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Message from Campus Engagement

What's the Word is produced for you, our UIW students! UIW Campus Engagement wants to make sure you are kept up to date with the latest from your university! Our team is hard at work preparing new ways to stay engaged with you throughout the rest of the summer.

The week in What's the Word, we invite you to virtually visit a museum on the other side of the country, or enjoy an animal cam from across the world! Send us a "Pets of the Summer" photo of your furry friend, or join our talent show and scavenger hunt! There is so much we can still do together from home. We hope you enjoy exploring our online magazine. Let us know what you want to see in the next edition. Remember to stay engaged by logging in to Cardinal Apps, where you can find information on fun events, chances to win prizes and more!

"The only real voyage of discovery consist in not seeking new landscapes but in having new eyes"

Marcel Proust

Praised be the Incarnate Word!

UIV ENGAGE







YOUR INVITATION TO EVERYTHING CAMPUS ENGAGEMENT IN 3 EASY STEPS

STEP 1

Visit uiw.edu and log in to "Cardinal Apps"

STFP 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?

- Participate in competitions for awesome prizes
- Search over 100 student organizations to become involved
- Stay connected with Student Government and Campus Activities Board
- Movie night with your 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

ZOOMINI WITH THE ADVISORS

Join the University Advising Center for Zoomday!

Starting in July, UIW advisors will be available to address your questions & concerns using Zoom. The Zoom App is accessible through Cardinal Apps.

Summer Zoomday Schedule

- Wednesday, July 15 from 10 12 p.m. & 2 4 p.m.
- Friday, July 24 from 10 12 p.m. & 2 4 p.m.
- Wednesday, July 29 from 10 12 p.m. & 2 4 p.m.
- Wednesday, August 5 from 10 12 p.m. & 2 4 p.m.
- Friday, August 14 from 10 12 p.m. & 2 4 p.m.

For additional information, please visit the <u>UAC Website</u>.





COVID-19: A Prayer of Solidarity

For all who have contracted coronavirus, We pray for care and healing.

For those who are particularly vulnerable, We pray for safety and protection.

For all who experience fear or anxiety, We pray for peace of mind and spirit.

For affected families who are facing difficult decisions between food on the table or public safety,

We pray for policies that recognize their plight.

For those who do not have adequate health insurance, We pray that no family will face financial burdens alone.

For those who are afraid to access care due to immigration status, We pray for recognition of the God-given dignity of all.

For our brothers and sisters around the world, We pray for shared solidarity.

For public officials and decision makers, We pray for wisdom and guidance.

Father, during this time may your Church be a sign of hope, comfort and love to all.

Grant peace.

Grant comfort.

Grant healing.

Be with us, Lord.

Amen.

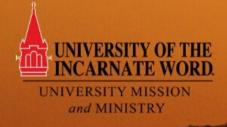
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Prayer Resources for this time:

http://www.usccb.org/about/communications/prayer-resources-for-the-coronavirus-crisis.cfm
https://www.catholicnews.com/services/englishnews/2020/text-of-popes-prayer-to-mary-during-coronavirus-pandemic.cfm

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."

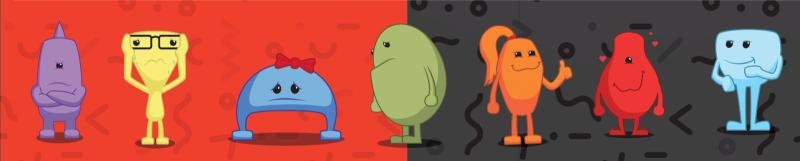
~Matthew 11:25-30



ministry@uiwtx.edu | 210-829-3128



WE ARE ALWAYS HERE FOR YOU!



WHETHER YOU WANT TO LEARN HOW TO BEST SET GOALS,
OR NEED HELP MANAGING YOUR ANXIETY,
THERE ARE OPTIONS FOR YOU TO GET HELP!

YOU OK?

www.uiw.edu/counseling

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
Call 911 or go to the nearest Emergency Room

NATIONAL SUICIDE PREVENTION LINE 1-800-273-8755









PLAY COMPETITIVELY REPRESENT UIW JOIN THE TEAM TODAY

For more information:

Email: clubsports@uiwtx.edu

Visit: www.uiw.edu/clubsports/esports







@UIWClubSports

JULY HOME WORKOUT

RANDALLE WILLIAMS-DIAZ, ATC, LAT

FAST MOUNTAIN CLIMBERS

3 SETS 10 REPS DEEP SQUAT WITH ARMS OVERHEAD

3 SETS 10 REPS 3 SEC HOLDS





SQUAT TO HEEL RAISE

3 SETS 10 REPS 2 SEC HOLDS STANDARD PLANK

3 SETS 10 REPS 5 SEC HOLDS





TRICEP PUSH UP

3 SETS 10 REPS ISOMETRIC LOW PUSH UP

3 SETS 12 REPS 5 SEC HOLDS





WALL SQUAT

3 SETS 1 REPS 30+ SEC HOLDS





CHECK OUT THE FULL DETAILS OF THIS WORKOUT & MORE WORKOUTS AT UIW.EDU/WELLNESS















I wear a mask for...

Practice compassion and share who you wear a mask for!

Practicing compassion can take shape in many ways, including wearing a face mask. This campaign is intended to inspire and educate the public on the importance of wearing a mask/face covering to help minimize the spread of COVID-19, which some research reveals may mitigate the spread of the virus by 40%. For more information, please visit the CDC website at https://www.cdc.gov/

Students may earn up to one hour of community service hour for submitting a video or picture sharing
"I wear a mask for..."

Please follow these steps to earn up to one hour of community service:

- Register and add impact using this designated event https://givepul.se/2w6i84
- Submit a 15-30 second video or picture answering the phrase, "I wear a mask for..."
- Complete reflection questions
- By completing this activity and submitting your project to the Ettling Center, you are authorizing and giving the Center permission to post and distribute your submission on their social media platforms

Should you have any questions or need additional information, please call (210) 832-3208 or email us at ccl@uiwtx.edu.

2020-2021 CARDINAL COMMUNITY LEADERS PROGRAM

DEVELOPING LEADERS WHO PROMOTE SOCIAL JUSTICE IN PARTNERSHIP WITH DIVERSE LOCAL & GLOBAL COMMUNITIES

WHY BECOME A CARDINAL COMMUNITY LEADER?

- GIVE BACK to your COMMUNITY
- Apply & learn SOCIAL JUSTICE leadership through a local, national, regional or international service experience
- Develop your LEADERSHIP skills through service & mentoring

PROGRAM REQUIREMENTS

- UIW undergraduate freshman, sophomore, or junior
- Cumulative GPA of 2.75
- Completed 12 hours of coursework or in progress (must have completed a Level I Religious Studies class or currently enrolled)
- Participate in a required Cardinal Community Leaders Orientation
- Participate in at least one Ettling Center Service Mission Trip (local, regional, national, or international)
- Commit to a minimum of 10 hours of service each fall and spring semester
- Commit to serve and assist in 5 Ettling Center events per academic year (this can include voter registration drives, volunteer fairs, community service days, lectures/presentations)
- Selected students will be required to enroll in RELS 3399 Social Justice Leadership course for Fall 2020
 - This is a Level II Religious Studies class and has a prerequisite of a Level I Religious Studies class.
 This class can fulfill the undergraduate UIW Core Curriculum requirement of an upper level
 Religious Studies or Philosophy class. Please consult with your academic advisor to review your degree plan.
- Commit to serve as a Cardinal Community Leader for 1-2 consecutive academic year(s).

HOW TO APPLY?

- For complete program requirements & application:
 - https://uiw.campuslabs.com/engage/submitter/form/start/415403

For more information on the program requirements and application process, please email or call Yesenia Caloca, Assistant Director, at caloca@uiwtx.edu or 210-805-2547.







HAVE QUESTIONS ABOUT COMMUNITY SERVICE HOURS?

Schedule a Virtual Appointment!

We would love to hear from you and answer any questions you may have regarding community service hours or how to track your hours on the UIW ENGAGE/GIVEPULSE system.

Please call us at (210) 832-3208 or email us at ccl@uiwtx.edu to schedule a Zoom appointment.

ETTLING CENTER FOR CIVIC LEADERSHIP & SUSTAINABILITY (210) 832-3208 CCL@UIWTX.EDU



COMMUNITY MESSAGES

- UIW EMERGENCY AID PROGRAM
- COVID-19 REMINDERS
- UIW CAMPUS HEALTH PROTOCOL
- FROM UIW BEHAVIORAL HEALTH SERVICES
- FROM VP FOR INTERNATIONAL AFFAIRS

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.

<u>Effective Friday, May 1, 2020</u>, 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 <u>online reporting illness form</u>. 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 "<u>Texans Helping Texans</u>" report.

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 at this link 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

A Special Message from Marcos Fragoso, VP for International Affairs

On Monday, the Department of Homeland Security's Student and Exchange Visitor Program announced modifications to guidelines regarding international students holding F-1 visas that permit them to study in the United States.

According to the agency, guidelines for Fall 2020 semester options state that:

- F-1 students enrolled in schools operating exclusively online may not take a full course load online and remain in the U.S.; or
- F-1 students enrolled in schools offering face-to-face instruction can continue their studies as they normally would under federal regulations; or
- For F-1 students at universities offering a hybrid model of learning, a mix of online and face-to-face classes, certifying school officials are reviewing program requirements to authorize the minimum number of online courses required to make normal progress.

As a global community of faith and education, the University of the Incarnate Word is proud to be a place of international study and a welcoming environment for students from all over the world. While the guidance from DHS is new and complex, administrators and faculty have been working to ensure a path forward for the international students who look to us for their education.

We will continue to share updates with our community as they become available. If you have any questions or concerns, please contact intl@uiwtx.edu.

Sincerely,

Marcos FragosoVice President for International Affairs



A Reminder from Title 1X Department and the Student Conduct Office

THE STUDENT CODE OF CONDUCT AND THE SEXUAL MISCONDUCT POLICY STILL APPLY TO VIRTUAL LEARNING.

IN ALL YOUR INTERACTIONS AS A STUDENT, (EMAILS, BLACKBOARD MESSAGE BOARDS, ZOOM MEETINGS, ETC.) THE FOLLOWING ARE JUST SOME OF THE BEHAVIORS THAT WOULD VIOLATE THESE POLICIES:

- HARASSMENT (CAN BE SEXUAL OR NON-SEXUAL IN NATURE)
- DISRESPECTFUL, DISORDERLY, DISRUPTIVE OR INDECENT CONDUCT
- STALKING
- BULLYING/INTIMIDATION
- VERBAL OR WRITTEN ABUSIVE STATEMENTS
- DISCRIMINATORY OR INFLAMMATORY STATEMENTS (RACIST, SEXIST, ETC.)
- ACADEMIC DISHONESTY
- FALSIFYING DOCUMENTS
- VIOLATING THE UIW RESPONSIBLE COMPUTING POLICY

IF YOU FIND YOURSELF NEEDING TO FILE A REPORT FOR A STUDENT CODE OF CONDUCT OR SEXUAL MISCONDUCT POLICY VIOLATION. PLEASE GO TO: WWW.UIW.EDU/REPORT.

UIW CARE TEAM

If you or someone else is exhibiting behaviors of concern, please know that the UIW CARE Team is here to help with:

- Anxiety
- Depression
- Suicidal/homicidal thoughts
- Hopelessness
- Emotional swings
- Dramatic change in "typical" behaviors
- Concerns about or a positive test for COVID-19
- Falling behind with coursework
- Lack of motivation



Fill out a referral at

www.uiw.edu/report

or call us at

(210) 805-5864



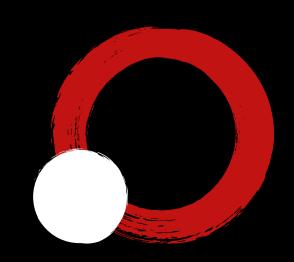
WE ARE HERE TO HELP!

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 <u>website</u> 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

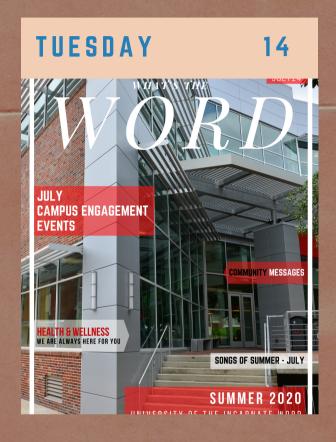




JULY CAMPUS ENGAGEMENT EVENTS

Pets of Summer campusengagement@uiwtx.edu

SEND US YOUR PICTURES



WEDNESDAY

15

VIRTUAL
ANIMAL CAM

LOG ON TO
ENGAGE FOR
EVENT DETAILS

THURSDAY

16

CAMPUS ENGAGEMENT

SCAVENGER HUNT LOG ON TO ENGAGE FOR ZOOM LINK

WIN PRIZES

MONDAY

20

VIRTUAL STAYCATION

NIGHT AT THE MUSEUM

VIRTUAL LINKS FOUND ON ENGAGE TUESDAY

21

SHOUT-OUT TO YOUR FRIENDS, PROFESSORS OR YOUR HEROES

SEND MESSAGES TO CAMPUSENGAGEMENT @UIWTX.EDU





Add your mask picture on social media.

campusengagement

@uiwtx.edu

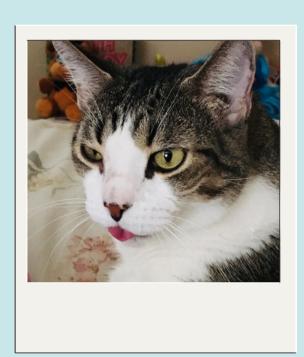
THURSDAY

23

TALENT SHOW

LOG ON TO
ENGAGE FOR
ZOOM LINK
WIN PRIZES

Pets of Summer









Send us your Pets of Summer pictures to campusengagement@uiwtx.edu.

LIVE ANIMAL CAM

LET'S HAVE SOME ANIMAL FUN BROUGHT TO YOU BY CAMPUS ENGAGEMENT

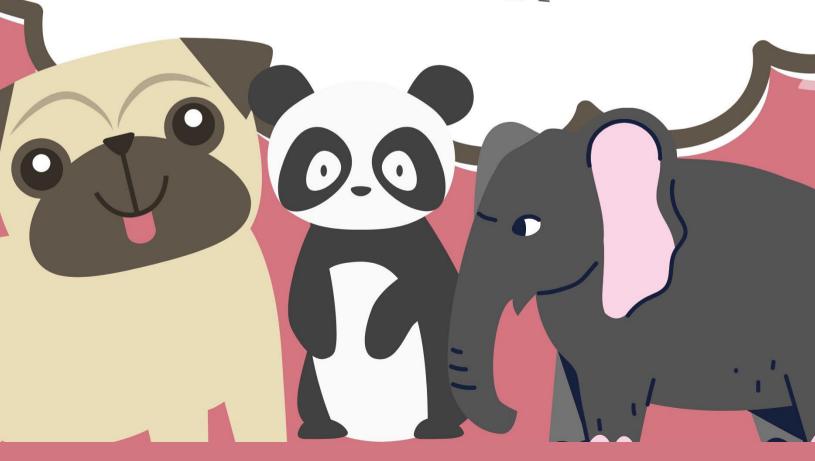
CLICK LINKS BELOW:

https://zoo.sandiegozoo.org/live-cams

https://zooatlanta.org/panda-cam/

https://explore.org/livecams

https://explore.org/livecams/polar-bears/polar-bearouwehand-twin-cubs-cam-2



THURSDAY, JULY 16 AT 3 PM



Scowery Home Scowery Hunt

PLAY FOR A CHANCE TO WIN AN AMAZING GIFT CARD!

FOR MORE DETAILS LOG INTO ENGAGE





UIW CAMPUS ENGAGEMENT PRESENTS:

TALENT SHOW

THURSDAY, JULY 23 AT 4 PM

CALLING ALL CARDINALS! SHOW US YOUR TALENT.
HAVE YOU DISCOVERED AN UNKNOWN TALENT DURING YOUR
"STAY HOME, STAY SAFE" TIME AT HOME?
JOIN OUR VIRTUAL TALENT SHOW!

WIN AMAZING PRIZES!
FOR MORE DETAILS LOG INTO **ENGAGE**



SONGS OF SUMMER - JULY

FROM PAST 5 YEARS

RAIN ON ME - 2020 Lady Gaga, Ariana Grande I DON'T CARE - 2019 Ed Sheeran & Justin Bieber

JUMPSUIT - 2018
Twenty One Pilots

DESPACITO - 2017Luis Fonsi / Daddy Yankee

CAN'T STOP THE FEELING - 2016 *Justin Timberlake*

BROUGHT TO YOU BY UIW CAMPUS ENGAGEMENT



- Industrial production of ice cream began in 1851 in Boston.
- The largest worldwide consumption of ice cream is in the United States. One person consumes an average of 48 pints of ice cream per year.
- 90% of American households eat ice cream.

July is... Mational Ice Cream Month

- The most popular flavor of ice cream is vanilla. After it come chocolate, strawberry, cookies n' cream, and others.
- It takes 12 gallons of milk to create one gallon of ice cream.



Compus Engagement

<u>campusengagement@uiwtx.edu</u> 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

