

WHAT'S THE WORD

JUNE 22, 2021

SCAVENGER
HUNT

COMMUNITY MESSAGES

FUN UNDER THE SUN
SAFETY TIPS

SUMMER 2021

UNIVERSITY OF THE INCARNATE WORD

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Message from Campus Engagement:

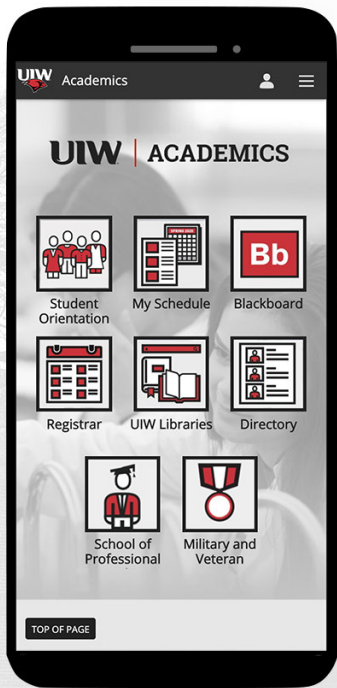
Hey Cardinals!

We hope you are off to a wonderful start to your summer! This can be an opportunity to pick up a new hobby, read new books or to continue doing what you love doing. Let this be a summer full of fun, adventures and learning experiences. Stay cool, safe and hydrated!

Remember to stay engaged throughout the summer by logging in to your Cardinal Apps, where you can find information on fun and exciting events happening here on campus!

"Do anything, but let it produce joy." - Walt Whitman

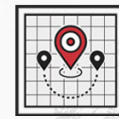
Praised be the Incarnate Word!



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.

UIW ENGAGE



YOUR INVITATION TO EVERYTHING CAMPUS ENGAGEMENT IN 3 EASY STEPS

STEP 1

Visit uiw.edu
and log in to
Cardinal Apps.

STEP 2

Click on the **ENGAGE** tab. Use
the search bar to find an
organization or view events.

STEP 3

Click on the event or
organization and enjoy!
Win prizes and swag and have
fun!

WHAT WILL YOU FIND?

- Competitions for awesome prizes
- Over 100 student organizations
- Student Government and Campus Activities Board
- Movie night with friends - CHAT ROOM AVAILABLE
- DIY step-by-step interactive activities
- Opportunities to meet other students
- LIVE talent shows and music concerts
- POP UP shops, POP UP giveaways and POP UP karaoke

CAMPUSENGAGEMENT@UIWTX.EDU

210-829-6034



MARGARITA AND SALSA FESTIVAL

FRIDAY, JULY 9

4-7 P.M. FRIENDSHIP GARDEN

MAKE EVERY DAY A F.I.E.S.T.A. - FAITH, INNOVATION, EDUCATION, SERVICE,
TRUTH AND THE A+ YOU EARN IN CLASS.

All events will be adhering to the event and social distancing guidelines listed in the
UIW Cardinal Flight Plan.

@UIWCAMPUSENGAGEMENT



IN-PERSON EVENTS
SUMMER REFRESH



Summer Luau



CAMPUS ENGAGEMENT PRESENTS


SCAVENGER HUNT



TUESDAY, JUNE 29
2 P.M.

ONLINE LOCATION:

<https://uiw.zoom.us/j/96567376437>



MARGARITA AND SALSA FESTIVAL

FRIDAY, JULY 9
4-7 P.M. FRIENDSHIP GARDEN

MAKE EVERY DAY A F.I.E.S.T.A. - FAITH, INNOVATION, EDUCATION, SERVICE,
TRUTH AND THE A+ YOU EARN IN CLASS.



IN-PERSON EVENTS

CAMPUS LIFE

UIW BLOCK PARTY

FRIDAY, JULY 23
4-7 P.M. SIDE OF NATATORIUM

Embark on a journey to find all the hotspots on campus. Enjoy some FREE food, LIVE music, t-shirts, giant inflatables and interactive activities.

45 and counting

Get a head start on community service hours required for graduation.

TUESDAY, AUGUST 10
9 A.M. - 12 P.M.
WESTGATE CIRCLE

DANCING

SATURDAY, AUGUST 21
7-10 PM
SEC BALROOM

Click on the QR code to find the details of college life outside of the classroom.

**CARDINAL
CRAWL**

Saturday August 21st
7:00 - 10:00 PM

MUSIC



TEAM RED

**WE'RE
HIRING!**



**Campus Engagement
Student Assistant
(Work Study)**

**To apply click here:
jobs.uiw.edu/postings/16440**



UNIVERSITY OF THE
INCARNATE WORD

ARE YOU READY?

UIW Athletics is back! You can view the
Fall 2021 and Spring 2022 schedules for
all sports using this link:

[UIWCARDINALS.COM/CALENDAR](https://uiwcardinals.com/calendar)

SHOW YOUR SUPPORT AND YOUR UIW PRIDE.
GO CARDINALS!

I Said a Prayer for You Today

by Bill Anderson

*I said a prayer for you today
And know God must have heard.
I felt the answer in my heart.*

*I felt the answer in my heart.
Although He spoke no word!
I didn't ask for wealth or fame
(I knew you wouldn't mind).
I asked Him to send treasures
Of a far more lasting kind!*

*I asked that He be near you
At the start of each new day;*

*To grant you
health and blessings
And friends to share your way!
I asked for happiness for you
In all things great and small.
But it was for His loving care
I prayed the most of all.*

**WHETHER YOU ARE RETURNING OR A FIRST- TIME STUDENT, THE UIW
UNIVERSITY MISSION AND MINISTRY TEAM WELCOMES YOU.**

**AS WE RETURN TO THIS "NEW NORMAL"
YOU ARE IN OUR THOUGHTS AND PRAYERS!
WE ARE ALWAYS HERE FOR YOU!**

MINISTRY@UIWTX.EDU | (210) 829-3128 | AD 147

**FOLLOW US ON INSTAGRAM, TWITTER AND FACEBOOK:
@UIW_UMM @UIWMM
ONEWORDPRAYING**

SUMMER HOURS!

The Cardinals' Cupboard

Serving non-perishable food items to the UIW community

Come by and grab what you need from our diverse selection of instant meals, canned goods, cooking ingredients and hygiene products!

- Pasta
- Canned meat, fruits
- Bread
- Milk
- Cereal
- Juice
- Granola bars
- Fruit snacks
- Cooking ingredients
- Soaps
- Wipes
- Toothbrushes



Date: June 3rd, 2021
Location: Joeris Hall
Tuesdays and Thursdays
11 a.m. - 3 p.m.

For more information, contact us at
(210) 283-6423
or
CCL@uiwtx.edu

DEI (DIVERSITY, EQUITY, INCLUSION) CIRCLES



We invite you to join our DEI circles, a new initiative of Mission and Ministry at the University of Incarnate Word. The goal is simply to create conversational spaces – in person and via zoom – where we can support one another and learn together about important issues that are central to our mission at UIW, in our nation, and our global community. The conversation circles are open to all UIW students, faculty, staff, and CCVI Sisters. DEI circles will hopefully connect you with new and existing friends.

This month, we will launch circles that focus on DEI issues and priorities of LGBTQ+, Asian American & Pacific Islanders, and LatinX communities. Members of these communities and allies within UIW are welcome to attend via Zoom. Additionally, we will continue our in-person, 12:30 p.m., inter-faith prayer and sacred conversation for racial healing and justice on Wednesdays and Fridays in Our Lady's Chapel.

Wednesdays - June 9, 16, 23 & 30

- 10 - 11 a.m. - DEI Circle via Zoom - LGBTQ+ Communities @UIW
- 12:30 - 1:30 p.m. - Pray & Act for Racial Justice in Our Lady's Chapel (in-person bilingual prayer & sharing)
- 3 - 4 p.m. - Círculo DEI en Español & English via Zoom - comunidades LatinX @UIW

Fridays - June 11, 18 & 25

- 10 - 11 a.m. - DEI Circle via Zoom - Asian/Pacific Islander Communities @ UIW
- 12:30-1:30 p.m. - Pray & Act for Racial Justice in Our Lady's Chapel (in-person bilingual prayer & sharing)

June 11

- 3 - 4 p.m. - DEI Circle via Zoom - "Juneteenth" Storytelling - Juneteenth is made up of the words 'June' and 'nineteenth,' and it is on this day that official word finally arrived in Texas more than 155 years ago to inform slaves that slavery had been abolished. Come and listen to stories about the significance of Juneteenth to activists and elders of the racial justice movement.

For more information, please email Dr. Arturo Chavez at aechavez@uiwtx.edu



SCAVENGER HUNT

ON CAMPUS AND VIRUTAL
Hosted by the University Advising Center



JUNE 24 | 12 - 2 P.M.

Join us at UIW for an interactive way of getting familiar with the campus and student resources available.

This event will be held on campus and online on June 24 from 12pm - 2 p.m.

RSVP is required to attend and participate. Space is limited. Please sign up via the following link:

<https://forms.office.com/r/uD3nmt8aYt>





Summer One

Campus Dining Hours

May 29 - July 2

Campus Dining

Student Engagement Center

Monday - Friday

Breakfast: 7:30 - 9:30 a.m.

Lunch: 11 a.m. - 1:15 p.m.

Dinner: 5:30 p.m. - 7:30 p.m.

Saturday and Sunday

Brunch: 11 a.m. - 1:15 p.m.

Dinner: 5:30 - 7:30 p.m.



Summer One

SEC Coffee Shop

May 29 - July 2

Campus Dining

Student Engagement Center

Monday - Thursday

8:00 a.m.- 2:00 p.m.

Friday:

8:00 a.m. - noon

LET'S HAVE SOME FUN UNDER THE SUN



Sunscreen is key

Always use sunscreen with an SPF of at least 30 to help protect your skin against harmful UV rays.

Always try to wear protective clothing

Try to wear clothing that covers most of your body.

Always hydrate

Drink at least 6 to 8 glasses of water a day to avoid dehydration this summer.

Say this with me 3 times:

Shade. Shade. Shade

Wear sunglasses, a hat, or use an umbrella to protect your eyes and body from the sun.

Make sure to re-apply sunscreen

Re-applying SPF every two hours is a great way to ensure maximum protection from the sun.

COMMUNITY

MESSAGES

- **COVID-19 REMINDERS**
- **FROM UIW BEHAVIORAL HEALTH SERVICES**
- **FROM THE OFFICE OF STUDENT ADVOCACY AND
ACCOUNTABILITY**
- **FROM THE UIW MEDICAL TEAM**
- **FROM UIW COUNSELING SERVICES**

UPDATED COVID-19 **INFORMATION**

**FULLY VACCINATED PEOPLE CAN RESUME
ACTIVITIES WITHOUT WEARING A MASK
OR PHYSICALLY DISTANCING, EXCEPT
WHERE REQUIRED BY FEDERAL, STATE,
LOCAL, TRIBAL, OR TERRITORIAL LAWS,
RULES, AND REGULATIONS, INCLUDING
LOCAL BUSINESS AND WORKPLACE
GUIDANCE.**

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.

COMMUNITY MESSAGES

from the Office of Student Advocacy and
Accountability

Hello Cardinals,

As we start a new semester here at the University of the Incarnate Word, our hope is that each and every one of you will take advantage of the countless opportunities afforded to you as a Cardinal. Whether you are a new student, preparing for graduation, or somewhere in between, you are charged with ownership of the choices you make every day of your collegiate experience. Our hope is that you will make responsible choices that will promote your success and positively impact the UIW community and beyond. To assist you in your decision-making processes, we would like to equip you with both your rights and responsibilities as a Cardinal. You can find copies of the [UIW 2020-21 Student Handbook](#) and [the Behavioral Misconduct Procedures](#) on the Student Advocacy and Accountability website. These two documents outline various policies and procedures that affect students. I highly recommend you take the time to become familiar with these and bookmark them for future reference.

Additionally, as part of your experience, we strongly believe that student engagement can promote your overall success, and you may consider involvement in one of the many student organizations here at UIW. In accordance with Texas state law, we have included information about hazing and its prevention. Please visit the [Hazing Policy and Report page](#) of the OSAA website for our University Statement on Hazing. Also available on that page is the full University policy regarding hazing and reporting options if you experience or hear about hazing. We have also attached a copy of our January 2021 Hazing Report, which provides information on hazing investigations from the past three years.

Furthermore, we hope you will take ownership of your role as a Cardinal and adopt the values of the institution as your very own: Faith, Innovation, Service, Truth and Education. As a Cardinal, if you see something of concern, take action. You can report any incident or concern using our [online reporting forms](#).

Lastly, know that we are here to help you every step of the way. If you are unsure of what office can help meet your needs, feel free to reach out to our [Office of Campus Life](#). Join an organization, make new friends, attend a game, utilize campus resources and be engaged in campus activities and make the most of your time at UIW. Know that all UIW administrators, faculty and staff are rooting for you!

Again, we wish you the best as you embark on a successful semester at UIW.

Praised be the Incarnate Word!

Sincerely,

Matthew Carpenter
Director, Office of Student Advocacy and Accountability

and

Dr. Christopher Summerlin
Dean of Campus Life

COMMUNITY MESSAGES

From the UIW Medical Team

Dear UIW Students,

We would like to take a moment to thank everyone for their participation in the UIW COVID Vaccine Clinic. Thanks to many in our community, the clinic was a great success. Over 1200 in our community are now fully vaccinated as a result. As we move forward with our planning it is important to gather information from our community that will assist with next steps.

The UIW Medical Team, working with IT and campus leaders, have formulated a survey to better inform vaccination planning for UIW Health Services. Your answers will help UIW Health Services gauge interest in offering the COVID-19 vaccine as supplies become more readily available. Your answers will not bind or require you to have the vaccine.

Participation in this survey is voluntary, and in doing so, you are advised not to provide or send any information related to any medical, genetic, or disability-related information.

You can access the survey here: [UIW COVID-19 Vaccine Survey](#).

Thank you for your assistance.

Sincerely,

The UIW Medical Team

COMMUNITY MESSAGES

from UIW Counseling Services

UIW Counseling Services has now updated their website and made their intake paperwork available to all students seeking counseling services. This change will now make it easier for UIW students to access counseling services and streamline the scheduling process.

If you are interested in getting a counseling appointment with our UIW counseling department, please follow the link: <https://my.uiw.edu/counseling/index.html>, complete the appropriate forms, send to the email link listed online, and counseling services will give you a call within 2 business days to check your availability and offer available times for an appointment.

In case of a mental health crisis/emergency, please call our office at (210) 832-5656, call 9-1-1, or campus police at (210) 829-6030.

If you have any questions, please contact Counseling Services at (210) 832-5656.

Sincerely,

UIW Counseling Services Team

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

