

SEPT. 14, 2021

WHAT'S THE

WORD

**MEET THE CAB
BOARD MEMBERS**

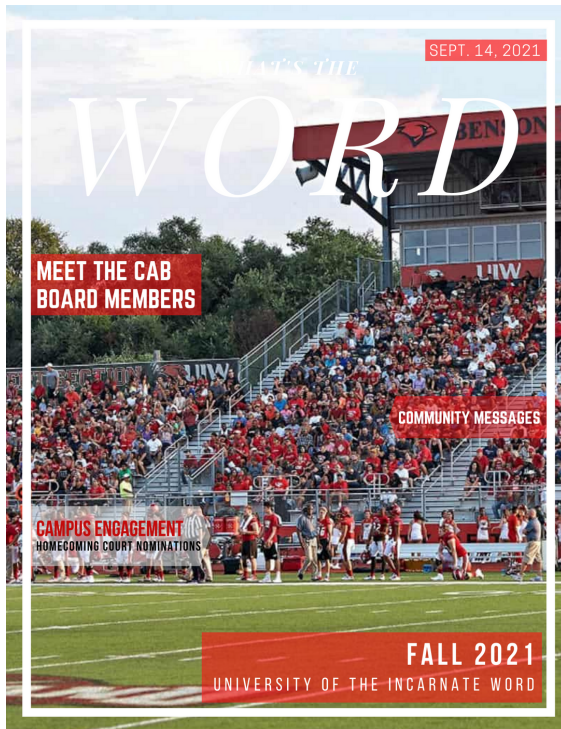
COMMUNITY MESSAGES

**CAMPUS ENGAGEMENT
HOMECOMING COURT NOMINATIONS**

FALL 2021

UNIVERSITY OF THE INCARNATE WORD

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Message from Campus Engagement

What a great start to the school year! A special THANK YOU to the students who participated in Welcome Week activities while following all the rules associated with social distancing and mask etiquette. We are all in this together. Campus Engagement is hard at work on our next big celebration, LatinX Heritage Month (Sept. 15 - Oct. 15). Continue to check ENGAGE for virtual and in-person events, lectures and activities during the day and evening. There are many ways to participate, socialize and enjoy our year together.

"The people who are crazy enough to think that they can change the world, are the ones who do."

- Steve Jobs

Praised be the Incarnate Word!

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?

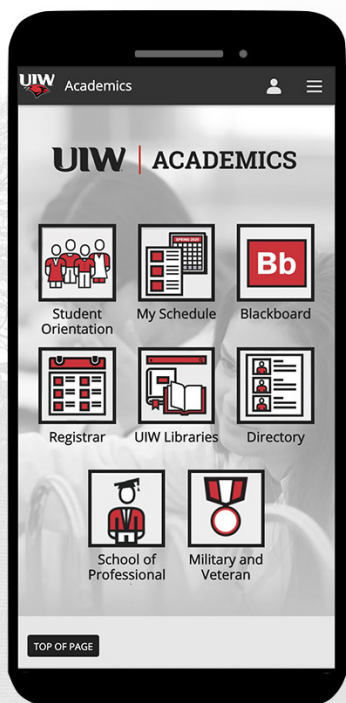
- Competitions for awesome prizes
- Over 100 student organizations
- Student Government and Campus Activities Board
- Movie night with friends - CHAT ROOM AVAILABLE
- DIY step-by-step interactive activities
- Opportunities to meet other students
- LIVE talent shows and music concerts
- POP UP shops,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

CAMPUSENGAGEMENT@UIWTX.EDU

210-829-6034

UIW Shuttle Operations Resume

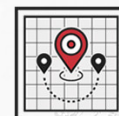
University shuttles have resumed service at full capacity. Three shuttles will run on campus, and one will be running off campus for pickup at the Township, Watson Bldg., Employee Lot/Student Lot located off Broadway by Jim's/Cheesy Janes and at Founders Hall. Shuttles will run from 7 a.m. - 8 p.m. Monday through Thursday and from 7 a.m., until noon on Friday. Please note that this schedule is subject to change.



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



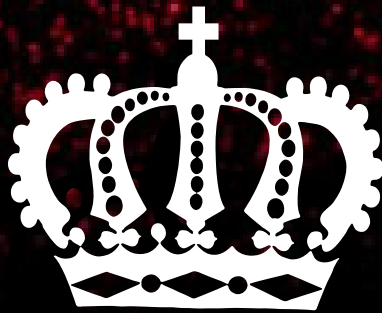
Emergency Contacts and Information



Look for it on the [Apple App store](#) and [Google Play store](#).

UIW HOMECOMING 2021

*Homecoming
Court
Nominations*



MAKE YOUR
2021 HOMECOMING COURT NOMINATIONS
DEADLINE: SEPT. 30

<https://uiw.campuslabs.com/engage/submitter/form/start/448041>



BOUNCING FORWARD, NOT BOUNCING BACK: ADAPTING WITH RESILIENCE

By GWENDOLYN VANSANT

PART 1

Resilience can often be misconstrued as an ability to return to something rather than breakthrough to something new. In times of adversity, resilience is the ability to navigate breakdowns that are often out of your own control, be nimble, or admit failure (and embrace it). When something does take the breath out of you or knock you down, resilience is the ability to get back up, breathe, and make informed, positive decisions to reset your equilibrium. This holds true when we speak of personal resilience, cultural resilience, or also organizational resilience.

What we know from research is that any and all of the character strengths influence resilience. For example, hope keeps us looking and moving forward, spirituality keeps us connected to a bigger purpose, perseverance and prudence help us to keep going – wisely!

Resilience is the capacity to move through tumultuous times and setbacks and remain intact on a path to flourishing. Or, as I often tell clients, colleagues, and mentees, it's about being able to “come back to center” whether we're talking about an individual, team, project, community, or an organization. For some, resilience can be taught; for others, it is almost innate; for others it has been deliberately designed and practiced. For many cultural groups, resilience has never been an option either; it has been a survival skill. I personally resonate with the study and practice of this skill and larger body of work for all of these reasons.

At one stage of my career about seven years ago, I had lived a life of enough adversity to know that I needed some help. I needed a “shift.” You might call this a “back to the basics” need for Resilience 101. So, I signed up for a newsletter on resilience, which led me to a year-long study in the science of positive psychology with Dr. Maria Sirois and Dr. Tal Ben Shahar. In my studies, I learned the science behind resilience, which comes from global research over decades. So many lessons resonated with me. I recognized my challenges maintaining some objectivity, and I saw new pathways out.

I loved understanding the science of how time and time again, over the centuries, and across the globe, individuals do find pathways out. For me, positive psychology reveals the science behind how gendered or racialized or minoritized groups have already been resilient. And character strengths are the “backbone of positive psychology” to paraphrase one of the architects of the science Dr. Martin Seligman. The very concept of resilience affirms the ancestral legacy and experience that codifies innate and learned social behaviors and their correlating emotions.

This body of work affirmed that I had already been living in the realm of resilience. And, looking back over key moments and phases of my life, I saw how I actively pursued and found and created new pathways out. I also learned how to teach these skills to others and better appreciate my own resilience skills as incredible leadership skills and sources of strength..

“Like tiny seeds with potent power to push through tough ground and become mighty trees, we hold innate reserves of unimaginable strength. We are resilient.”

—Catherine DeVrye, *The Gift of Nature*

Flash forward to the present moment. These days, I am usually teaching or coaching individuals, community leaders, and corporate teams on resilience using an appreciative inquiry framework. I often co-lead these conversations about resilience teaming up with Dr. Sirois. We introduce fast skills and growth mindset. Other times, I am simply using perspective to show a “straight A student” that a B is more than okay or honesty and kindness to remind the student who made it to school through several extremely difficult challenges that they are resilient.

Again, resilience is about how well you navigate adversity. We can find examples of resilience all around us in individuals, cultural groups, organizations, and in our environment. It is happening all of the time.

Find Part Two of this two-part series [here](#). (adapted with author approval from an original article originally published at gwendolynvansant.com) July 1, 2020





MERCADO

De

UIW



September 15 | 11:00 a.m. to 2:00 p.m.



Westgate Circle



Celebrate LatinX Heritage Month at Mercado de UIW! Come purchase items from local LatinX - owned businesses, while voting on your favorite salsa and enjoying margaritas and giveaways!





"DO NUT" HAZE

Come learn more about how to prevent hazing on UIW's Campus as part of National Hazing Prevention Week.

**WEDNESDAY,
SEPT. 22**

**WESTGATE CIRCLE
11:00 A.M. TO 1:00 P.M.**

CAMPUS ENGAGEMENT
PRESENTS:



MOVIE NIGHT

SATURDAY, SEPT. 25, 2021

8 - 10 P.M.

SIDE OF NATATORIUM

CELEBRATING LATINX
HERITAGE MONTH



UIW CAMPUS ENGAGEMENT

OKTOBERFEST



CELEBRATION

BEER - MUSIC - FOOD

OCT. 1

6 - 9 P.M.

SKYVIEW PARKING LOT



@UIWCAMPUSENGAGE



2021 FOOTBALL HOME GAMES SCHEDULE

SEPT. 25 (SATURDAY) 11 A.M.

OCT. 16 (SATURDAY) 11 A.M.

OCT. 30 (SATURDAY) 3 P.M.

NOV. 6 (SATURDAY) 2 P.M.

CAB

UNIVERSITY OF THE
INCARNATE WORD®



**CAMPUS ACTIVITIES BOARD
2021-2022
ARE STUDENTS PRODUCING AND
PROMOTING FUN AND FREE
EVENTS FOR UIW STUDENTS.**



Campus Activities Board 2021-2022

Meet the members



Aryan
Kapoor

POSITION: DIRECTOR OF
ADMINISTRATION I
MAJOR: BUSINESS
ADMINISTRATION
HOMETOWN: SAN ANTONIO

GOAL: I HOPE TO HELP CREATE A
TIGHT-KNITTED CARDINAL
COMMUNITY BY HOSTING EVENTS
THAT PEOPLE WOULD LOVE TO
COME TO.

*Tai
Velardi*

POSITION: DIRECTOR OF
ADMINISTRATION II

MAJOR: OCCUPATIONAL THERAPY

HOMETOWN: HOUSTON

GOAL: HOPEFULLY EVERYONE CAN
GET INVOLVED IN THE COMMUNITY.



*John W.
Meehan*

POSITION: DIRECTOR OF
EXTERNAL AFFAIRS

MAJOR: BIOLOGY

MINOR: FINANCE

HOMETOWN: MCALLEN, TEXAS

GOAL: MY GOAL IS TO MEET
PEOPLE AND HAVE FUN!

Ophelia Sanchez

POSITION: DIRECTOR OF STUDENT INVOLVEMENT

MAJOR: ELEMENTARY EDUCATION

HOMETOWN: ELGIN, TEXAS

GOAL: MY GOAL IS TO HELP STUDENTS GET THE MOST OUT OF THEIR COLLEGE EXPERIENCE BY GETTING INVOLVED AS MUCH AS POSSIBLE, AND HOPEFULLY MAKE SOME NEW FRIENDS ALONG THE WAY!



Mark McLachlan

POSITION: DIRECTOR OF OPERATIONS

MAJORS: BIOLOGY

HOMETOWN: SAN ANTONIO

GOAL: MY GOAL FOR THIS YEAR IS TO WORK HARD WITH OTHER MEMBERS OF CAB TO CREATE MEMORABLE EVENTS FOR OUR STUDENT BODY THAT ALSO PROMOTE THE VALUES OF OUR ESTABLISHMENT.

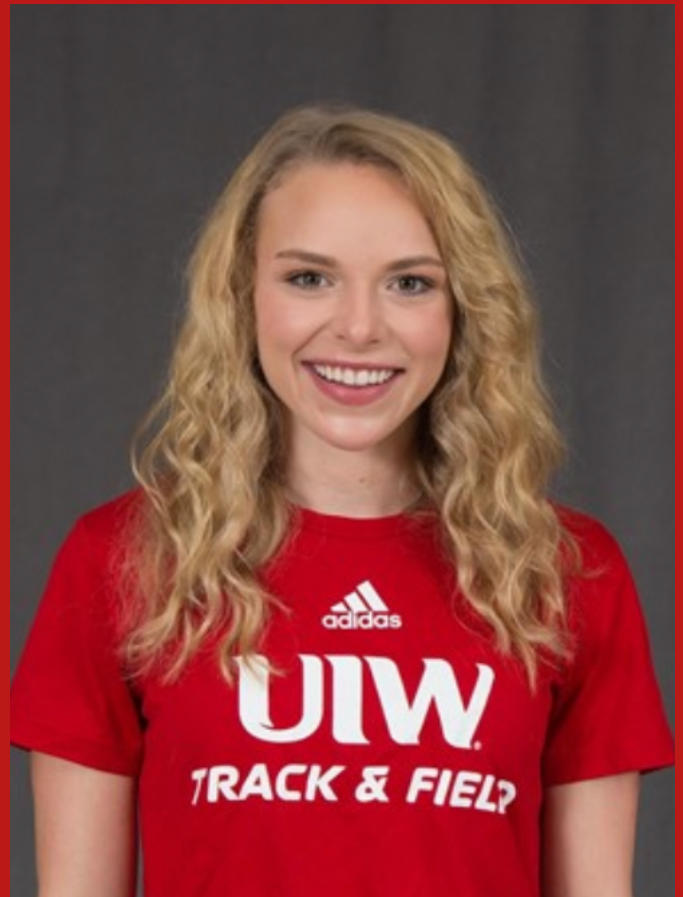
Maryn DeMayo

POSITION: DIRECTOR OF
MARKETING

MAJOR: MARKETING AND
MANAGEMENT

HOMETOWN: GEORGETOWN,
TEXAS

GOAL: MY GOAL IS TO PROMOTE
FUN EVENTS FOR STUDENTS TO
ENJOY. I'D LIKE TO CREATE A
WARM AND INCLUSIVE
ENVIRONMENT THAT WILL FOSTER
LIFELONG MEMORIES.



UIW CAMPUS ACTIVITIES BOARD

STAY CONNECTED AND FOLLOW US ON OUR SOCIAL
MEDIA PLATFORMS



@CABUIW

UIW Blood Drive

Sept. 14-15

UIW Broadway Campus

SEC Ballroom



YOU ARE
SOMEBODY'S
TYPE

Register on
GivePulse



ETTLING CENTER FOR CIVIC LEADERSHIP & SUSTAINABILITY

(210) 283-6423 | CCL@UIW.TX.EDU



UIW

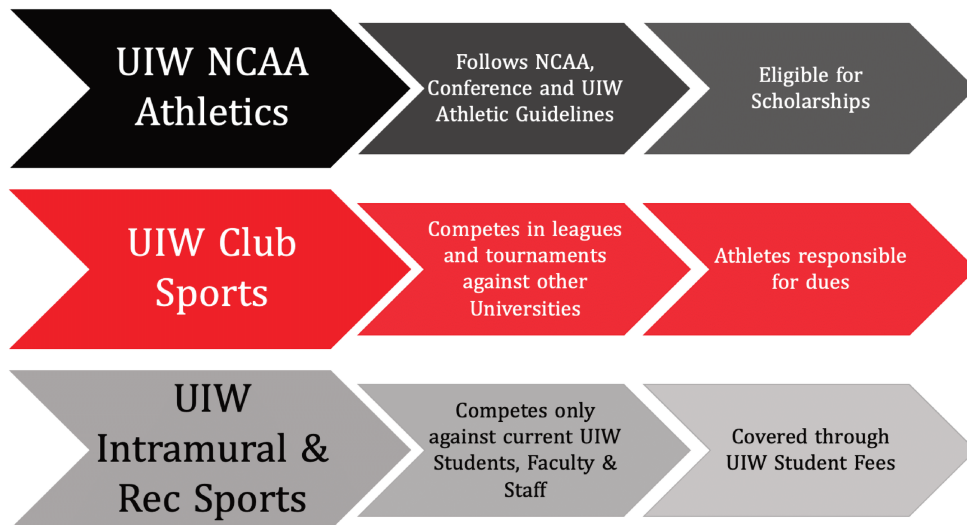
CLUB SPORTS

**IT'S MORE THAN A GAME, IT'S CLUB SPORTS.
REPRESENT UIW YOUR WAY!**

**WOMEN'S & MEN'S BASKETBALL
WOMEN'S & MEN'S VOLLEYBALL
WOMEN'S & MEN'S SOCCER
EMERGING SPORTS**

**TRAP & SKEET
LACROSSE
TRIATHLON
eSPORTS**

UIW Levels of Competition



@UIWCLUBSPORTS



CLUBSPORTS@UIWTX.EDU

WWW.UIW.EDU/CLUBSPORTS



**ETTLING CENTER FOR CIVIC
LEADERSHIP & SUSTAINABILITY**

WORK-STUDY POSITIONS NOW AVAILABLE

Gain experience in the areas of:

- **Community Service**
- **Student Engagement**
- **Global Service**
- **Social Justice**
- **Sustainability**
- **Social Media**
- **Graphic Design**
- **Office Setting**

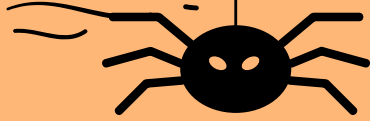
Apply online by visiting [Cardinal Talent!](#)

This position is funded by the Federal Work-Study program and is open to UIW students who are approved and eligible to participate in the Federal Work-Study Program.

Ettling Center for Civic Leadership & Sustainability
(210) 283-6423 | CCL@uiwtx.edu

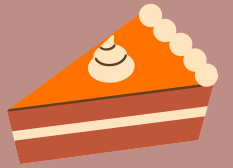


HALLOWEEN



- 47 days

Thanksgiving



- 72 days

Christmas



- 102 days



***Holiday
Countdown 2021***



UIW's Student-Run
TV Station

Volunteers Needed



Join UIWtv and gain
hands-on experience
in television
production.

Earn up to 15
service hours.

On-Air Talents
Reporters

Behind the Scenes
Video Editors
Phtographers

Volunteer Application



Scan Me!



The Word On Campus

Newscast Dates

Fall 2021

September 23rd

October 7th

October 28th

November 11th

12:30 p.m. - 1:00 p.m.

uiwtv.org

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**

COVID-19

INFORMATION

Q: Where can I get tested on campus?

A: UIW has two locations available for free COVID-19 testing. Employees and students can register for testing through the UIW Curative kiosk located in the Riverside parking lot on the Broadway campus or on the School of Osteopathic Medicine (SOM) campus by clicking on the links below. You must use your UIW email when registering for testing.

- Schedule an Appointment at the Broadway Campus
- Schedule an Appointment at the SOM Location

The kiosks are located in the Riverside Parking Lot, located directly across from Health Services and the Agnese/Sosa parking garage on the Broadway Campus and Lot 2B, behind Building 2 at the UIW School of Osteopathic Medicine. The Broadway Campus testing is available for employees and students only. The location at the SOM is open to the University community and is also open to the public. The test is a self-performed saliva test, authorized by the FDA for emergency use, to provide surveillance testing for general asymptomatic populations, including college-aged students. Results from these COVID-19 tests are estimated to be available within 36 to 48 hours.

Q. Can I test at a location other than the Curative Kiosks on the UIW and SOM Campuses?

A. Yes, persons who test at a location other than the Curative testing kiosk on the Broadway campus should report their test results as follows:

You may email your test results to your respective campus email address:

Broadway - UIWBroadwaystudentcovid@uiwtx.edu.

FSOP – Feikstudentcovid@uiwtx.edu

RSO – RSOstudentcovid@uiwtx.edu

SOM – SOMstudentcovid@uiwtx.edu

SoPT – SoPTstudentcovid@uiwtx.edu

Q: What is UIW's new mask mandate?

A: Masks and face coverings are required indoors by those who are vaccinated as well as persons not vaccinated. Masks are required outdoors in group settings and when social distancing cannot be maintained. Read the full mask policy [here](#).

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

