

Resolution 013

A Resolution to Establish an SGA-Sponsored De-Stress & Relaxation Training Day for all Students in Preparation for Finals Week

Sponsored By: Senator O'Grady

Co-Sponsor: Senator Kilgore

Whereas,

Rigorous testing, finals, an increase in workload, and other academic matters lead to increased stress for students near the end of the semester.

Whereas,

Countless students can be increasingly anxious and worried over these academic pressures.

Whereas,

These students, should have more opportunities to manage their stress and worries in a comprehensive manner.

Whereas,

The CUA Counseling Center provides certain groups with the opportunity to sponsor outreach projects in partnership with the center, such as presentations, workshops, and other social events.

Whereas,

The CUA SGA should always be looking for new ways to assist students in whatever problems may arise for them.

Be it enacted that,

The Student Government Association Senate, acting in tis official capacity as the representatives of the undergraduate student body of The Catholic University of America, hereby request a de-stress training day, created by the Counseling Center, but sponsored by SGA, be scheduled for a date 1 week prior to the start of finals in which all students can learn to control their stress and gain relaxation before the rigor of finals begins.

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

Brianna Howard

President of the Student Government Association

Jonathan Weiss

Vice President of the Student Government Association