

JANUARY 19

COMMUNITY MESSAGES

BLACK HISTORY MONTH Dream week events

CRAFT TUESDAY SPRING SCHEDULE

SPRING 2021 UNIVERSITY OF THE INCARNATE WORD





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- 7 University Mission and Ministry Seek 21 February 2021
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Message from Campus Engagement

"What's The Word" is YOUR student online magazine filled with information from student services departments. You will find useful information on community service and opportunities to enhance your college experience. Also enclosed in this issue are events from Campus Engagement that are FREE to all UIW students. A complete list of organizations and events are listed on UIW Engage, which can be found in Cardinal Apps. Enjoy opportunities from the Wellness Center, Ettling Center for Civic Leadership and Sustainability, and Mission and Ministry. Take this opportunity to learn more about what is available outside the classroom.

"There are far, far better things ahead than any we leave behind." - C. S. Lewis

Praised be the Incarnate Word!

GET YOUR THERMOMETERS READY!

to visit UIW

CARDINAL DAILY HEALTH CHECK IS HERE!

The Cardinal Daily Health Check, a web-based tool, must be completed by all employees, students, and guests before visiting any UIW location.

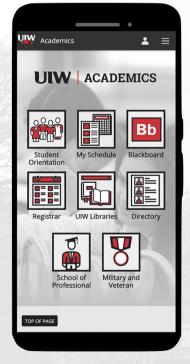
After a successful daily health check, users will be emailed a ticket they use to verify completion of the screening.

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

For detailed instructions and more information, please visit https://www.uiw.edu/cardinal-daily-health-check/.

Scan this QR code to go to the Cardinal Daily Health Check.

UNIVERSITY OF THE



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!







Blackboard



Calendar of Events



University and Athletics News



Emergency Contacts and Information



Look for it on the Apple App store and Google Play store.

UIV 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 that are listed.

STEP 3

Click on the event 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

NEW STUDENT ORGANIZATIONS

Statement of Compliance and Approval of Registration

No student organization shall discriminate in membership or activities on the basis of race, creed, gender, sexual orientation, age, national origin and/or handicap. Purposes and activities of a registered student organization must not conflict with the purposes and regulations of the University of the Incarnate Word, including its Mission. All officers of the organization must be registered students. A majority of the members of a registered student organization must be registered University of the Incarnate Word full or part-time students. The participation of faculty and staff is encouraged. Failure to follow all applicable campus, state and/or federal policies, procedures or statutes may result in the suspension of loss of any or all benefits as a registered student organization.

Review the Following Guidelines for Starting a New Student Organization

Meet with the Campus Engagement representative to review the approval process and application materials. Necessary paperwork must be completed and/or revised if necessary:

- Constitution and Bylaws (electronic and hard copy): Review guidelines for writing the constitution and bylaws of the organization.
- Student Membership Roster: At least eight (8) student members must be listed on the Student Membership Roster.
- Agency Account Authorization Request: This is a budget account number issued to you by the Comptroller's Office.

- On-Campus Advisor: On-campus advisors must be a full-time UIW employee.
- New Student Organization Registration

New Student Organization Process

New student organizations are approved by the director of Campus Engagement and the Student Government Association. Once a completed registration packet has been submitted, the director of Campus Engagement will review the registration application and follow up on any questions they may have. After approval from the Campus Engagement Office, the organization will be contacted by the Student Government Association. The purpose and activities of the organization must be presented to the student body at a designated General Assembly and the new student organization must be voted in. Please be aware of the dates of the General Assembly as they only take place monthly.

Types of Student Organizations

Depending on the type of organization you are looking to start, please be sure to select the appropriate UIW Engage branch to submit your new student organization registration. If you do not see the proper branch for your intended new organization, please contact a Campus Engagement representative at (210) 829-6034.

For more information please visit: <u>https://www.uiw.edu/studentlife/organizations/new.</u> <u>html</u>



COMMUNITY NIGHTS

Wednesday Nights @ 7:30 pm via Zoom 1st Night Back - January 20th

Women's Group

"Sisters in Christ pursuing friendship and holiness together"

Dates/Time to be determined after Seek21 Conference

Men's Group

"Young men in the pursuit" of True Brotherhood and Holiness"

Dates/Time to be determined after Seek21 Conference

To Sign Up for Breathe YAG & other Mission and Ministry programs scan the QR Code



or go to the link: <u>http://bit.ly/UİW-UMM-SignUp</u>

Help us with your Feedback

How are we doing? How can we better schedule our Breathe Community Nights? İmprove Social Media? How can we better serve you?



or go to : <u>http://bit.ly/BreatheSP21-survey</u>



February 4-7, 2021

COME. SEE. HEAR. ENCOUNTER.

Learn more about SEEK21 here:





SEEK21 STARTS: FEBRUARY 4, 2021



Encounter the Heart of the Gospel

Join the largest conference focused on the Gospel itself!



You Are Not Alone

Experience SEEK21 in a community with others right here at UIW, at no cost to you by <u>registering here</u>:





Speakers Coming to You

Chika Anyanwu Bishop Robert Barron Hilary Draftz Sr. Miriam James Heidland Sr. Bethany Madonna Curtis Martin Dr. Jonathan Reyes Fr. Mike Schmitz Msgr. James Shea Dr. Edward Sri



God of life and love, you created us in your image and sent your Son to bring us life. Instill in us a respect for all life, from conception to natural death. Empower us to work for justice for the poor. Nourish us that we may bring food to the hungry. Inspire us to cherish the fragile life of the unborn. Strengthen us to bring comfort to the chronically ill. Teach us to treat the aging with dignity and respect. Bring us one day into the glory of everlasting life. We ask through Christ our Lord.

Amen.

9 Days for Life January 21-29,, 2021





2021 NHMA VIRTUAL PRE-HEALTH CONFERENCE January 23, 2021 12:00 pm - 6:00 pm est

> To register: <u>https://bit.ly/CHSP2021</u>

Contact: chsp@nhmamd.org

BLACK HISTORY HISTORY HONTH DREAM WEEK EVENTS

Creating the Beloved Community, Transforming Racism - Jan. 15th, 9am

Ideas from the traditions, dialogue, invitations to unite in compassionate service.

http://dreamweek.org/evt/muslims-and-christians-together-creating-thebeloved-community-transforming-racism/

Black Alumni of Incarnate Word -Jan. 21st, 9am - 8pm

Join in the conversation with UIW graduates who have touched thousands of lives and are transforming society.

http://dreamweek.org/evt/touching-and-transformingblack-alumni-of-the-university-of-the-incarnate/

FIND OUT MORE AT:

When https://www.uiw.edu/black-history-month/index.html

KICK-START BOODT CANDON

MONDAY & WEDNESDAY; 3 - 4 PM TUESDAY & THURSDAY; 12 - 1 PM

HEADWATERS FIELD

REGISTER AT UIW.EDU/WELLNESS





PRACTICE IN THE WELLNESS CENTER & Compete Against other Universities In USA Powerlifting meets

FIND US NENGAGE ENALUS AT

EMAIL US AT CLU3SPORTS@UIW/TX.EDU





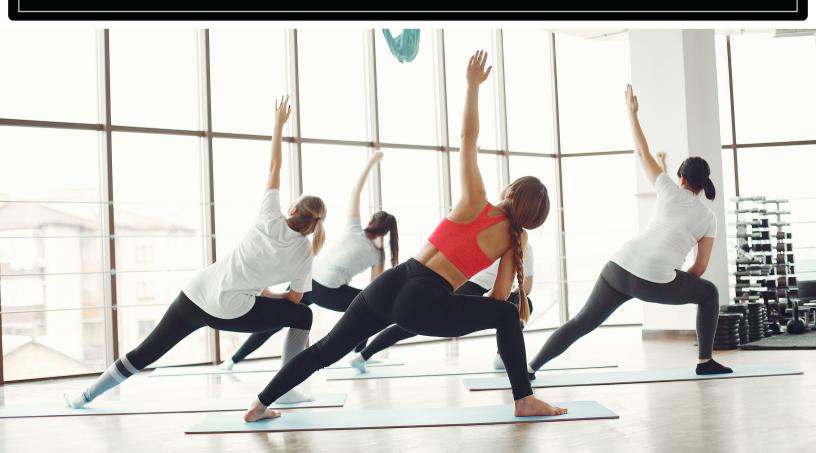


W AEROBIC CLASS SCHEDULE

STARTING JANUARY 18, 2021

CYCLING CLASS	MONDAY	5:30 PM – 6:30 PM	10 SLOTS Available	ALEXIS	WELLNESS CENTER
ROWING CLASS	TUESDAY	3:00 PM – 3:45 PM	7 SLOTS Available	COLLIN	WELLNESS CENTER
CYCLING CLASS		5:30 PM – 6:30 PM	10 SLOTS Available	ALEXIS	WELLNESS CENTER
ROWING CLASS	WEDNESDAY	3:00 PM – 3:45 PM	7 SLOTS Available	COLLIN	WELLNESS CENTER
CYCLING CLASS		5:30 PM – 6:30 PM	10 SLOTS Available	ALEXIS	WELLNESS CENTER

OPEN TO ALL CURRENT UIW STUDENTS, FACULTY AND STAFF. REGISTRATION REQUIRED ONLINE AT UIW.EDU/WELLNESS



UIW Biochemistry Program Receives Major Accreditation

The University of the Incarnate Word (UIW) is proud to announce that its Biochemistry program in the School of Mathematics, Science and Engineering has received full accreditation from the American Society for Biochemistry and Molecular Biology (ASBMB). Founded in 1906, ASBMB is an international nonprofit scientific and educational organization and one of the largest molecular life science societies in the world.

"The School of Mathematics, Science and Engineering strives to offer the highest academic experience possible for our students," says Dr. Carlos Garcia, dean of the School of Mathematics, Science and Engineering. "The accreditation from ASBMB is evidence of the high quality of our Biochemistry program. I'm particularly pleased of the noteworthy recognition by ASBMB of all of our undergraduate Biochemistry majors participating in scientific research."

In issuing its full accreditation status, ASBMB highlighted several aspects of the UIW Biochemistry program:

- Excellent faculty in teaching learning and research
- Safety programs for students and faculty
- Diversity of the student body and plans to increase the diversity in the faculty
- All undergraduate students in the program participate in research

"We have developed a student-centered comprehensive B.S. Biochemistry degree, and the American Society of Biochemistry and Molecular Biology accreditation validates the success of our program on a national level," says Drs. Rachell Booth, professor of Biochemistry and Betsy Leverett, associate professor of Biochemistry.

The term of full accreditation from ASBMB extends through Dec. 31, 2027.

A STUDENT'S GUIDE TO LEARNING FROM HOME

SET YOUR SPACE

Find an area in your house where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



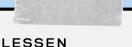
TAKE NOTES Stuck in a webinar zoning

out? Note-taking keeps your mind engaged.

PLAN YOUR DAY

If you have one, follow the schedule provided by your school.

If you just have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.



DISTRACTIONS

Harness your imagination and picture that you're at school and not at home.

Lock your phone away if you need to / don't be afraid to ask your parents to intervene.



CHANGE IT UP

You probably have a schedule for your lessons, but if things are becoming difficult to focus on, take a five-minute break and come back to it. Be sure to let your teacher know.



TAKE BREAKS Get up once in a while.

Have a snack.



When things get tough, don't just push through it. Ask your parents for help or support, or reach out to your teacher.



JOURNAL IT Use a journal to track your progress or any questions vou might want to ask your teacher about the work.

Pub Game Room OPEN

Sanitation guidelines in place.



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Available games:

- Billiards
- Darts
- Shuffleboard

Hours:

- Mon Fri 5:00-9:00pm
- Saturday 5:00-9:00pm
- Sunday 12Noon-6pm

Questions? Call 210-805-2530

January 20, 2021 | 11:00 a.m. Location: SEC Ballroom



Craft Tuesday Spring 2021

Brought to you by Team Red For more details log into UIW Engage or follow us @UIWCAMPUSENGAGEMENT

Join us every Tuesday from 11-2pm in the SEC

JAN 26 • DIY WATER COLOR MASON JARS FEB 2 • DIY WOODEN KEYCHAINS FEB 9 • PARDI GRAS BANNER FEB 16 • DIY TERRA COTTA COASTERS FEB 23• MARBLE ART GLASSWARE MARCH 2. DIY PENCIL POUCH MARCH 16 • DIY CANVAS ART MARCH 23 · DIY BEADED WIND CHIMES MARCH 30 · DIY EASTER EGG PAINTING APRIL 6.DIY SPRING SIGNS **APRIL 13. DIY MARACA PAINTING APRIL 20. DIY FLOWER POTS APRIL 27. DIY SUN CATCHERS**



@UIWCAMPUSENGAGEMENT



LOG INTO ENGAGE OR OUR SOCIAL MEDIA TO SEE IF YOUR TEAM OR ORGANIZATION IS IN THE SPOTLIGHT BY RECEIVING A SPEACIAL DEAL FROM LUCIANOS BROUGHT TO YOU BY CAMPUS ENGAGEMENT

LOCATION : RED'S PUB TIME: 5PM-9PM

JANUARY 20

JANUARY 27

FEBRUARY 3

FEBRUARY 10

FEBRUARY 17

FEBRUARY 24

MARCH 3

MARCH 17

MARCH 24

APRIL 7

APRIL 14

APRIL 21

APRIL 28



Tiff's Treats

JANUARY 22. 2021 WESTGATE CIRCLE NOON - 3:00 P.M.

Jwenty-Second

TIFF'S REATS



Free Cookies for **UIW Community**

SAVE THE DATE

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STARLIGHT MOVIE SERIES

TUESDAY | FEB 9 TUESDAY | MAR 2 TUESDAY | APR 13

8 P.M. ON BACK FIELD (BEHIND THE SOFTBALL/BASEBALL FIELD)

> BRING YOUR OWN BLANKET!

2021- 2022 SCHOOL YEAR

Campus Activity Board is looking for:

CAB BOARD MEMBERS!

If you want to plan FREE fun and engaging events for UIW students, apply today! A stipend is available for board members.

Applications are being accepted on UIW Engage through April 9, 2021. Just follow these simple steps:

UIW Engage > Campus Activities Board > Forms



FOR MORE INFORMATION, PLEASE CONTACT PAULINA ZELAZNA AT ZELAZNA@STUDENT.UIWTX.EDU



2021 - 2022 School year

CAMPUS ACTIVITY BOARD IS LOOKING FOR

Hoies

Help CAB promote and run events. Earn service hours, receive exclusive giveaway prizes, and attend a special event!

FOR MORE INFORMATION, CONTACT KARLA RAMIREZ AT KKMARTIN@STUDENT.UIW.EDU







The Greek Life here at UIW is a diverse community comprised of local, national, and international Greek organizations. This community offers its members opportunities to expand their undergraduate experience though leadership, academic excellence, service, brotherhood and sisterhood. It's one of the most fulfilling experiences at UIW. Go Greek!

Interested in Greek Life?

Follow us to see what our Greeks are doing:



@UIWGREEKLIFE



Eligibility Requirements:

- Must have earned a minimum of 12 college credit hours at UIW or any accredited college and/or university
- Must have a minimum of a 2.5 cumulative GPA (no exceptions)
- Must not be a first-semester freshman
- Must not currently be part of a dual enrollment course from high school

HANDWASHING

0

Source: World Health Organizatior

0

101

01

Wet your hands before applying soap

02

Rub soap all over your palms, the backs of your hands, and in between your fingers

03

Do this process for at least 20 seconds before rinsing

04

Wipe your hands with a clean towel or paper towel.



TRUFFLE CHEESECAKE

INGREDIENTS

- 11/4 cups graham cracker crumbs
- 1/4 cup white sugar
- 2 teaspoons ground cinnamon
- 1/3 cup butter, melted
- 2 (10 ounce) packages frozen sweetened sliced strawberries, thawed and drained
- 1 tablespoon cornstarch
- 3 (8 ounce) packages cream cheese, softened
- 1 (14 ounce) can sweetened
 condensed milk
- 1/4 cup lemon juice
- 1/2 teaspoon vanilla extract
- 3 eggs
- 1 tablespoon salt (optional)
- 1 tablespoon water (optional)

PREP TIME: 1HR COOK TIME: 45MINS TOTAL TIME: 1HR 45MINS

DIRECTIONS

1. Combine graham cracker crumbs, sugar, cinnamon, and butter in a bowl. Press onto the bottom of an ungreased 9-inch springform pan. Refrigerate for 30 minutes.

2. Preheat oven to 300 degrees F (150 degrees C).

3. Place strawberries and cornstarch into a blender. Cover and puree until smooth. Pour strawberry sauce into a saucepan.

4. Bring to a boil over high heat. Boil and stir until sauce is thick and shiny, about 2 minutes. Set aside 1/3 cup strawberry sauce; cool. Cover and refrigerate remaining sauce for serving.

5. Beat cream cheese in a mixing bowl with an electric mixer until light and fluffy; gradually beat in condensed milk. Mix in lemon juice and vanilla extract, then beat in eggs on low speed until just combined. Pour half of cream cheese mixture over crust; drop half of reserved strawberry sauce by 1/2 teaspoonfuls on cream cheese layer. Carefully spoon remaining cream cheese mixture over sauce; drop remaining strawberry sauce by 1/2 teaspoonfuls on top. Cut through top layer only with a knife to swirl strawberry sauce. 6. Bake in preheated oven until center is almost set, 45 to 50 minutes. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight. Serve reserved strawberry sauce with cheesecake. If the sauce it too thick. stir in water.

COMMUNITY MESSAGES

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

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.

<u>Click here</u> for the latest UIW COVID-19 updates.

If you have any questions about UIW's response to COVID-19, <u>please fill out</u> <u>this form</u>.

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
- <u>Stress and Coping from the CDC</u>
- 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 <u>UIW 2020-21 Student Handbook</u> and <u>the Behavioral Misconduct Procedures</u> 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 <u>Hazing Policy and Report page</u> 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<u>online reporting forms</u>.

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 <u>Office of Campus Life</u>. 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

Campus Engagement

campusengagement@uiwtx.edu

210-829-6034

FOLLOW US ON SOCIAL MEDIA CHANNELS FOR DAILY UPDATES



@UIWCAMPUSENGAGEMENT



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

@UIWSGA

UIW STUDENT GOVERNMENT ASSOCIATION

CATCH UP WITH SOME ONLINE ACTIVITIES BETWEEN YOUR CLASSES