed for an extended period of time.

Calisthenics is a great way to maintain your physical fitness in the meantime! This form of exercise requires little to no equipment and can be done right from your home. Calisthenics is highly utilized by many organizations and institutions for the functionality of movements, the low cost of equipment, and the relative safety associated with the exercises.

When designing a calisthenics routine, be sure to start at a reasonable activity level that you feel comfortable

with and gradually increase your output over several weeks. Slow, steady and gradual progression into any new fitness routine will help you maintain it successfully. Calisthenics is no different - start light with a few sets of just your favorite exercises and add more every week. Not sure where to start?

AUTHOR: RANDALLE
WILLIAMS-DIAZ

SOME COMMON EXERCISES IN A CALISTHENICS ROUTINE INCLUDE:

- Trunk
- Twists
- Planks
- Lunges
- Jumping Jacks
- Chin-ups
- Push-ups
- Sit-ups
- Burpees
- Running

Feel free to email us at uiwwellness@uiwtx.edu with any questions you may have about starting your home fitness routine!



SPECIAL SHOUT-OUTS

Shout-out to all our **UIW** students who are working at **H-E-B**! Your dedication to your studies and working to keep **H-E-B** going is tremendously appreciated.

FROM: Kim M.

TO:

My amazing Aunt Janine

FROM:

Katie, your favorite niece!



Today, as the world combats the **COVID-19** pandemic, we take this time to honor and thank physicians for their work and for the many sacrifices they make. We also acknowledge all health care professionals who find themselves at the front-line of this unprecedented challenge. Every day they go to work when we are asked to simply stay home, and for that we are grateful. You'll be the real heroes!!!

FROM: Joanna S.

To those who give of themselves day after day, we thank you
First Responders.

OUR THOUGHTS AND PRAYERS
ARE WITH YOU.



Shout-out to all essential workers! We are grateful to have you!

FROM: Gabby G.

FOR MORE INFO, VISIT STUDENT LIFE
ONLINE AT
WWW.UIW.EDU/STUDENTLIFE

INTERESTED IN SENDING A SHOUTOUT?

HAPPY BIRTHDAY - SPECIAL THANKS -
CONGRATULATIONS

WHAT'S THE WORD IS A BI-WEEKLY
NEWSLETTER SENT TO THE ENTIRE
STUDENT BODY

INTERESTED IN SUBMITTING A STUDENT ARTICLE FOR WTW?

ARTICLE - BOOK REVIEW - MOVIE
REVIEW - INTEREST PIECE

SUBMIT FOR CONSIDERATION THROUGH
THE STUDENT LIFE ONLINE WEB PAGE

KEEPING YOUR iPHONE CLEAN

APPLE ADDS NEW
LANGUAGE TO ITS PAGE
FOR CLEANING.

Is it OK to use a disinfectant on my iPhone?

According to the Apple support website, using a 70 percent isopropyl alcohol wipe or Clorox Disinfecting Wipes, you may gently wipe the exterior surfaces of your iPhone. Don't use bleach. Avoid getting moisture in any openings, and don't submerge your iPhone in any cleaning agents.

For more information, visit apple support at:

<https://support.apple.com/en-us/HT207123>

iPhone XS, iPhone XS Max, iPhone X, iPhone 8, iPhone 8 Plus, iPhone 7

Follow these guidelines for cleaning:

- Unplug all cables and turn off your iPhone.
- Use a soft, slightly damp, lint-free cloth—for example, a lens cloth.
- Avoid getting moisture in openings.
- Don't use cleaning products or compressed air.

Your iPhone has a fingerprint-resistant oleophobic oil-repellent coating. On iPhone 8 and later, the coating is on the front and back. This coating wears over time with normal use. Cleaning products and abrasive materials will diminish the coating and might scratch your iPhone.



iPhone 11, iPhone 11 Pro, iPhone 11 Pro Max

Follow these guidelines for cleaning:

- Unplug all cables and turn off your iPhone.
- Use a soft, slightly damp, lint-free cloth—for example, a lens cloth. If material is still present, use a soft, lint-free cloth with warm soapy water.
- Avoid getting moisture in openings.
- Don't use cleaning products or compressed air.

Your iPhone has a fingerprint-resistant oleophobic oil-repellent coating. Cleaning products and abrasive materials will diminish the coating and might scratch your iPhone.

AN EYE OPENER

ALEJANDRA TAMAYO
UIW INTERNATIONAL STUDENT

I decided to write about the COVID-19 pandemic since it is affecting everyone's lives right now, but with a twist. I want to show you a different perspective, a different viewpoint - mine.

I have been a high-performance athlete my whole life. I got a full scholarship in San Antonio, Texas playing tennis for the University of the Incarnate Word. I have been beyond blessed and grateful for this opportunity since I haven't had to pay for my education... This is an opportunity not everyone gets. I am graduating in less than two months and I am a senior. This is, or was, my fourth and last year as an undergraduate. Two weeks ago, I came to my hometown of Mexico City for spring break and that is when suddenly everything changed - from one day to the next.

The last months of my college experience, my last season playing Division 1 tennis, the only time I was going to have a graduation ceremony and walk with my cap and gown, were all experiences taken away from me, abruptly. Suddenly I came to realize how freaking much we take for granted.

I had to come back to San Antonio to move out of my dorm since we had to evacuate. I had to take around 6 bags of luggage with me back home, and now I am finishing my degree online. Like, how? Why?

I wasn't able to say goodbye to my best friends. They left before I came back from spring break. I wasn't able to play tennis one last time because the season was canceled. I wasn't able to say goodbye to my favorite teachers because they were gone. I wasn't able to finish the TV segment that I had to record. I wasn't able to take the graduation pictures that I have been waiting for, and lastly, I wasn't able to realize how freaking much I had and how lucky I was until everything was taken away from me in a blink of an eye.

At this precise moment is when I realized, how crazy blessed I was. I walked around campus one last time, with tears running down my cheeks, I didn't want to say goodbye like this, but maybe this was the only way I was going to understand the magic of little things, and that every moment counts. We have to enjoy every moment, because trust me, you never know what you have until

"Let's trust in the magic of new beginnings."

they take it away from you, and this is something that just happened to me.

I don't think I would have realized how much I had and how lucky I was if I had finished my degree like any normal semester, like any other year, but it is what it is and we have to keep going. We are always complaining about how busy our lives are and how we don't have time to take care of ourselves, well, that time is now. I believe the universe is telling us something. It is telling us to pause, to breathe, and to enjoy the little things. To value our family, to value our time, to value our food and water, the roof over our heads; and to take care of ourselves because at the very end, that is all we will have.

Thank you, coronavirus, for being an eye-opener, for giving us a pause as human beings, for giving us time to reconnect, for letting the earth breathe again, cleaning its waters, cleaning the sky, and giving humanity a second chance to do things right. Let's be grateful. Let's trust in the magic of new beginnings.

COMMUNITY MESSAGES

Message from Title IX

Hello Cardinals,

April is Sexual Assault Awareness Month (SAAM). While we are saddened that we can't host events on campus this year, we are excited to announce that we are extending our SAAM campaign to our social media platforms. Please follow us on Twitter and Instagram for some great Sexual Assault Awareness resources and a few contests/drawings that could win you a special prize. We will also send out emails every Monday, so check your UIW email. Finally, you can go to our Title IX webpage for a calendar of virtual events. We hope you take a look and see what we have in store.

Instagram: UIWTitleIX - <https://www.instagram.com/uiwtitleix/>

Twitter: UIW Title IX - <https://twitter.com/UIWTitleIX>

Stay healthy, be Happy, and go Cardinals!

Alexandria Salas, Esq.

Director of Title IX

Office: 210-283-6977

ansalas@uiwtx.edu



**APRIL IS
SEXUAL ASSAULT
AWARENESS MONTH**

COMMUNITY MESSAGES

Message from Student Government Association

Dear Cardinals,

The Student Government Association at the University of the Incarnate Word is maintaining its mission of representing and hearing the concerns of students as they continue their education from home. Once a week, we will be sending an email to answer some of the big concerns we have received from students that week. Please feel free to send any of your concerns to our Attorney General at sgaag@uiwtx.edu or follow us on our Instagram for more regular information postings.

The UIW website as well has a list of resources available to students and information so you can stay up-to-date on the latest UIW COVID-19 information at <https://my.uiw.edu/safety/coronavirus.html>.

SGA is now accepting applications for the election of next year's Officers and Senators. Those applying for a position as Executive Officer must apply by April 30, 2020. All who are interested in applying for Senator must submit their application by Friday, July 31, 2020.

Top 3 concerns of the week

Q: Are counseling services still available for students to use?

A: Yes, the counseling services at UIW are still active for students who are currently in Texas to use as they are now having session on zoom and on the phone. To schedule an appointment, call their number at (210) 832.5656.

Q: Is it possible to get tutoring for online classes?

A: The Writing and Learning Center and Tutoring Services are now offering online tutoring for course content, study skills, and writing. Students taking undergraduate courses will be able to access the following services:

- Weekly drop-in group sessions for a range of courses in the sciences, business, and nursing.
- Individual sessions for writing and study skills.
- Individual online tutoring for a range of subjects in the sciences, business, mathematics, writing, and Spanish through Smarthinking, accessible 24 x 7.
- Students can self-enroll in the Blackboard page "Tutoring Resources" to access tutoring.

More information can be found on our websites: www.uiw.edu/wlc and www.uiw.edu/tutoringservices. Students can also call (210) 829-3870 or email wlc@uiwtx.edu or tutoringservices@uiwtx.edu if they have any questions.

Q: How is a virtual Commencement Ceremony going to work and what are the details for the December Commencement Ceremony?

A: There have been many questions regarding the Commencement Ceremonies regarding different components. With the number of questions that have arose, all questions that have been expressed to the Communications and Branding Office have been combined into a Frequently Asked Questions website, regarding commencement, that is available at <https://my.uiw.edu/registrar/coronavirus/may-2020-commencement.html>. All updates and announcements will be updated to this website and communicated to students through What's the Word. Any questions you may have regarding commencement, that are not reflected on the Commencement FAQ, may be emailed to pr@uiwtx.edu.

Please make sure to check What's the Word for updates and announcements from SGA. We want to hear your student concerns so be sure to email us at sgapresident@uiwtx.edu. There are more difficulties to come associated with COVID-19; however, together as a family, we will overcome this situation.

Best Regards,

Andrea del Valle Soriano, *President*
Iraida Aimee Galindo, *Vice-President*
Darcy Renfro, *Chief of Staff*
Imani Stewart, *Attorney General*
Ricardo Lopez III, *Secretary*
Isabella Pineda, *Director of Public Relations*
Chloe Hipolito-Uribe, *Treasurer*

COMMUNITY MESSAGES

Message from Mission and Ministry

Dear Cardinals,

On behalf of the University Mission & Ministry Pastoral Team, I write to let you know you are in our thoughts and prayers during these uncertain times. We share these words with you from Pope Francis in his writings to the youth and young adults of the world in his Exhortation *Christus Vivit* (Christ Alive):

"Keep following your hopes and dreams. But be careful about one temptation that can hold us back. It is anxiety. Anxiety can work against us by making us give up whenever we do not see instant results. Our best dreams are only attained through hope, patience and commitment, and not in haste. At the same time, we should not be hesitant, afraid to take chances or make mistakes" (No. 142).

"If we journey together, young and old, we can be firmly rooted in the present, and from here, revisit the past and look to the future" (No. 199).

So that we may continue to journey with you, we have identified a few ways to be present to you in this new reality.

Prayer Requests: Please email us at ministry@uiwtx.edu any prayer requests you may have during this time. The email is checked regularly each day and prayers will be forwarded to the Pastoral Team.

Virtual Prayer/Guidance: Each member of the team is available via Zoom to "meet" with you for spiritual guidance and prayer. Contact us individually:

Sr. Walter Maher, CCVI, VP for Mission & Ministry maher@uiwtx.edu

Fr. Thomas Dymowski, OssT, University Chaplain dymowski@uiwtx.edu

Bishop Trevor Alexander, Protestant Chaplain, alexande@uiwtx.edu

Beth Villarreal, Director of Campus Ministry, villaret@uiwtx.edu

Lena Gokelman, Director of Music Ministries, mgokelma@uiwtx.edu

Sr. Adriana Calzada Vazquez Vela, Young Adult Minister, calzadav@uiwtx.edu (English/Spanish)

Carmen Aguilera, Liturgy and Music Assistant, carenas@uiwtx.edu (English/Spanish)

Breathe Young Adult Group Instagram Presence: The Peer Ministry Interns for Breathe Young Adult Group invite you to follow Breathe, as well as the Men's and Women's Groups, on Instagram for daily postings of prayer, words of encouragement, music, and fellowship.

Breathe @uiwbreathe

Women's Group @uiw_womensgroup

Men's Group @uiwmensministry

University Mission and Ministry @uiw_umm

As time goes on, we will continue to share ways to be in community with you. If you have any ideas or requests, please don't hesitate to let us know. We are on this journey together. And, together we will make it through anything and all we encounter.

Blessings of love and peace to you, your friends, and your families.

Praised be the Incarnate Word!

Your UIW Mission & Ministry Pastoral Team,

*Sr. Walter Maher, CCVI, VP for Mission & Ministry
Fr. Thomas Dymowski, OssT, University Chaplain
Bishop Trevor Alexander, Protestant Chaplain
Beth Villarreal, Director of Campus Ministry*

*Lena Gokelman, Director of Music Ministries
Sr. Adriana Calzada Vazquez Vela, Young Adult Minister
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Campus Engagement

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210-829-6034

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