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## PURDUE GRADUATE STUDENT SENATE

### RESOLUTION No. FA22 – R003



### Resolution Establishing Student Well-being Day

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**Sponsor(s):** Somosmita Mitra, Department of Electrical and Computer Engineering

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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;<sup>1,2</sup> and

**WHEREAS,** Pre-pandemic studies indicated that one in three students “meet the criteria for a clinically significant mental illness” in 2019;<sup>3,4</sup> 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;<sup>5,6,7</sup> 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;<sup>8</sup> 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);<sup>9</sup> and

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

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

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

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

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

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

<sup>6</sup> [https://www.salliemae.com/content/dam/slm/writtencontent/Research/Completion\\_Research\\_Study.pdf](https://www.salliemae.com/content/dam/slm/writtencontent/Research/Completion_Research_Study.pdf)

<sup>7</sup> [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)

<sup>8</sup> [https://scholar.harvard.edu/files/bolotnyy/files/bbb\\_mentalhealth\\_paper.pdf](https://scholar.harvard.edu/files/bolotnyy/files/bbb_mentalhealth_paper.pdf)

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

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

**WHEREAS**, Purdue University states, “We are committed to helping our students reach their fullest potential both in and out of the classroom”;<sup>11</sup> 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) calls for establishment of a Student Well-being Day beginning Spring of 2023.

**BE IT FURTHER RESOLVED**, That PGSG 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 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.

**BE IT FURTHER RESOLVED**, That PGSG 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.

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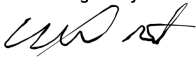
<sup>10</sup> <https://www.purdue.edu/advocacy/students/wellbeing/index.html>

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

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

**BE IT FURTHER RESOLVED,** That this resolution be referred to Purdue Student Government as a joint resolution. Upon approval by the Purdue Student Senate to all language, this can be reformatted to include Purdue Student Government in conjunction with PGSG to all joint resolution formatting and final language.

**PASSED, APPROVED, AND ADOPTED** this 26<sup>th</sup> day of October, 2022.

DocuSigned by:  
  
BS016D7B004B4A7...  
President, PGSG

DocuSigned by:  
  
9A293462337E40F...  
Senate Chair, PGSS

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

## Certification

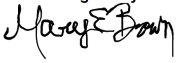
I, Mary Brown, Senate Clerk of the Purdue Graduate Student Senate, do hereby certify that the foregoing resolution was regularly passed and adopted by the Purdue Graduate Student Senate of Purdue University, at a regular meeting thereof held on the 26<sup>th</sup> day of October, 2022 by the following vote:

**AYES (37):** Agricultural Economics - Haseeb Daudzai  
Agricultural Sciences Education and Communication - Sarah Thies (Acting Senator)  
Animal Sciences - Sarah Innis  
Anthropology - Olivia Palepoi  
Aviation and Transportation Technology - Shantanu Gupta  
Biochemistry - Steven McKenzie  
Biomedical Engineering - Michael Zimmerman  
Botany and Plant Pathology - Ricky Critchfield  
Chemical Engineering - Annie Sun  
Chemistry - Miranda Weigand (Acting Senator)  
Civil Engineering - Agustin Quinones  
Communication - Savannah Meier  
Computer Science - Jacob White  
Earth, Atmospheric, and Planetary Sciences - Austin Blevins  
Electrical and Computer Engineering - Somosmita Mitra  
Engineering Technology - Pragatheiswar Giri  
English - Danielle Giles  
Environmental and Ecological Engineering - Kendrick Hardaway  
Forestry and Natural Resources - Ken Yao Chong  
Health Sciences - Sydney Stradtman  
Horticulture and Landscape Architecture - Camila Ulloa Gomez  
Hospitality and Tourism Management - Rachel Zhang  
Human Development and Family Studies - Amy Loviska  
Industrial Engineering - Utkuhan Genc  
Materials Engineering - Daniel Sinclair  
Mechanical Engineering - Meghavin Bhatasana  
Nuclear Engineering - Stepan Ozerov  
Nutrition Science - Julia Choi  
Philosophy - Mary Brown  
Physics and Astronomy - Shayamal Singh  
Public Health - Sidney Smith  
Purdue University Interdisciplinary Life Sciences (PULSe) - Lauren Wilbanks  
Sociology - Reilly Kincaid  
Speech, Language, and Hearing Sciences - Brooke Rodgers  
Statistics - Imon Banerjee

Technology, Leadership, and Innovation - Ralph Rivera  
Veterinary Clinical Sciences - Ojo Oluwabunmi T.

- NAYS (1):** Biological Sciences - Jacqueline Anders (Acting Senator)
- ABSENT (9):** Aeronautics and Astronautics - Krishna Bansibhai Thakkar  
Agricultural and Biological Engineering - Mike Sserunjogi  
Agronomy - Binod Gyawali  
Comparative Literature - Gwénaél Jouin  
Doctor of Veterinary Medicine (DVM) - Alaunie Smiley  
Engineering Education - Barbara Fagundes  
Management - Arindam Roy Chowdhury  
Mathematics - Alexandra Cuadra  
Political Science - Matthew Ellis
- ABSTAINED (9):** Basic Medical Sciences - Siyuan Sun  
Curriculum and Instruction - Theodora Amuah  
Ecological Sciences and Engineering (ESE) - Neha Shakelly  
Economics - Talha Cakir  
Educational Studies - Stephanie Contreras  
Food Science - Anaël Kimble  
Industrial and Physical Pharmacy - Pradnya Prakash Bapat  
Interdisciplinary Biomedical Sciences (IBSC) - Antonia Susnjar  
Languages and Cultures - Santiago Parra Giraldo

IN WITNESS WHEREOF, I have hereunto set my hand this 30<sup>th</sup> day of October,  
2022.

DocuSigned by:  
  
DC61112437FD494...

Senate Clerk, PGSS