To those whom it concerns,

The Student Senate of the University of New Hampshire recently passed the attached resolution requesting that the one day Fall Break be reinstituted. The students believe that it is important for the well-being of all involved at the university to have the one day break in October in order to address the high stress levels associated with the college environment. The students believe that the precedent set by the previous fall break at the University of New Hampshire and by other institutions provides the opportunity to benefit students by reinstating this one day holiday. The Student Senate also respectfully request that this change not be made at the expense of the new holiday provided the day before Thanksgiving.

Respectfully,
Gabriel Hoffman
Speaker of the University of New Hampshire Student Senate
Student Senate Resolution XXXVII – 18 Bringing Back Fall Academic Break

Introduced by: Health and Wellness Chairperson, Emily Counts, Student Body Vice-President, Ryan Grogan

Date: December 11th, 2015

Whereas, there is currently no break from the beginning of the academic term until Veterans Day on November 11, and

Whereas, 77.6% of college students have moderate stress and 10.4% of college students have severe stress levels¹, and

Whereas, forcing yourself to continue your studies while taking care of yourself, prevents you from getting the most out of your education, and

Whereas, 30% of students have either gone to counseling or seriously considered going to counseling², and

Whereas, taking time off recharges your productivity and ability to perceive new direction, and

Whereas, students who experience time off will return with a renewed sense of excitement pertaining to their academic schedule, and

Whereas, taking a day off will increase your physical health, foster closer family relations, create new perspectives, contribute to increased mental power, lower your chances of burnout, and improve mental health, and

Whereas, Plymouth State University and Keene State College have a fall break, therefore

Be it resolved by the Student Senate of the University of New Hampshire to ask the Registrar’s Office and Faculty Senate to bring back fall break, and

Be it further resolved by the Student Senate of the University of New Hampshire that this fall break does not require classes to be held on the day before Thanksgiving.

Senate Action: Passes with 3 nays

Speaker Verification: Gabriel Hoffman

¹ http://www.tandfonline.com/doi/abs/10.1080/0144341940140306
² https://prezi.com/yfpkr9lswpfm/academicfinancial-stress/