



Resolution Number:	W-17-02	Sponsored By:	President Ella Fritzemeier
Introduced On:	March 16 <sup>th</sup> , 2017		
Voted On:			
Result:			
Vote Count:			

**A RESOLUTION TO:** Advocate for the reorganization of the Fall Academic Calendar to implement a Fall Break consisting of two days after Mid-Term Exams and before the “Withdraw Date,” to be stated on the Academic Calendar.

---

**Recognizing**, “At Grand Valley State University, the primary focus is on the success of students”<sup>1</sup>;

**Whereas**, according to The American Freshman Survey, which has been collecting data for over 50 years, “The emotional health of incoming freshmen is at its lowest level in at least three decades”<sup>2</sup>;

**Whereas**, Grand Valley State University’s (GVSU) 2015 freshman retention rate, an indicator of student satisfaction, is 83.8%<sup>3</sup>, an indicator that University officials are not satisfied with and are constantly striving to increase<sup>4</sup>;

**Recognizing**, that the majority of GVSU students report experiencing a noticeable increase in stress/anxiety in the weeks directly prior to and during the week of final examinations<sup>5</sup>;

**Recognizing**, that out of 405 students surveyed at the Kirkhof Center, the Kleiner Commons, and at the Kirkhof College of Nursing, approximately 84.86% of students answered “Yes” to the question, “Do you think GVSU should implement a fall break in their academic calendar? Why or why not?” with follow-up responses such as “Gives students a mental break” and “Gives students time to evaluate their work load”<sup>6</sup>;

**Recognizing**, that Amber Roberts, Ph. D., Director of the University Counseling Center (UCC), reports that appointments sharply increase in October, coinciding with Mid-Term Examinations<sup>7</sup>;

**Recognizing**, that Amber Roberts states that a short fall break could ease stress loads, allow for rejuvenation, and give students time to catch up on work, thus improving their overall mental health<sup>8</sup>;

---

<sup>1</sup> Grand Valley State University Strategic Plan, 2016. <http://www.gvsu.edu/strategicplanning/>

<sup>2</sup> New, Jake. “Fragile Mental Health.” *Inside Higher Ed*. 5 Feb. 2015. Web. 20 Mar. 2017.

<sup>3</sup> Grand Valley State University Office of Institutional Analysis Retention Reports, Fall 2015. <http://www.gvsu.edu/ia/retention.htm>

<sup>4</sup> Frederick Antczak, Interview with Vice President Kathleen Carlson; October 25, 2012.

<sup>5</sup> Carlson, Kathleen. “GVSU Student Senate Fall Break Survey – Student.” Survey Monkey. 6 November, 2012.

<sup>6</sup> Milad, Noelle. “Public Opinion Day.” Survey. 1 December, 2015.

<sup>7</sup> Appointment Statistics for C.I.A.S. University Counseling Center, November, 2016



<b>Resolution Number:</b>	<b>W-17-02</b>	<b>Sponsored By:</b>	<b>President Ella Fritzemeier</b>
<b>Introduced On:</b>	<b>March 16<sup>th</sup>, 2017</b>		
<b>Voted On:</b>			
<b>Result:</b>			
<b>Vote Count:</b>			

**A RESOLUTION TO:** Advocate for the reorganization of the Fall Academic Calendar to implement a Fall Break consisting of two days after Mid-Term Exams and before the “Withdraw Date,” to be stated on the Academic Calendar.

---

**Recognizing,** that according to the Center for Collegiate Mental Health, anxiety is the most common presenting concern for college students seeking mental health services and student distress in this area appears to be growing slowly<sup>9</sup>;

**Recognizing,** that rest, relaxation, and stress reduction are essential to people’s well-being and health, and can be accompanied by taking time off from daily routine<sup>10</sup>;

**Recognizing,** that Student Senate passed a resolution (F-12-07) that stated “The Grand Valley Student Senate supports the implementation of a two day Fall Break following midterm examinations at Grand Valley State University” and this stance remains unchanged<sup>11</sup>;

**Let It Be Resolved,** that the Grand Valley State University Student Senate advocates to implement a two day Fall Break after Mid-Term Exams and before the Withdraw date to help students with their mental health.

---

<sup>8</sup> Roberts, Amber. Personal communication, 12 Mar. 2017.

<sup>9</sup> Center for Collegiate Mental Health.

<sup>10</sup> Quigley, Patricia. "Vacations Help Job and Health, But Americans Skip Them." *abcnews.go.com*. anc NEWS, 13 Aug. 2011. Web. 2 Nov. 2012.

<sup>11</sup> Carlson, Kathleen. Resolution Number F-12-07. Voted on 6 Dec. 2012.