

MAY 4

WHAT'S THE
WORD

**HEALTHY
SLEEPING HABITS**

**A GUIDE TO
LINKEDIN**

FITNESS ON DEMAND

**UNDERSTANDING THE
U/S GRADING SYSTEM**

SENIOR STORIES

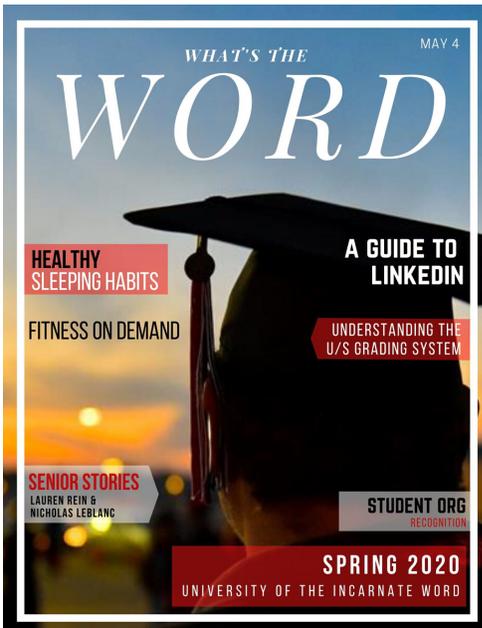
**LAUREN REIN &
NICHOLAS LEBLANC**

**STUDENT ORG
RECOGNITION**

SPRING 2020

UNIVERSITY OF THE INCARNATE WORD

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Message from Campus Engagement

Congratulations Cardinals! It has been a year to remember and even though you have gone through different challenges, as students you have persevered and as the UIW Community, we have come together in a time of need.

We hope everyone stays safe and continues to keep to the recommended safety practices until we can continue as we once did before. Until then, keep UIW in your hearts, in your minds, and look for future updates via your cardinal email.

Praised be the Incarnate Word!

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.



HEALTH &
WELLNESS

FITNESS
ON DEMAND



FLEX
by FitnessOnDemand™

JILLIAN
MICHAELS

GymRa

SWEAT
FACTOR

PILOXING

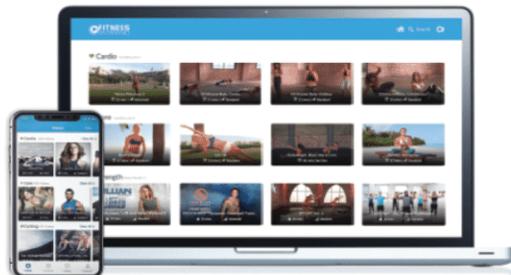
SHIFT

TONE+SHRED

STRONG
BY ZUMBA

NOW AVAILABLE ON-THE-GO

Can't make it to the gym? No problem! Stream FitnessOnDemand™ virtual workouts directly from your phone or computer, where ever you are.



- ✓ Hundreds of classes from the world's top instructors
- ✓ Available 24/7
- ✓ Strength. Cardio. Yoga. HIIT + more!

STEPS TO BE PART OF THE PILOT:

LOGIN TO CARDINAL APPS & GO TO ENGAGE

JOIN THE "WELLNESS CENTER & NATATORIUM" ORGANIZATION

GET THE FLEX FITNESS ON DEMAND EMAIL IN YOUR UIW ACCOUNT & START WORKING OUT!

PLEASE ALLOW MAX 24 HRS FOR EMAIL INVITATION FROM FLEX

**The UIW Wellness Center is running a pilot for the month of May.
Sign-up, try it out & tell us what you think!**



CARDINAL CHRONICLES

**LAUREN REIN,
UIW CLASS OF
2020**

What do the UIW synchronized swimming team captain, a student double majoring in Mathematics and Mechatronics Engineering, the president of the UIW Society of Women Engineers, a student athlete advisory committee representative, a San Antonio Math Scholar and the vice president of the Engineering Club have in common? Well – they’re all the same person. Meet Lauren Rein, everyone.

According to Synchronized Swimming Head Coach Elizabeth Gerdin, Lauren is just as impressive in person as her resume would lead you to believe.

“Lauren has been a true leader for our team and in the classroom,” said Gerdin. “She was our senior team captain this year and [was] voted on by the team to be awarded the prestigious Cardinal Spirit Award. She has been accepted to the master’s program for Structural Engineering at the University of Manchester, ranked one of the top universities in the world.”

She’s right. Come fall, and after completing her internship at Arizona-based engineering consulting firm, Western Technologies Inc., Lauren plans to head overseas to study at the 64th “Best Global University” according to U.S. News and World Report . But before she goes, she’s reminiscing on her time at UIW and the people who mean the most to her.

“I have crossed paths with so many amazing people during my time at UIW, it’s hard to list them all,” she explained. Still, she tried. “First would be my coaches, Elizabeth Gerdin and Emily Tucker who gave me so many opportunities to grow as a person and athlete. I also have to thank Mandy Pulido, our amazing life skills coordinator, Dr. Theresa Martines, my former advisor and the most incredible and involved professor, and finally, Dr. Santiago, synchro’s sport psychologist who takes such good care of us.”

While Lauren emphasizes that she could go on and on about the people at UIW who have impacted her journey, there’s one thing she knows for sure – their greatest gift to her was helping her find herself.

“During my time at UIW, I have found and strengthened my voice as a leader,” she explained. “I have learned to stand up for myself and what I believe in, and how to stay true to myself.”

If you follow Lauren’s UIW journey, you can see this process of self-discovery happen year after year. Not a native Texan, Lauren made the move to San Antonio as a freshman from Phoenix, Arizona. What could have been an isolating and nerve-racking experience, Lauren made the best of, not only by joining existing organizations, but by starting one of her own as well. Lauren co-founded UIW’s Society of Women Engineers and later became the group’s president.

“This is one of my most gratifying accomplishments,” she said of her involvement in the Society of Women Engineers. “I feel I have helped start an organization that will continue to empower women in STEM.”

That wasn’t all she accomplished in her four years at UIW. In fact, Lauren climbed the ladder in every student organization and team she was part of, eventually earning positions of leadership with the full support of her teammates and mentors. Her favorite position, though, was serving as synchronized swimming’s representative on the Student Athlete Advisory Committee, because it allowed her the opportunity to advocate for causes she was most passionate about. This balance of athletic and academic success as well as community involvement is a difficult chord to strike, but Lauren struck it beautifully, and it is what she is most proud of looking back on her time as a Cardinal.

Despite her many contributions to the UIW community and the great success she has had as a Cardinal, Lauren admits a bit sheepishly that what she’ll miss the most is “ending every day at the ‘Caf’ [dining hall] for dinner with friends and teammates, talking about everything and laughing together.”

As she prepares to spread her wings and soar on to her next grand adventure, Lauren knows she has a support system cheering her on.

“[My parents] are my biggest fans and have supported me in so many ways,” she said. “In addition, my [synchro] team has become my second family. It’s become even more clear to me now that we are all at home that I will always have them in my life as a support system, no matter the distance or circumstance.”

When asked what her advice is for any incoming freshmen, Lauren let her most recent experiences – experiences that have helped her realize what and who she values most – do the talking.

“Enjoy every single moment,” she said. “It really will go faster than you think...it may even end a few months too soon.”

Sad to be leaving her Cardinal family, but armed with an abundance of memories and forever-friendships, Lauren is ready for her next chapter. No matter where that takes her, her UIW family will be watching with pride and cheering her on.





TAKING FLIGHT

**As you spread your wings and fly,
As you soar beyond your perceived limits,
As you reach heights beyond your imagination,
Remember the lessons learned prior to your journey.
Remember the many people that were
and are there for you.
Remember to continue to help others on their flight.
Remember that we are proud of you and pray for you.
Congrats UIW Cardinal Grads!**

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





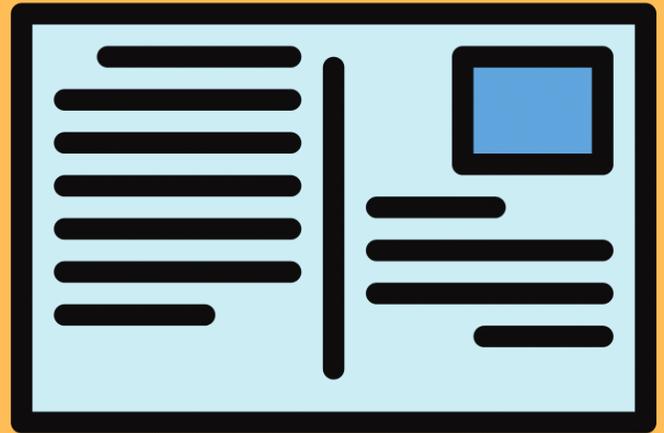
UIW Thanking our Heroes Postcard Campaign

Write a thoughtful & 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



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>

EARTH MONTH

Earth Day 50th Anniversary

UIW WATER BOTTLE CHALLENGE

Can you come up with an innovative way to reuse water bottles that can be replicated by others?

The Ettlign Center will award a \$50.00 prize to the most innovative, creative, and/or sustainable idea that is submitted.

Send a video of your idea/creation to ccl@uiwtx.edu by Sunday, May 10.

The winner will be announced and showcased on Friday, May 15.

#RECYCLEMANIAUIW

#EARTHDAY2020

#UIWSUSTAINABILITY

#UIWETTLING

KEEP MOTHER EARTH ALIVE

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



FROM OUR HEARTS

THANK YOU!

FOR KEEPING OUR COMMUNITIES SAFE & HEALTHY!

**UIW Thanking our Heroes Postcard Campaign messages
from you to our frontline heroes!
Thank you, Cardinals!**

Dear Hero,
I am sure your local community is more than proud and grateful for all that you do for them. Your hard work and dedication has allowed you to save the lives of many. You are an individual that is needed in our daily lives, without you many would feel unsafe and would be in a poor medical state. Day after day, you give your time and sacrifice to others that you do not know. You are a symbol for safety around the globe and are appreciated everyday. "A hero is no braver than an ordinary person, but they are braver five minutes longer."

Thank you for your commitment to our community. You have seen the absolute worst and continue to show up and show out everyday! Please know that we are praying for your safety. We wouldn't be where we are without you. Your courage never ceases to amaze us. We love you and thank you from the bottom of our hearts!

Thank you from the bottom of my heart. Thank you for helping keep our community safe, in such scary times like these. There is a light at the end of the tunnel and it is all because of you and what you're doing for us! I can't thank you enough, I know it must be so hard, and I hope this postcard helps you recognize/ affirm the absolute good you are causing.

Thank you for all you do in the community around you. You help us all feel safe in a world where security is rare right now. Thank you for risking your health so that the rest of the community is able to remain well. You are an example to all and I hope to someday be as brave as you. Thank you for all you do. Peace and love.

Thank you for keeping my community safe! Thank you for all the hard work you put in every day and never letting any challenges pass you. You provide our community with peace and safety and I am truly grateful for it. If it weren't for you, I probably wouldn't feel safe anywhere. You are on watch 24/7 and make sure the streets stay sane. You make sure no one gets hurt and always try for the best outcomes, no matter the situation.

Thank you from the bottom of my heart for serving on the frontlines of this pandemic. You are the heart and soul of the war against COVID-19. I admire what you are doing to make this a better world for all of us. I cannot express my admiration and gratitude for all you are doing in words, but I am sending a big hug.

Ettling Center for Civic Leadership & Sustainability
San Antonio, TX 78209
(210) 832-3208
ccl@uiwtx.edu



HEALTHY SLEEP HABITS

IF YOU HAVE DIFFICULTY SLEEPING OR WANT TO IMPROVE YOUR SLEEP, TRY FOLLOWING THESE HEALTHY SLEEP HABITS. TALK TO YOUR DOCTOR IF YOUR SLEEP PROBLEM PERSISTS.

Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.

FOLLOW THESE TIPS TO ESTABLISH HEALTHY SLEEP HABITS:

Set a bedtime that is early enough for you to get at **LEAST 7 HOURS** of sleep.

ESTABLISH a relaxing bedtime **ROUTINE**.

Make your bedroom **QUIET AND RELAXING**.
Keep the room at a comfortable, cool temperature.

LIMIT EXPOSURE to bright light in the evenings.

Use your **BED ONLY FOR SLEEP**.

EXERCISE regularly and maintain a **HEALTHY DIET**.

REDUCE your fluid intake before bedtime.

DON'T EAT a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.

DON'T GO to bed unless you are sleepy.

If you **DON'T FALL** asleep after 20 minutes, **GET OUT OF BED**.

TURN OFF electronic devices at least 30 minutes before bedtime.

AVOID CAFFEINE in the late afternoon or evening.

AVOID ALCOHOL BEFORE BEDTIME.





CARDINAL CHRONICLES

NICHOLAS LEBLANC

UIW CLASS OF 2020

The arrival of COVID-19 derailed college students' plans and expectations around the world, and UIW Cardinals were, unfortunately, no exception. Still, members of the UIW Spring Class of 2020 have made a lasting impact on our community – an impact that could never be forgotten, despite missed end-of-year celebrations and ceremonies.

We reached out to UIW faculty and staff to ask them to nominate graduating Cardinals who have exemplified the Mission of the University throughout their collegiate careers. Their nominees will make up this new, limited-time series – Cardinal Chronicles: Class of 2020. Our first nominee was recommended not once, not twice, but three times by three different UIW employees, for his “giant heart” and “compassion, camaraderie and kindness.” Without further ado, meet Nicholas LeBlanc.

When you ask Nicholas to describe himself in three sentences or less (and we did), his answer is truly indicative of just the kind of person he is – one who always thinks of others first. It wasn't in the content of the answer itself, but in the subtle fact that his answer didn't say so much about him as much as it did those he holds near and dear to his heart. After brief mention of his major (rehabilitative sciences), minor (psychology) and love of running and video games, Nicholas went on to say, “I hold friendships and family dearly...I still spend time with the same friends I've had since kindergarten, and I'm constantly making new friends to add to the list!”

In fact, all of his answers involved others. His answer to the question of what advice he would offer his freshmen self or another incoming UIW student, didn't focus on tips for personal growth or getting ahead. Instead, he advised that young students engage in group study.



“I have some of my favorite memories group studying with friends on late nights. While an A is rewarding, having a friend be able to explain something you don’t understand, put little jokes into studying or ease your mind about the future is incomprehensibly valuable – I wouldn’t trade those memories for the world,” he explained.

Of course, there was one thing Nicholas couldn’t help but be proud of – his acceptance into the UIW School of Physical Therapy on his first attempt. After witnessing others be denied admittance until their second or third tries, Nicholas made a plan that involved attending campus tours and information seminars, and communicating with individuals who could help him. All this led to what he calls “the right resume for [his] dream school.” After graduating in the spring, Nicholas will continue his “UIW legacy professionally at the University of the Incarnate Word School of Physical Therapy” this fall.

That’s not to say that his path getting here was easy. After struggling with Attention Deficit Disorder (ADD), Nicholas says he is grateful most of all for the accommodating class sizes offered at UIW and the care taken by faculty and staff to help him along the way.

“As someone with [ADD],” he explained, “being at ease about asking a professor to repeat something or being able to ask a question was monumental in being able to graduate and pursue my dream. The faculty and staff at UIW – rehabilitative science professors especially – have always been willing to present the material in different learning styles for students, make assignments fun and interactive and make checkpoints to assure nobody is left behind. Students worked to build and push each other rather than compete.”

It turns out that Nicholas is actually grateful for many lessons learned at UIW, none more important to him than learning the power of a “thank you.”

“Taking the time to thank someone for extending a helping hand seems obvious, but not enough people do it,” he said. “Thanking someone for an interview, thanking a professor after office hours and thanking your custodial staff is important. You never know where a ‘thank you’ might take you.”

While Nicholas feels he owes sincere thanks to many people who helped him throughout his journey, there is perhaps none more deserving than his father, Scott LeBlanc, director of UIW Sports and Wellness.

“From the day I was born, [my dad] inspired me to not only run competitively, but also to run after my dreams. He has been with me every step of the way – from being able to stop by his office to talk about life, to opening my physical therapy school acceptance letter with tears in both our eyes, my dad being at UIW has been a unique memory I will always cherish.”

Looking ahead, Nicholas is excited to continue his education, but he’s also looking forward to one day marrying his high school sweetheart, a current student of the Ila Faye Miller School of Nursing and the daughter of another UIW employee.

Despite the upheaval of Nicholas’ senior year, one thing remains certain – no matter where life should take him, UIW is part of him and he will always remain part of UIW.

Congratulations, Nicholas!



YOUR LOCAL HEROES NEED YOU!

- Superhero Power
- Superhero Cape
- Superhero Suit
- Superhero Mask



We are looking for volunteers who have a sewing machine and know how to sew to assist in making face masks for members of our community who are most in need. An instructional video and mask-making tool kits will be made available to all volunteers. If you want to contribute but may not know how to sew, your financial contribution is just as important to support this effort.



HOW DOES THE U/S GRADING SYSTEM WORK?

Understanding the Unsatisfactory/ Satisfactory Grading System

Visit the [U/S Grading System FAQ website](#) for more information on how this opt-in grading system can affect you.

Greek Alumni Recognition

Congratulations on taking your final steps toward commencement. We wish you the best of luck in all your future endeavors. Remember that UIW is family and continue living out your mission through continuous engagement, whether it's through Greek Life or Alumni Relations.

*Alpha Sigma Alpha Sorority, Inc.
Zeta Sigma Chapter*

*Omega Delta Phi Fraternity, Inc.
Beta Omicron Chapter*

*Alpha Sigma Tau Sorority, Inc.
Epsilon Eta Chapter*

*Sigma Delta Lambda Sorority, Inc.
UIW Colony Chartered 2017*

Greek Alumni Oath

I do solemnly promise to uphold the standards of the UIW Greek Alumni Network, and to keep this object and aim in mind, and I do solemnly pledge allegiance to my fellow members and promise to aid them in all worthy endeavors.



WE ARE A NETWORK.
COMMUNITY.
FAMILY.

Graduating Greek Members

Alpha Sigma Alpha Sorority, Inc.

Zeta Sigma Chapter

Starr Alonzo

Victoria Herrera

Sophia Pautler

Olivia Portillo

Alexandra Saldivar

Madison Williams

Omega Delta Phi Fraternity, Inc.

Beta Omicron Chapter

Ryan Taylor Foss

Alpha Sigma Tau Sorority, Inc.

Episln Eta Chapter

Amber Donaldson

Kimberly Feucht

Lauren Garza

Deyja Kilete

Julia King

DevendraMae Leonard

Victoria Paz

Iliana Peralez

Kyra Pham

Monica Reyes

Cary Stanley

Sigma Delta Lambda Sorority, Inc.

UIW Colony Chartered 2017

Diana De Almeida

11 EASY WAYS TO WALK 2000 MORE STEPS

Staying at home more and social distancing doesn't have to derail your weight-loss efforts. In fact, walking is one of the easiest and most effective exercises you can do anywhere to lose weight and improve physical and mental health.

1. TAKE 5 MINUTE WALKING BREAKS EVERY HOUR

2. TAKE THE STAIRS

3. GO THE LONG WAY

4. MARCH IN PLACE

5. WALK WHILE YOU TALK

6. EXPLORE WALKING-ADJACENT IN ACTIVITIES

7. DRIVE LESS

8. USE A SMALL WATER BOTTLE

9. SPLIT YOUR WORKOUT SESSIONS

10. GET THE FAMILY INVOLVED

11. CONSIDER A FURRY FRIEND

PROFESSIONAL DEVELOPEMENT

THE MOST UP-TO-DATE GUIDE TO LinkedIn FOR STUDENTS IN 2020

From EduBirdie: <https://edubirdie.com/blog/guide-to-linkedin-for-students>

When most people hear about the job market, the association with LinkedIn is immediate. In the last several years, this platform has become essential for every person who hopes to find an employer and vice versa. But not everyone knows what LinkedIn is, and if you're among them, reading this guide will put all of your questions to rest. LinkedIn a social network that was created specifically for the furthering of one's career, present or future. People create accounts, fill them with information about them and their accomplishments, and look for jobs or internships within the area they're interested in. By being aware of all the intricacies, you'll succeed on LinkedIn and find exactly what you've been looking for.

5 Reasons Explaining Why Having a LinkedIn Account is Essential:



1) A HUGE PART OF EMPLOYERS VISIT LINKEDIN ON A DAILY BASIS

As of now, LinkedIn has more than 575+ million users. Its popularity has doubled over the last 5 years, proving that the platform is constantly growing and gaining a unique kind of popularity. Whether you're accustomed to hearing things about LinkedIn or not, all professional organizations know what it is and have at least one account representing them there. So unless you're interested in a rare sphere with no online presence, you'll find the employer you might want to work for 100%. In turn, these employers will get to see your account, and since the outreach is bigger on LinkedIn, the chances to find a job increase.

2) LINKEDIN ALLOWS ESTABLISHING BUSINESS CONNECTIONS WITH OTHER LIKE-MINDED SPECIALISTS

Since LinkedIn is not just a platform for employers, you get a chance to meet other employees or people interested in an internship. Business connections include a variety of people. For example, if you become friends with an accountant at some firm and you hit it off in a professional sense, chances are, they're going to recommend you to their manager or at least vouch for you if you apply for a job there by yourself. Meeting people in the same sphere of knowledge means that you start learning your industry from inside out, making connections that will stay with you throughout the years, with people always ready to offer recommendations or suggest an idea if you need it. The more friends you make, the stronger your professional identity is going to be.

3) LINKEDIN FUNCTIONS AS YOUR CV

Having a professional CV is a necessity for everyone who's looking for a job. But the tricky thing is, in most cases, you must have several versions of it to send to different companies. Long CVs where you list generic or redundant accomplishments only turn the potential employers away. For instance, if you know a second language, you might want to find a job as a translator, editor, writer, copywriter, etc. Depending on which position you select, your CV must be tailored to it. With LinkedIn, there is no need to constantly rewrite your resume. Since the outreach is wider, the employers don't mind seeing everything you've accomplished and the positions you feel you'll be good at. You can keep everything career-related right there, making your profile universal and sending a link to it even in cases where you're contacting employers not via LinkedIn.



4) LINKEDIN IS A VITAL PART OF YOUR ONLINE PERSONA

Many young people are confused as to how to make their social network profiles multi-sided and fitting for all situations. Facebook, for instance, is used for communication with friends, but it's also a platform where employees look for a job or where employers try to boost their business. It poses a question, what should one's account look like? People are torn between making it professional and posting informal things like jokes, pics, or expressing their personal worries. LinkedIn solves this problem. With its help, you can do whatever you want on Facebook and other platforms. In turn, LinkedIn is a representative of your professional side where you must keep everything strictly formal. Having a whole network for professional purposes is helpful because it facilitates the process of separating different parts of one's online persona.



5) LINKEDIN HELPS YOU RESEARCH AND BE RESEARCHED

If you feel unsure about the employer you're interested in, LinkedIn is a great place to research them. See their detailed profile, learn details of employment opportunities, make sure this person or company is respected by others. Similarly, the employer has a chance to study you and see everything you've done professionally.

The entire article can be found at:
<https://edubirdie.com/blog/guide-to-linkedin-for-students>





GET HELP FROM YOUR CAREER CENTER

You don't have to do this alone! Although not physically on campus, your school's career center staff is available to support you remotely. Take advantage of online resources, virtual appointments, workshops, and digital networking opportunities. Whether you're exploring academic majors, looking for an internship, or getting ready for life after graduation—your career center is here to help and can provide guidance specific to your goals as well as the current situation.

With the uncertain economic state, it is important that you use this time to maximize your career readiness and make yourself as marketable as possible. While it is true that some industries have slowed down hiring, others have not and may even have an increased demand for talent in the wake of COVID-19. So stay hopeful, wash your hands, and try out these six ways to make progress toward your career goals.

REMEMBER! REMEMBER! REMEMBER!

OFFICE OF CAREER SERVICES

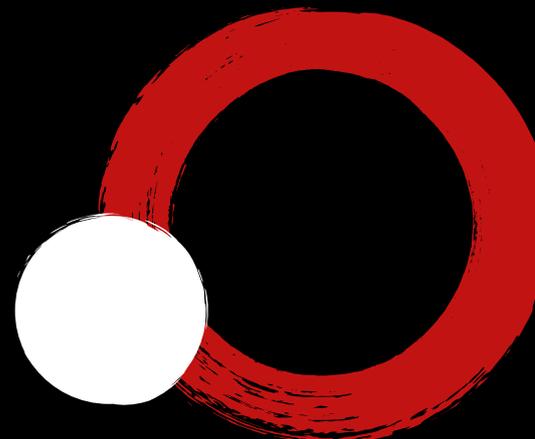
WE ARE HERE TO HELP!

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



On April 20, 2020, the university's founding congregation, the Sisters of Charity of the Incarnate Word began a week-long sharing of the words of Mother St. Pierre Cinquin, founder of the CCVI congregation. We share these reflections in hope that they bring you hope, peace, and encouragement to finish strong as you approach finals and graduation.

Born May 22, 1845 in Beaujeu, France, Jeanne Cinquin received the religious habit at the monastery of the Incarnate Word and Blessed Sacrament (Lyon, France) in 1868 and was given the name of Sister St. Pierre of the Passion. She left France in October 1868 for a new mission in Galveston, Texas. Just a few months after arriving in Galveston, she was sent to San Antonio to open a new hospital to tend to the victims of the cholera epidemic. At the same time, she was given the responsibility of establishing the new foundation of the Sisters of Charity of the Incarnate Word, San Antonio. She served the Congregation as a superior and spiritual leader until her death in 1891.

We are fortunate to have the majority of letters that Mother St. Pierre wrote and received during her life in the Congregation. They were translated and curated by Sr. Kathleen Garvey, CCVI. From her forward:

Mother St. Pierre emerges from these pages as a woman who knew and acknowledged her weaknesses and her strengths, who was as human as we are, but who loved the Incarnate Word with her whole being and sacrificed herself for His glory and for the service of His brothers and sisters. By knowing her, we will become more and more aware of the spirit of our religious family and the assimilation of this grace-filled spirit will guide us in living our life in and for today's world as a group of religious women dedicated to the Charity of the Incarnate Word.

We invite you to reflect with these words from our founder, Mother St. Pierre Cinquin:

<https://youtu.be/FUpgan1AK0c>

Credits: The reflection above, picture of Mother St. Pierre Cinquin and the reflections in the video were obtained from : <https://www.amormeus.org/en/blog/mother-st-pierre-cinquin/#more-16160> To share more in the life and spirit of the Sisters of Charity of the Incarnate Word, you may sign up for their newsletter at: <https://www.amormeus.org/en/registration/>

Questions about Pray-a-thon? Contact the Mission and Ministry Office at ministry@uiwtx.edu.

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



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.

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

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?



AMERICAN CORPORATE PARTNERS (ACP) VETERAN'S MENTORSHIP PRESENTATION



ACCELERATE YOUR CIVILIAN CAREER WITH AN ACP MENTOR

ACP is a national non-profit organization dedicated to assisting post-9/11 veterans and active duty military spouses in their civilian careers through customized, one-on-one, yearlong mentorships with business leaders nationwide.

ACP Mentors can help veterans and active duty military spouses with:

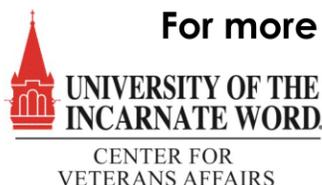
- **Improving Resume and Interview Skills**
- **Searching for Meaningful Employment**
 - **Building a Professional Network**
 - **Refining Career Goals**
 - **Evaluating Educational Options**

MAY 20, 2020 | 12:00 PM

To RSVP, use the link below

[RSVP LINK](#)

For more information, visit acp-usa.org





VA SOCIAL WORKER ZOOM APPOINTMENTS NOW AVAILABLE!

Donna Stribling VA Social Worker is now available to meet face to face via ZOOM

HOW DO I SET UP AN APPOINTMENT?

Contact Donna or UIW Center for Veterans Office to request an appointment.

CONTACT INFO

Donna Stribling

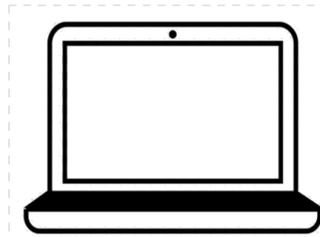
PHONE: (210) 324-7758

EMAIL: Donna.Stribling@va.gov

UIW Center for Veterans Affairs

PHONE: (210) 832-5651

EMAIL: veterans@uiwtx.edu



HOW WILL I RECEIVE APPOINTMENT LINK?

Your ZOOM link will be sent to you once you request an appointment.



VETERANS TRIBUTE STOLE



The UIW Center for Veterans Affairs will provide a free Veterans Tribute Stole to May 2020 student veteran graduates.

TO REQUEST A STOLE, PLEASE COMPLETE THE [REQUEST FORM](#) AND YOUR STOLE WILL BE MAILED TO YOU.



STUDENT ORGANIZATION RECOGNITIONS

AT THE HEART OF UIW ARE THE COMMUNITY MEMBERS WHO LIVE OUT THE TENANTS - FAITH, INNOVATION, EDUCATION, SERVICE, AND TRUTH - THROUGH THEIR ACTIONS.

STUDENT LEADERS AND STUDENT ORGANIZATIONS HAVE TIME AND TIME AGAIN PROVED THAT BEING INVOLVED IN THE UIW, LOCAL, AND GLOBAL COMMUNITY IS A PART OF WHAT IT MEANS TO BE ONE WORD.

HERE ARE JUST A FEW ORGANIZATIONS WHO HAVE MADE THEIR MARK AT UIW.



STUDENT VETERANS OF AMERICA

President: Christopher Marmolijo

Advisor: Adriana Leal and Lynn Downs

The mission of the Student Veterans of America at UIW is to expedite, facilitate, and reinforce the successful transition for U.S. military veterans and their families to university life while fostering a lasting bond of friendship with veterans of allied armed forces and mentoring the next generation of military and civilian leadership.

Event: Wreaths Across America at Fort Sam Houston National Cemetery. Laying wreaths on the graves of fallen heroes and the act of saying the name of each and every veteran aloud.

STUDENT ALUMNI ASSOCIATION

President: Nico Ramon

Advisor: Jorge Jones

The UIW Student Alumni Association (SAA) is an organization created to build the bridge between students and alumni. SAA assists in creating a mentor-mentee relationship between alumni and 32,000+ alumni around the globe.

Event: In celebration of Hispanic Heritage Month, the UIW Student Alumni Association is proud to present the inaugural, Juntos Aprendemos networking mixer! This is a great time for our UIW students to meet successful alumni and UIW leaders.





WOW!

HISTORY CLUB

President: Hannah Berry

Advisor: Lopita Nath and Michelle Tabit

The History Club aims to provide the University community with activities that will foster a general interest in all history and open minds to the unknown. The opportunity to interact with those outside of the University community will be what allows the History Club to succeed.

Event: The History Club provides educational facts and significant information on the history and importance of various traditions such as Halloween, Thanksgiving, and Diwali. Learning about the importance of Diwali.

AFRICAN STUDENT ORGANIZATION

President: Oghale Omakor

Advisor: Clarissa Torrez

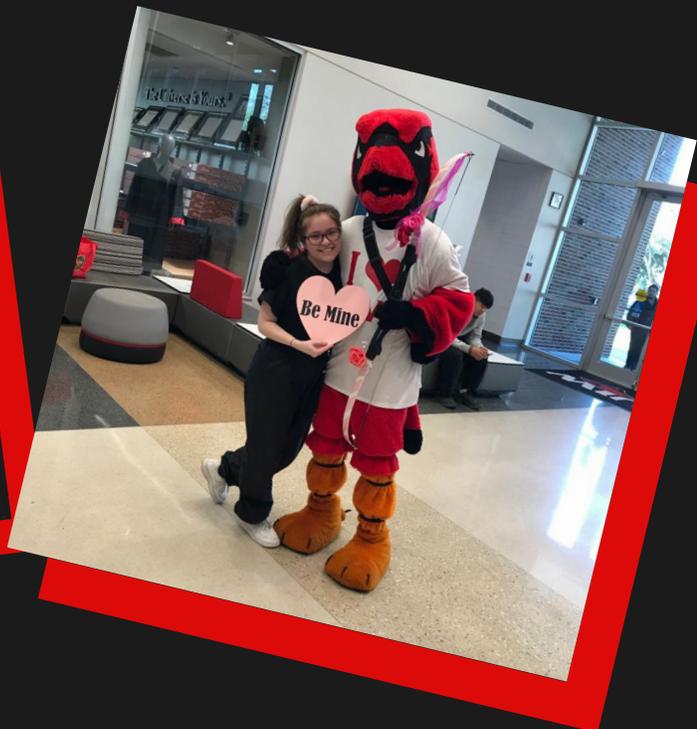
African Student Organization will serve as a home away from home. This Organization is designed to share the African customs and culture to the University of the Incarnate Word.

Event: A night of worship with unity from different backgrounds as we celebrate the life we've been given. The event was in conjunction with the Black Student Alliance.



2019-2020 CAMPUS ACTIVITIES BOARD

Thank you for all the fun, free events you brought to campus! Can't wait to see what the next year will bring.





Thank you for all your hard work .
Looking forward to this next academic
year and all the changes to come.

2019-2020 STUDENT GOVERNMENT ASSOCIATION

WOW!



WOMEN IN CYBER SECURITY

President: Waad Alyami

Advisor: Meerna Ammari

The organization will form the UIW-WiCyS student chapter. We will work on engaging, encouraging, and support of women in the cybersecurity field.

Event: Come join us with our guest speaker Suzette Elliott. Negatives and Positives of being a woman in the Cyber Security field.

PRE-PHARMACY ASSOCIATION

President: Carlos Colunga

Advisor: Candace Gengenbacher

The Pre-Pharmacy Association at the University of the Incarnate Word, Fiek School of Pharmacy has participated in various on and off-campus events that promote social justice and partnerships while ministering to San Antonio community.

Events include events such as providing tutoring services to an archdiocese Catholic school in the community. Another event by PPA included Haven for Hope Community Kitchen. Volunteers assist with the preparation and serving of breakfast, lunch, and dinner for residents of Haven for Hope. Volunteers help in the kitchen, clean up, and greet residents and the homelessness of the community as they arrive for their meals. The Fiek Pre Pharmacy Association also provided a lifesaving opportunity with its Bone Marrow Drive appreciation drive. 267 students, faculty, and staff participate in "Be the Match Program" to help saves lives. The participation accomplished the recognition of having had the most registered donors nationwide in the same three-day time span.





ADVISOR SPOTLIGHT

PRE-PHARMACY ASSOCIATION

Advisor: Candace Gengenbacher

Candace is a Pre-Pharmacy Counselor/Advisor at the Feik School of Pharmacy. The Pre-Pharmacy Association (PPA) organization is advised by Candace and her dedication to serving students is demonstrated by the many successful community events hosted by PPA at UIW and within the San Antonio area.

ALPHA PHI OMEGA

Advisor: Dr. David Starkey

Dr. David Starkey is the advisor for Alpha Phi Omega Fraternity, Inc. The members of APO have had continuous support and encouragement from Dr. Starkey. He has committed to not only being an advisor but an active member of APO, a co-ed service organization founded on the principles of Leadership, Friendship, and Service



COMMUNITY

MESSAGES

- **UIW EMERGENCY AID PROGRAM**
- **COVID-19 REMINDERS**
- **UIW CAMPUS HEALTH PROTOCOL**
- **COMMENCEMENT DETAILS**

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 the Registrar Office
May 2020 Graduation Candidates

Dear Graduates,

Thank you so much for your patience as we have worked to provide you with the needed information regarding the University of the Incarnate Word's Spring 2020 Virtual Commencement Ceremony. We understand that this is not what you planned for, but rest assured our team is working hard to provide you with a unique and memorable experience.

We are pleased to announce UIW's Virtual Commencement Ceremonies will be held on Saturday, May 30, 2020. On this date, UIW will celebrate commencement for all schools and programs. Please see following page.

The Virtual Ceremonies will include every element possible to embody a traditional commencement event, including a presidential address, conferral of degrees, and other unique aspects, including special slides for each graduate. Graduates will be emailed instructions to upload their name, a personal message and a photo for their individual "slide." The ceremonies will be livestreamed by the University and will remain available for viewing after each premiere. More information, including the site where the ceremony will be viewable, will be forthcoming. Please continue to check your UIW email for updates and announcements, including how you can invite your family and friends to a virtual watch party.

To mark this special occasion, all students participating in the Virtual Ceremony will receive a commemorative box with keepsake items unique to this event. To ensure you receive your gift, please review, and update your information in Banner Web by May 1 to reflect your current mailing address and contact information.

For questions regarding the 2020 Virtual Commencement Ceremony, [please visit our dedicated page](#) with frequently asked questions about commencement policies and procedures.

For any questions and concerns not addressed in the FAQ, please email pr@uiwtx.edu.

From the Registrar Office (Continued) **May 2020 Graduation Candidates**

(4 p.m.) Virtual commencement ceremony for undergraduate and graduate students. The following schools and programs are included in this ceremony:

- College of Humanities Arts and Social Sciences
 - Undergraduate and graduate programs
- Dreeben School of Education
 - Undergraduate, graduate, and doctoral programs
- H-E-B School of Business and Administration
 - Undergraduate, graduate, and doctoral programs
- Ila Faye Miller School of Nursing and Health Professions
 - Undergraduate, graduate, and doctoral programs
- School of Optometry
 - Undergraduate program
- School of Mathematics, Science and Engineering
 - Undergraduate, graduate, and doctoral programs
- School of Media and Design
 - Undergraduate, graduate, and doctoral programs
- School of Osteopathic Medicine
 - Graduate program
- School of Professional Studies
 - Undergraduate, graduate, and doctoral programs

(6 p.m.) Virtual commencement ceremony for the Feik School of Pharmacy, Rosenberg School of Optometry and School of Physical Therapy.

Campus Engagement

campusengagement@uiwtx.edu

210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



@UIWCAMPUSENGAGEMENT

UIW GREEK LIFE

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



@UIWGREEKLIFE

UIW CAMPUS ACTIVITIES BOARD

STAY CONNECTED AND FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS



@CABUIW

UIW STUDENT GOVERNMENT ASSOCIATION

CATCH UP WITH SOME ONLINE ACTIVITIES BETWEEN YOUR CLASSES



@UIWSGA

