

Resolution 015

A Resolution to Include Mental Health Days in the University Academic Calendar

Sponsored by: Senator Lackey

**Co-Sponsored by: Senator Birth, Senator Cunningham, Senator Hermann,
Senator Schlee**

Whereas,

Senate 6 passed “A Resolution to Add Mental Health Days into the Spring 2021 Semester” but this was not fully implemented.

Whereas,

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

Whereas,

The university currently has no mental health days scheduled in the calendar to give students time for self care or relaxation.

Whereas,

Mental health disparities among young adults are becoming increasingly prevalent, as evidenced by the fact that in 2020 25% of individuals between 18 and 24 years of aged has seriously contemplated suicide, compared to 4% the previous year.¹ The ongoing pandemic has increased the stressors that students are required to cope with on both an academic and social level.

Whereas,

The university is highly interested in improving their retention rate, have a vested interest in ensuring that students return to the university, and having their graduated students successful after graduation. Student’s mental health is a major factor in all of these circumstances.²

Whereas,

Multiple universities have had these days in response to multiple student suicides, including, but not limited to University of North Carolina at Chapel Hill, Rowan University, Virginia State University, and St. Louis University.³

¹ Svrluga, Susan, and Nick Anderson. “College Students Struggle with Mental Health as Pandemic Drags On.” The Washington Post. WP Company, October 16, 2021. <https://www.washingtonpost.com/education/2021/10/14/college-suicide-mental-health-unc/>.

²Lipson, Sarah Ketchen, et al. *Investing In Student Mental Health*. American Council on Education, 2019.

³ Svrluga, Susan, and Nick Anderson. “College Students Struggle with Mental Health as Pandemic Drags On.” The Washington Post. WP Company, October 16, 2021. <https://www.washingtonpost.com/education/2021/10/14/college-suicide-mental-health-unc/>.

Whereas,

As mental health is crucial to student academic success and a positive campus environment, the university should actively promote mental health and the well-being of all students.⁴

Whereas:

The Counseling center on campus is a good resource for mental health needs, but it is currently saturated with appointments, and students are having to wait several weeks for an appointment.

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

1. The university academic calendar includes a mental health day each semester, on which no assignments, papers, projects, or exams are due, and must be implemented by all academic schools.
2. Supplemental mental health resources are made available on this day, emphasized leading up to and on the mental health days, and advertised to the student body as a whole.

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

Abigail Anger
President of the Student Government Association

Monica Wallace
Vice President of the Student Government Association

⁴Lipson, Sarah Ketchen, et al. *Investing In Student Mental Health*. American Council on Education, 2019.