

Fall Reading Week

Adopted: January 26, 2015

Expired: January 26, 2018

Motion from the 7th General Assembly meeting of the 2014-2015 academic year:

MOTION [20800GA]	<u>MSC: C. Hollingsworth/B Scott</u> BIMT the General Assembly approve Policy Statement XII - Fall Reading Break Policy. Carried
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Background

Mental health issues are on the rise for Canadian university students.¹ The University of Lethbridge Students' Union understands that university life poses distinct challenges for an age group with the highest instances of mental illness.² The Students' Union seeks to improve the mental health of University of Lethbridge students by advocating for an extended mid-semester break in the fall semester.

Whereas the University of Lethbridge Students' Union recognizes that mental health is a critical component of students' safety.³

Whereas the University of Lethbridge already recognizes that mid-semester stress poses a danger for students and institutes a spring semester break accordingly.

Whereas students regularly request that the University of Lethbridge Students' Union pursue an agenda that would see the implementation of a fall break.

Whereas universities across Canada recognize, through experience,⁴ that an extended break period during the fall semester is an effective tool to combat student stress.

¹ Hanlon, Christine. *State of Mind: Addressing Mental Health Issues on University Campuses*. Association of Universities and Colleges of Canada, 2012. <http://www.aucc.ca/wp-content/uploads/2012/06/mental-health-state-of-mind-university-manager-article-summer-2012.pdf>.

² "Education - Canadian Mental Health Association," Canadian Mental Health Association, 2014, <http://www.cmha.ca/mental-health/find-help/education/>.

³ The University of Lethbridge Students' Union, *Mental Health*, February 25, 2014, Policy IX.

Whereas the mental health of students is of great concern to the students, faculty, and staff at the University of Lethbridge.

BE IT RESOLVED THAT:

The University of Lethbridge Students' Union advocate for a policy that:

1. Ensures the implementation of and continued support for a fall reading week.

⁴ Brock University, Carleton University, Laurentian University, Guelph University, Nipissing University, McMaster University, Ryerson University, University of Alberta, University of Ottawa, University of Saskatchewan, University of Toronto, Trent University, Western University, Wilfred Laurier, and Queen's University to name a few.