



IT IS OFFICIAL

DUE TO RESTRICTIONS SURROUNDING COVID-19, USK WILL START THE SEMESTER 100% ONLINE

Click here to link to Dr. Frank's letter to the USK community dated 7/31/20 (this was also emailed to you).

CARES Act

USK has received limited funds through the Cares Act for support of students attending the University. USK is developing policies for the distribution of these funds to our students who have the most financial need. The funds will be disbursed by the end of the fall semester.

Questions - <mailto:COVID-19@USK.EDU>

NEW STUDENT ORIENTATION TOMORROW!

ONLINE

THURSDAY 8/20 1PM

Check your USK email for the invitation and Zoom link

Email: USKStudentAffairs@usk.edu with any questions.

SCHOLARSHIPS
IT'S NOT TOO LATE!



1. Due 9/8/20: Odd Dog Media Marketing \$500
Internship for those interested in Marketing \$500 <https://odd.dog/scholarship/>

2. Due 3/1/21: David Ebrahimzadeh Scholarship \$1,000
This scholarship is ideally meant for someone who is passionate about real estate, but it is open to any student in any major/field of study.
You can view details here: davidbrahimzadehscholarship.com

3. Due 9/30/20: Don't Text and Drive - \$1,000
You must be U.S. citizen or legal resident and complete a short statement on why you pledge not to text and drive in order to qualify for this award.
<http://www.digitalresponsibility.org/dont-text-and-drive-scholarship>

Community Service Requirement:

Each student must have 10 hours completed for the year, or five hours per semester.

[Click here](#) for the Community Service Policy and form.

Email USKStudentAffairs@usk.edu with questions.



Men's Basketball continues to serve the community at the San Diego Food Bank distribution held at The Movement Church.

Internship Opportunity

Southern California Christian Forum

Host Bible studies, prayer services, and theological dialogue and pursue Christian unity.

Go to: socalforum.net for more information and/or contact Joey: contact@socalforum.net

ADVISING

Need some assistance with course planning? Our Academic Advisors are here to help, to empower you in the development of meaningful educational plans that are consistent with your academic, personal and professional goals.

Pete Boukouzis, MBA – Business pboukouzis@usk.edu

Dr. Evan Getz – Arts and Humanities egetz@usk.edu

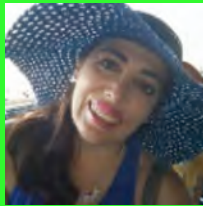
Marina Trigonis, MA (interim) – Natural Sci. mtrigonis@usk.edu

Jessica Rodriguez, MS – Kinesiology jrodriguez@usk.edu

WELCOME!

Please welcome the following new members to our USK team!!

America Barcelo-Feldman – Spanish



Professor Barcelo-Feldman has taught subjects such as Communication Theories, Reading, and Literature, and of course, Spanish. She holds an Associate's Degree in English Arts from Palomar College, a B.A. in Journalism and Communications from Universidad Nacional Autónoma de México (UNAM), and a Master's Degree in Hispanic Studies from California State University San Marcos.

“I was born and raised in Mexico City, I've lived in San Diego County since March, 2000. My passions are writing, and reading history novels, but I truly love cinema and I go to movies every weekend. I also love to dance and travel. I like to visit historical sites and cruise around the world!”

Rita Cefalu – College Student Success



Dr. Rita Cefalu is one of the new faculty members at the University of Saint Katherine. She will be teaching courses in the Arts and Humanities Department this fall. Dr. Cefalu received her Ph.D. from the Queen's University Belfast and two M. A. degrees from Wheaton College and Westminster Seminary CA. She is an experienced lecturer in a variety of subjects, and has enjoyed the privilege of teaching college and university students for the past fourteen years in local private and state institutions, such as, the University of San Diego and San Diego State University. She and her husband of 34 years have grown up in San Diego, CA and they love spending time with each other and taking walks on the beach.



FOOD PANTRY

A [recent survey](#) of nearly 86,000 students found that 45 percent of respondents reported food insecurity in the previous 30 days, meaning they had limited or uncertain access to food.

Email USKStudentAffairs@usk.edu to make an appointment to pick up some free food or to donate food items.

Pasta Sauce
Spaghetti
Mac n Cheese
Ramen
Instant Noodles
Dry Food
Soups
Beans
and more....

COVID-19 TESTING FOR ALL USK ATHLETES

California Department of Public Health Requirements for Collegiate Athletes

- All athletes, coaches, and support staff must get COVID-19 tested with results submitted by September 1, 2020. Submit results to: USKCovidResults@gmail.com
- There will be random testing each month throughout the fall semester. There will be 3-5 USK team members selected from each team.
 - September tests are due on October 1, 2020
 - October tests are due on November 1, 2020

FINANCIAL AID INFORMATION

All FAFSA documentation, verification, acceptance/decline of loans **MUST** be completed by Aug 24th by 5pm. If you have questions contact financialaid@usk.edu or call 760.290.4553.

Course add/drop date is 8/31! Please keep this in mind.

Awards/loans will be posted in POPULI on 9/1. If you are receiving a refund, checks will be mailed out on 9/1.

Sincerely,
Marina Trigonis, MA Ed
Dean of Admissions, Registrar, and Director of Financial Aid

EMOTIONAL HEALTH

A recent survey reports that students experience higher rates of depression during these pandemic times.

Click on the following links for tools to help you with your emotional health:

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Coping with the COVID-19 Pandemic as a College Student

10 Great Tips For Dealing With Depression In College

Practicing happiness and fighting stress can happen with mindful breathing, and it only takes five minutes a day.

Email tkeating@usk.edu if you would like assistance with scheduling free counseling.

Other counseling options:

University Chaplain
Fr. John Reimann
frjohnkent@gmail.com

Drug and Alcohol Abuse
Khouria Christina Reimann,
MA, MED, CADAC II
760.891.8701

Sara A. Galbraith, Psy.D, Clinical
Psychologist, Lic # PSY26376
760.566.9087
Sara.Galbraith.psyd@gmail.com
Accepts payments and some insurance



FOLLOW @usk_student_affairs
(Instagram)

FOLLOW @AffairsUsk
(Twitter)

These will provide you
with school updates!

#fuegothefirebird

CHAPEL

Weekly required chapel will begin the third week of fall semester (9/8).

Chapel will be offered 4 times a week. Check Populi for the Zoom Link.

Chapel Offerings (same content at each):

1. Mondays (not 9/7 as it is Labor Day): 6:15am
2. Tuesdays: 12:30pm
3. Wednesdays: 6:15am
4. Thursdays: 6:30pm

YOU MUST ATTEND ONCE A WEEK

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 Timothy 1:7 NKJV

BLOOD DRIVE ON FRIDAY 8/21 – APPT. ONLY
 Email - oliviamuriel@usk.edu for more info.



AMERICAN RED CROSS BLOOD DRIVE

University of Saint Katherine

Friday, August 21, 2020

9:00 am – 3:00 pm

Athletic Office

1637 Capalina Rd, San Marcos, CA 92069

To ensure proper social distancing we are encouraging appointments only. Visit RedCrossBlood.org or use the Blood Donor App (sponsor code: USK) to search for available donation opportunities.

On June 15, the American Red Cross will begin testing all blood, platelet and plasma donations for COVID-19 antibodies. All donors need to schedule an appointment prior to arrival, and will be required to wear a face mask or covering while at the blood drive. Antibody test results will be available within 7 to 10 days.

Questions? Contact Olivia Muriel at 562.489.6093 or oliviamuriel@usk.edu

Schedule a blood donation appointment today:

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767

FREE TUTORING! TAKE ADVANTAGE OF THIS RESOURCE FOR ALL STUDENTS!!

Tutoring – Online and On Campus (outside)

1. Appointment based Tutoring
 - referred by coaches, instructors, and advisors
 - via Zoom
 - in person by special request
2. Drop-in Tutoring (2-3 days a week)
 - we'll be sending out Zoom links and schedules via email

Contact Prof Lee hlee@usk.edu for more information

**BE A LEADER AT USK!
 JOIN THE STUDENT SENATE**

"The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails." -John Maxwell

Email – USKStudentAffairs@usk.edu

Virtual Seminar:

- August 20th at 7:00-8:15pm.
- These three authors will be discussing today's most current issues on racism and diversity.
- If you are interested in this seminar please click the link below to register for this free event.



<https://events.handbid.com/auctions/a-path-forward/registration>

Fall, 2020

FREE LUNCH FRIDAYS!

Once a month, USK will host a Free Lunch Friday on the back lawn of the academic building. Join us as we social distance and enjoy some good food.

YOU MUST REGISTER TO GET YOUR FREE LUNCH.

**FREE LUNCH FRIDAY 8/28
 PICK UP BETWEEN 11AM-1PM
 SIGN UP! SPOTS ARE LIMITED!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AUG. 17 MBB Comm Service	18	19	20 New Student Orientation 1pm	21 Blood Drive	22	23
24 1 st day of school FAFSA Deadline	25	26 LAST DAY TO REGISTER FOR FREE LUNCH FRI	27	28 FREE LUNCH FRIDAY 11-1	29	30
31 Tutoring Last day to Add/Drop a course	SEPT. 1 Tutoring	2 Tutoring	3 Tutoring	4	5 Tutoring	6
7 Labor Day No classes	8 Tutoring Chapel 6:15am	9 Tutoring Chapel 12:30pm	10 Tutoring Chapel 6:15am	11 Chapel 6:30 pm	12 Tutoring	13