

**ASSOCIATED STUDENTS OF
MICHIGAN STATE UNIVERSITY
GENERAL ASSEMBLY
SIXTY-FIRST SESSION**



BILL NO. 61-58

INTRODUCED BY: Sparks (CSS)

SECONDED BY: Pham (Nat Sci)

A BILL TO: Advocate For Pre-Scheduled Mental Health Days During the Academic Year

THE ASSOCIATED STUDENTS OF MICHIGAN STATE UNIVERSITY ENACT:

WHEREAS, During mid-terms of each academic semester, students face various challenges including, but not limited to, handling time management, an overload of stress and anxiety, excessive studying of academic materials for one or several courses, sleep deprivation, balancing other life aspects, and struggles with mental and physical health; and,

WHEREAS, Following this period of the brain being overstimulated and possibly deprived, students are immediately required to return to attending and working on courses as usual, not allowing for a period of recovery and decompression; and,

WHEREAS, Research has shown that following college exam periods, students often experience negative health effects including increased stress, anxiety, disrupted sleep patterns, decreased appetite, headaches, stomachaches, muscle tension, fatigue, and even weakened immune system function, primarily due to the high levels of stress associated with test preparation and performance anxiety; and,

WHEREAS, Such conditions negatively impact students' overall academic performance, mental well-being, and physical health, further emphasizing the need for structured opportunities to recover and address their mental health needs; therefore be it,

RESOLVED, That the Associated Students of Michigan State University shall advocate for the Monday following each semester mid-term examination week to be designated as a pre-scheduled mental health day for students across the University, providing an opportunity to recover from academic and mental health challenges including, but not limited to, stress, sleep deprivation, and physical exhaustion; and let it be further,

RESOLVED, That the Associated Students of Michigan State University collaborate with Michigan State University administration, Counseling & Psychiatric Services (CAPS), and academic departments to promote resources and ensure effective implementation of this policy for student well-being.

<https://www.nature.com/articles/s41598-024-59739-4>

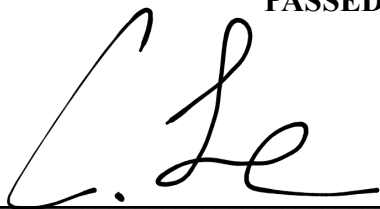
INTRODUCED ON 01.30.2025

REFERRED TO Academic COMMITTEE ON 01.23.2025

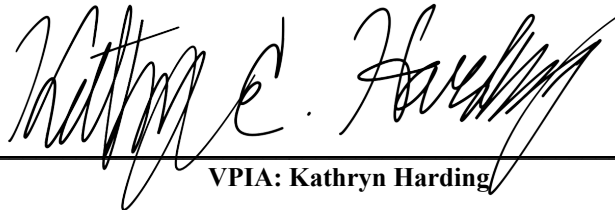
SPECIAL ACTION TAKEN _____ DATE _____

COMMITTEE ACTION X 01.23.2025
PASSED FAILED Voice Majority VOTE DATE

FINAL ACTION TAKEN X 01.30.2025
PASSED FAILED Voice Majority VOTE DATE



PRESIDENT: Connor Le



VPIA: Kathryn Harding