

Resolution 013

A Resolution to Add Mental Health Days into the Spring 2021 Semester

Sponsored by: Senator Hermann

**Co-Sponsored by: Senator Marsden, Senator Harrison, Senator Farrell,
Senator Kilgore, Senator Paviglianiti**

Whereas,

Spring Break has been removed from the Spring 2021 Academic Calendar.

Whereas,

In addition to the removal of Spring Break, students will be expected to attend classes on Holy Thursday and Easter Monday.

Whereas,

Students attending The Catholic University of America seldom have time for relaxation and stress relieving activities considering their classes, extracurriculars, employment, etc.

Whereas,

Students typically have time to relax and mentally recover from stress and anxiety during breaks such as Easter and Spring Break.

Whereas,

The Spring 2021 semester is a more stressful semester due to the ongoing global pandemic.¹

Whereas,

Universities such as Howard University, University of North Carolina, Davidson College, and other universities have implemented mental health days for their student communities.

Whereas,

Stress, anxiety, and mental illness can have a significant negative effect on the overall well-being of students, as well as their ability to perform well in classes and other obligations.

Whereas,

The past year has proven that flexibility in course modality and scheduling can be utilized to mitigate lost class time while still making accommodations for the wellbeing of students.

Be it enacted that,

The Student Government Association Senate, acting in its official capacity as the representative of the undergraduate student body of The Catholic University of America, hereby requests that mental health days are periodically added throughout the Spring 2021 semester to assist students with recovering from stress and the many demands of studies, extracurriculars, employment

¹ Son, C., Hegde, S., Smith, A., Wang, X., & Sasangohar, F. (2020). Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study. *Journal of medical Internet research*, 22(9), e21279. <https://doi.org/10.2196/21279>

opportunities, and other obligations. A mental health day would include a day of no classes, no recorded lectures, and no academic obligations in order to allow for students to recover and maintain wellness.

Agreed to by a vote of _____ yeas to _____ nays on this date: _____ with _____ abstaining and _____ not present.

Gerald Sharpe
President of the Student Government Association

Gemma del Carmen
Vice President of the Student Government Association

