

**PURDUE UNIVERSITY
STUDENT GOVERNMENTS**



Joint Resolution 22-JR001

Resolution Establishing Student Well-being Day

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WHEREAS, America has been facing a mental health crisis on college campuses that has become more apparent since the start of the 2020 COVID-19 pandemic;^{1, 2} and

WHEREAS, Pre-pandemic studies indicated that one in three students “meet the criteria for a clinically significant mental illness” in 2019;^{3, 4} and

WHEREAS, Data from a 2022 report by Sallie Mae indicated that 14% of students said their reason for leaving college was primarily due to mental health challenges;^{5, 6, 7} and

WHEREAS, Graduate students are over 3x more likely than the average American to experience mental health disorders and depression and are at increased risk for work-related mental health issues;⁸ and

WHEREAS, Purdue Grad SERU indicated that 44% of Purdue graduate students cite emotional health problems as an obstacle to degree progress (Purdue Grad SERU 2021 data);⁹ and

¹ <https://fortune.com/well/2022/07/30/what-colleges-can-do-to-alleviate-the-mental-health-crisis-on-campus/>

² <https://timely.md/college-students-more-concerned-about-covid-19-than-ever/>

³ <https://www.acenet.edu/Documents/Investing-in-Student-Mental-Health.pdf>

⁴ <https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.202000437>

⁵ <https://fortune.com/well/2022/06/15/college-students-drop-out-of-college-mental-health-challenges/>

⁶ https://www.salliemae.com/content/dam/slm/writtencontent/Research/Completion_Research_Study.pdf

⁷ [https://healthymindsnetwork.org/wp-](https://healthymindsnetwork.org/wp-content/uploads/2020/09/Healthy_Minds_NCHA_COVID_Survey_Report_FINAL.pdf)

[content/uploads/2020/09/Healthy_Minds_NCHA_COVID_Survey_Report_FINAL.pdf](https://healthymindsnetwork.org/wp-content/uploads/2020/09/Healthy_Minds_NCHA_COVID_Survey_Report_FINAL.pdf)

⁸ https://scholar.harvard.edu/files/bolotnyy/files/bbb_mentalhealth_paper.pdf

⁹ <https://www.purdue.edu/idata/Products/Data/Grad-SERU-Dashboards/index.php>

WHEREAS, Purdue SERU indicate that 31% of Purdue undergraduate students report emotional health concerns as a condition that affects their student experience; and

WHEREAS, Purdue University states, “The safety and well-being of our students are a top priority for Purdue.”;¹⁰ and

WHEREAS, Purdue University states, “We are committed to helping our students reach their fullest potential both in and out of the classroom”;¹¹ and

WHEREAS, Purdue University does not have any explicitly designated time off for mental health and well-being; and

WHEREAS, Lack of support for mental health and well-being initiatives can be seen as a threat to campus safety; and

WHEREAS, Martin Luther King Jr. Day and Spring Break are the only University recognized times of reprieve during the spring semester. However, students employed on research and/or graduate assistantships and fellowships are not eligible for Spring break; and

WHEREAS, Many graduate students are not able to have a genuine spring break and it is often a period devoted to catching up on grading, writing, and research; and

WHEREAS, Mental Health Action Week (MHAW) is a student organized event that works to destigmatize and provide resources to students. A university sponsored and organized day for mental health is necessary to foster a safe and healthy environment for productive education and thriving student life.

NOW, THEREFORE, BE IT RESOLVED, That the Purdue Graduate Student Government (PGSG) and Purdue Student Government (PSG) calls for establishment of a Student Well-being Day beginning Spring of 2023.

BE IT FURTHER RESOLVED, That PGSG and PSG asks Purdue University to add Student Well-being Day to the University Calendar as a University recognized break for graduate and undergraduate students from both research and course-based activities.

BE IT FURTHER RESOLVED, That student wellbeing day should not fall congruent to any breaks and finals week at Purdue.

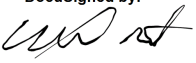
BE IT FURTHER RESOLVED, That PGSG and PSG asks Purdue University to publicly acknowledge the need for individuals designated as undergraduate, graduate, or professional by Purdue University to take time and prioritize mental health & wellbeing activities through implementation of this day.

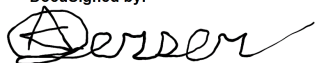
¹⁰ <https://www.purdue.edu/advocacy/students/wellbeing/index.html>

¹¹ <https://www.purdue.edu/odos/resources/well-being.html>

BE IT FURTHER RESOLVED, That PGSG and PSG asks Purdue University to begin developing (or share if they already have one) a comprehensive action plan that involves allocating more resources to mental health & wellness services.

BE IT FURTHER RESOLVED, That PGSG and PSG asks Purdue University to highlight other well-being, advocacy, reporting, and student support services offered on campus.¹²

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President, PGSG

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President, PSG

Legislation History

Purdue Graduate Student Government (PGSG) Passage Date: October 26, 2022

PGSG President: Alex Seto

PGSG Senate Chair: Josiah Davidson

Purdue Student Government (PSG) Passage Date November 9, 2022

PSG President: Andrew Jensen

PSG Senate President: Izzy Webber

¹² <https://www.purdue.edu/advocacy/documents/studentofconcernfilefolder.pdf>