

**UNIVERSITY OF WISCONSIN-EAU CLAIRE
STUDENT SENATE RESOLUTION**

CALL FOR MENTAL HEALTH & WELLNESS DAYS

1 WHEREAS, the University of Wisconsin-Eau Claire Student Senate is the official voice of the
2 student body; and

3 WHEREAS, mental health has been a rising concern for not only the university, but also the entire
4 country as a whole; and

5 WHEREAS, therapy and counseling—in-person or tele-therapy—cannot be the sole solutions for
6 student well-being and care; and

7 WHEREAS, there has been a large increase in demand for counseling services; and

8 WHEREAS, the University has been neglectful to take on action items or initiatives that could
9 benefit student well-being; and

10 WHEREAS, well-being is a combination of mental, emotional, physical, and social belonging in
11 every facet of health and must be considered ever-changing and constantly requires support from the
12 environments of human behavior¹; and

13 WHEREAS, The University of Wisconsin-Eau Claire has claimed to commit to wellness on campus
14 but have not considered wellness days as an alternative to student, faculty, and staff stress; and

15 WHEREAS, while college is an environment to create relationships and learn, it must also be a
16 place to relax, recharge, and understand the needs and desires of one’s own mind and body; and

17 WHEREAS, solutions cannot rely entirely on counseling and must take holistic approaches to
18 wellness for student mental health²; and

19 WHEREAS, the authors and the University of Wisconsin-Eau Claire Student Senate acknowledge
20 the efforts made by Counseling Services and Governor Evers to provide students with accessible
21 counseling; and

22 WHEREAS, the University of Wisconsin System and the University of Wisconsin-Eau Claire must
23 go further to combat and maintain positive student mental health; and

24 WHEREAS, it is the belief of the University of Wisconsin-Eau Claire Student Senate and the authors
25 of this resolution that wellness weekends and mental health days can benefit students by providing them

¹ <https://www.cdc.gov/hrqol/wellbeing.htm>

² <https://www.cdc.gov/mentalhealth/learn/index.htm>

26 with the space and time to take breaks from classes, focus on themselves, and maintain the peace and
27 care required to remain health, safe, and considerate of their lives; and

28 BE IT THEREFORE RESOLVED, the University of Wisconsin-Eau Claire must plan wellness days
29 where all classes, including labs, are not in session and provide students with opportunities to take time
30 for themselves, explore resources on campus, and share their time with other students on campus to
31 build relationships and connect with others; and

32 BE IT FURTHER RESOLVED, the University of Wisconsin-Eau Claire has the capacity to take two
33 days out of the Fall semester and two days out of the Spring semester; and

34 BE IT FURTHER RESOLVED, the University of Wisconsin-Eau Claire Academic Affairs and Provost
35 must work with respective departments to investigate the attached proposed solutions and ideas/plans
36 for mental health/wellness days for the University of Wisconsin-Eau Claire; and

37 BE IT FURTHER RESOLVED, on the passage of this resolution, the authors shall follow an
38 appropriate course of action to communicate with respective individuals and departments; and

39 BE IT FINALLY RESOLVED, that upon passage of this resolution, President Gaitán will transmit a
40 copy of this bill to Dr. James Schmidt, Chancellor; Gregory Heinselman, Dean of Students; Dr. Patricia
41 Kleine, Provost and Vice Chancellor, Academic Affairs; Grace Crickette, Vice Chancellor, Finance and
42 Administration; Billy Felz, Interim Vice Chancellor, Enrollment Management; Teresa O'Halloran, Interim
43 Assistant Chancellor of EDI; Selika Ducksworth-Lawton, Interim Executive Director for EDI Engagement;
44 Evan Weiher, Chair, University Senate; Riley McGrath, Ph.D., Director, Counseling Services; Quincy
45 Nesgoda, Student Body President, UW Eau Claire-Barron County; Gary Wheeler, Interim Campus Director,
46 UW Eau Claire-Barron County;

AUTHORED BY:

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Attachment A

Proposed Ideas for Mental Health Days/Wellness Weekend

1. A Wellness Weekend

- i. A wellness weekend shall be defined as an extended weekend (from 8AM on Friday to 8AM on Tuesday).
- ii. Attendance is not a requirement; lectures will not be held; all classes from 8AM to 10PM shall not be held; students will not be required to attend classes or labs and can use the time to participate in a campus-wide wellness fair with activities and resources.
- iii. Professors will hold a student hour(s) during the time of the scheduled period to be available to students for extra assistance on course assignments and content.
- iv. Utilize other campus events, departments, and areas to collaborate on events during a Wellness Fair (University Activities Commission; Activities, Involvement, & Leadership; Counseling Services; SPARC; Dean of Students Office; Multicultural Student Services; etc.).
 1. Delegate different areas of a Wellness Fair to organize consistent and demographic-based activities & resources (different areas of campus delegate different areas for students of color, queer students, students with disabilities, etc.)
 2. List of similar events to provide during a wellness fair: UAC Rage room, Library After Dark, Bark Break, etc.

1. Individual Mental Health Days

- i. In the chance that the University of Wisconsin-Eau Claire decides to pursue individual days, rather than a weekend, the aforementioned ideas shall be considered.
- ii. New events possibilities: Flowerpot painting and planting, Affirmation board in Davies, Choir/A Cappella performances, Club activities/demonstration (Yoga, Dance, Players, etc.), Painting and art groups, Mental health presentations.