

MAY 11

WHAT'S THE

WORD

CABBIES 2021-2022
APPLICATION

COMMUNITY MESSAGES

HERITAGE
MONTH 2021

SPRING 2021

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 you enjoyed your Spring semester! Make sure to check out Engage in Cardinal Apps for the latest information on events and activities available to you during summer break!

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities onto blessings."
- William Arthur Ward

Praised be the Incarnate Word!

GET YOUR THERMOMETERS READY!

CARDINAL DAILY HEALTH CHECK IS HERE!

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

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

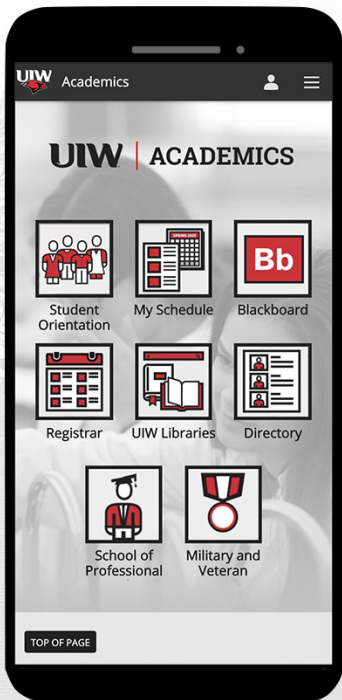
Staffed checkpoints, supervisors, faculty members, athletic staff, and others may ask to see this ticket to help our community minimize transmission risks.



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



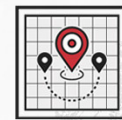
Scan this QR code to go to the Cardinal Daily Health Check.



DOWNLOAD THE OFFICIAL UIW MOBILE APP

Use the app for quick access to important information and university resources.

Stay tuned for updates as we work to bring you additional features and integrations!



Campus Map



Blackboard



Calendar of Events



University and Athletics News



Emergency Contacts and Information



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

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

HERITAGE MONTH 2021

UNIVERSITY OF THE INCARNATE WORD
HOSTED BY THE ASIAN STUDIES PROGRAM IN COLLABORATION
WITH THE SAN ANTONIO PUBLIC LIBRARY

MAY 14
5PM

**KATHAK CLASSICAL INDIA DANCE
RECITAL WITH DR. LOPITA NATH**



Learn about classic Indian dance!
Register for the Event:
<https://bit.ly/2SpGSjZ>

MAY 21
5PM

**NOH AND THE MASK IN MOTION WITH DR.
KEVIN SALFEN**



Join us for a discussion on one of the world's most iconic masked theatre forms - noh.
Register for the Event:
<https://bit.ly/3utjy2E>

MAY 27
5PM

**ASIAN DIASPORA STORIES: PANEL OF
UIW FACULTY**

Real stories from real people.
Register for the Event:
Zoom information coming soon



For more information, contact:
Dr. Lopita Nath
Coordinator of Asian Studies
nath@uiwtx.edu

NOW HIRING SUMMER STAFF

Hiring Student Employment & Work-study:

Front Desk Associate

Student Technician

Lifeguard

Apply online at jobs.uiw.edu



SPORTS & WELLNESS

BRACKENRIDGE PARK

343 ACRE PARK WITH 2.2 MILES OF TREE LINED
 PATHS & PICNIC AREAS ALONG THE SAN ANTONIO RIVER
 WALKING DISTANCE FROM UIW, A GREAT PLACE TO WALK, RUN & CYCLE

PLACES TO VISIT IN THE PARK

ANIMAL DEFENSE LEAGUE

SAN ANTONIO ZOO

JAPANESE TEA GARDEN

WITTE MUSEUM

SAN ANTONIO EAGLE TRAIN

SUNKEN GARDEN THEATER



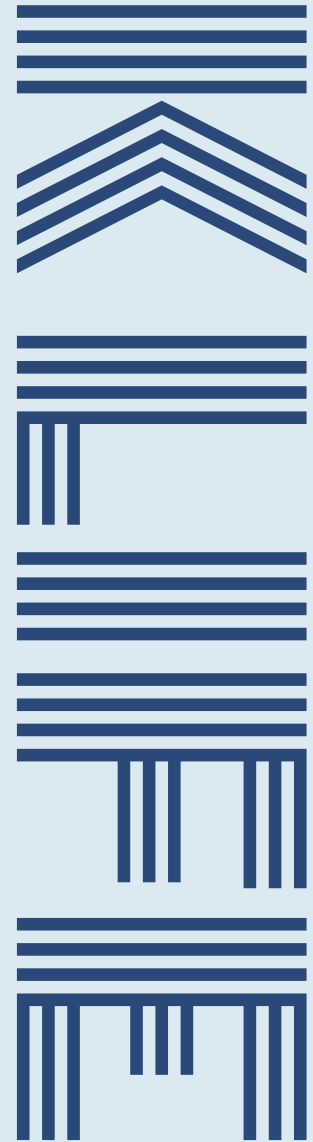
UIW GREEK LIFE

UIW Greek Life is made of a diverse community that offers its members opportunities to expand their undergraduate experience through leadership, academic excellence, service, brotherhood and sisterhood.

All Greek organizations focus on:

- Socializing with other organizations on campus
- Participating in service opportunities for the communities at large
- Support philanthropies
- Being part of a lifelong organization

For more information regarding eligibility, check out the QR code or contact Victoria Gonzalez at vcgonzal@student.uiwtx.edu





**2021 – 2022
SCHOOL YEAR**

CAMPUS ACTIVITIES BOARD IS LOOKING FOR

CABbies

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**

CAB
UNIVERSITY OF THE
INCARNATE WORD®



HOW CAN I PROTECT MYSELF AND OTHERS AGAINST COVID-19?

Wear your mask.

Avoid touching your eyes, nose and mouth.

Avoid crowded places and put space between yourself and others.

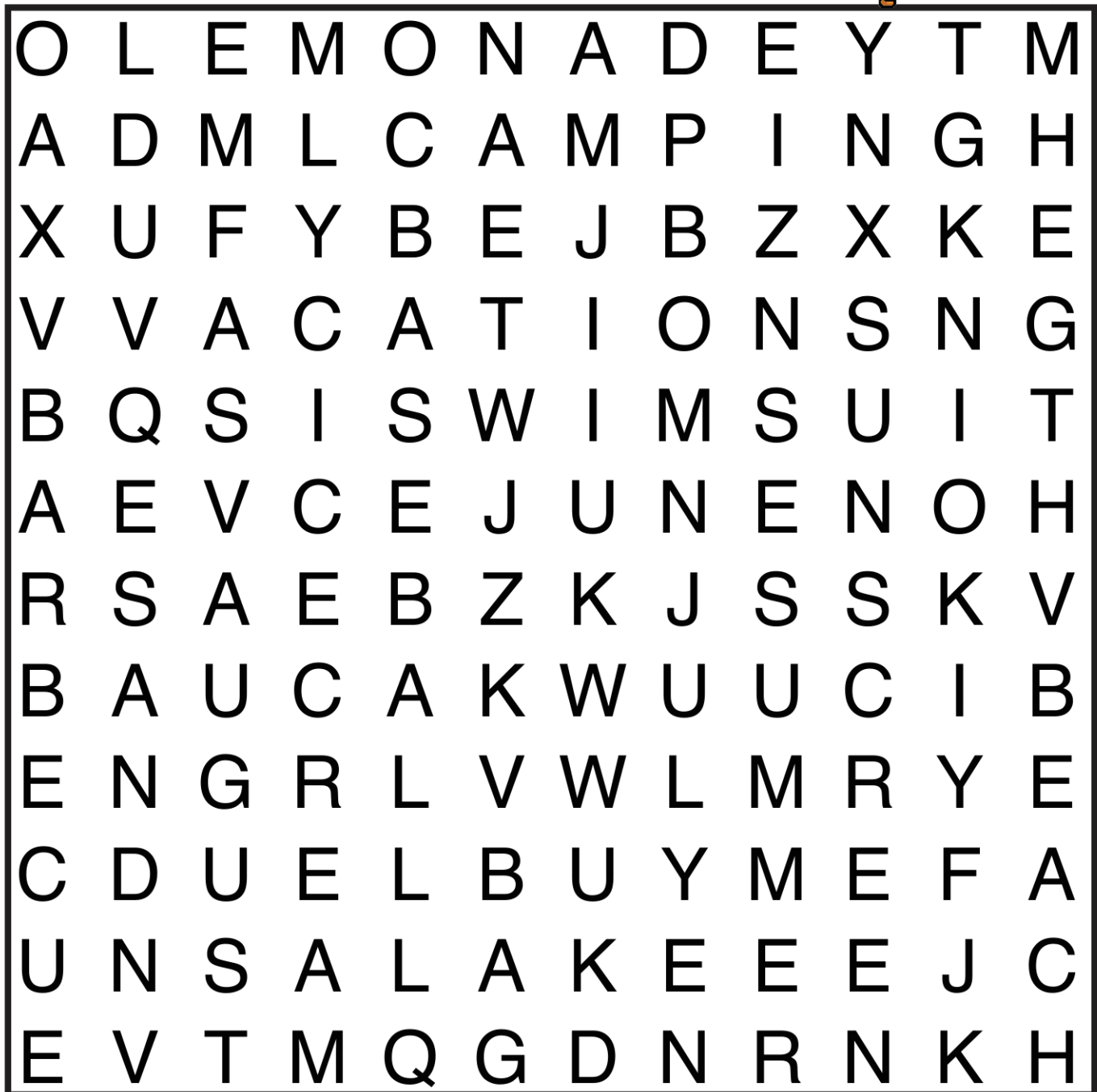
Cough or sneeze into your **bent elbow or a tissue**.

If you have a fever, cough or difficulty breathing, **seek care early**. Call beforehand and follow medical advice.



Summer Edition

word search 



SUMMER

SAND

AUGUST

JUNE

JULY

LEMONADE

BASEBALL

LAKE

CAMPING

SUNSCREEN

ICECREAM

BARBECUE

VACATION

SWIMSUIT

BEACH

Summer Safety Tips



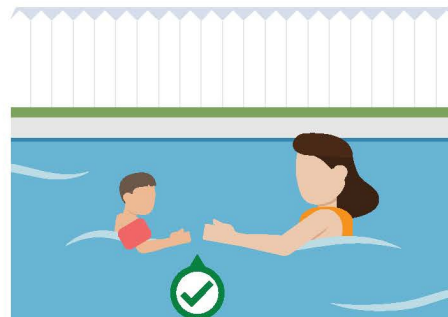
Activity safety



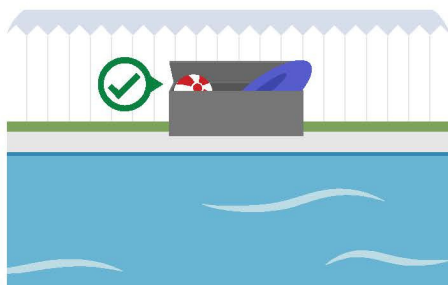
Never swim near a boat, marina or boat launching ramp.



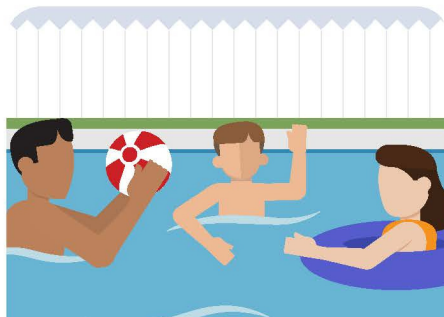
Always use U.S. Coast Guard-approved life safety jackets.



Adults need to stay with children when they are around water.



Keep the pool and deck clear of floats, balls and toys after you get out of the pool.

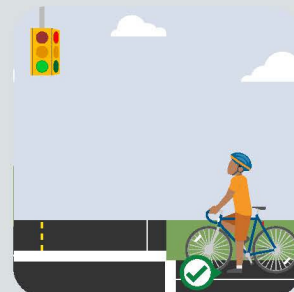
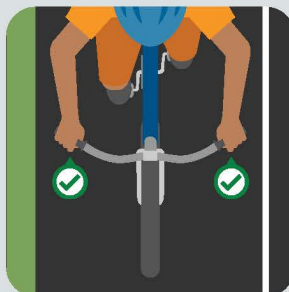


Always swim with a buddy.



Always wear a bike helmet and bright clothes when cycling so people can see you. Put reflectors on your bike.

Ride with both hands on the handlebars. Ride in single file with traffic. Stop at all stop signs and obey traffic lights.



Protect yourself
when you're online!

Online Security Tips



CREATE STRONG PASSWORDS.

Use passwords that are hard to guess, and keep track of it using a password manager.



BE CAREFUL OF WHAT YOU DOWNLOAD.

Don't download content from sites that are not trustworthy. These may contain malware.



TURN ON PRIVACY SETTINGS.

Take control of how companies use your data by enabling privacy features.



THINK BEFORE YOU POST.

Avoid posting sensitive personal information online. Don't share too much information either.

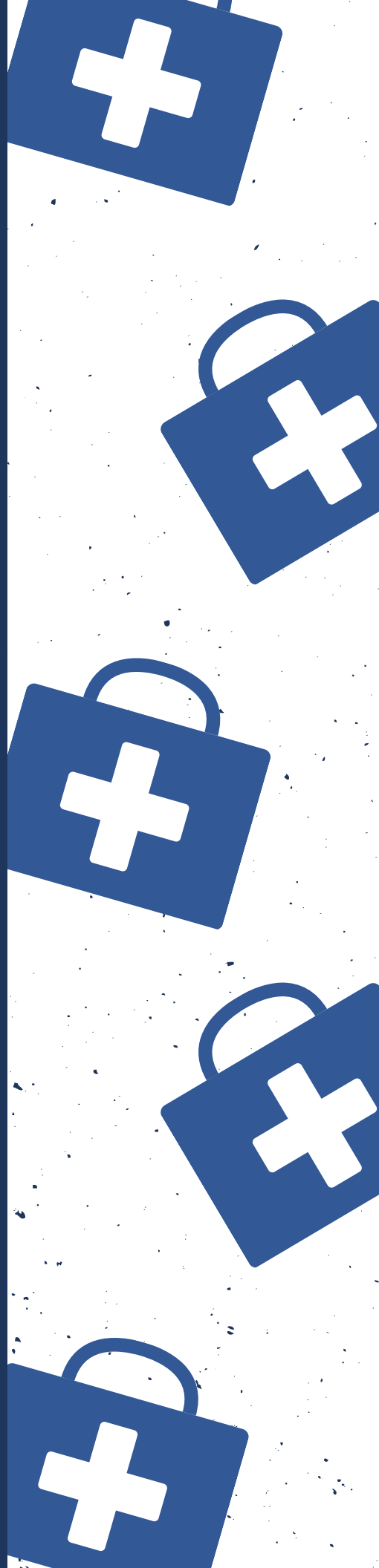


USE AN ANTI-VIRUS PROGRAM.

Keep your anti-virus software updated so it can detect potential threats in your system.

SAFETY TIPS: FLOODS

- Turn around, don't drown.
- Avoid walking or driving through flood waters.
- Just 6 inches of moving water can knock you down, and 2 feet of water can sweep your vehicle away.
- If there is a chance of flash flooding, move immediately to higher ground. Flash floods are the #1 cause of weather-related deaths in the US.
- If floodwaters rise around your car but the water is not moving, abandon the car and move to higher ground. Do not leave the car and enter moving water.
- Avoid camping or parking along streams, rivers, and creeks during heavy rainfall. These areas can flood quickly and with little warning.



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**

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 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

