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## A Resolution

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This is a resolution to implement two (2) mental health days throughout the Spring 2021 semester, on Wednesday March 10, 2021, and Thursday, April 8, 2021. During these days, there should be no exams or assignments due.

**Whereas**, UNO students have had an increased level of stress due to the COVID-19 pandemic and taking majority online classes;

**Whereas**, the implementation of mental health days will give UNO students the opportunity to destress from taking non-stop classes, especially due to the absence of having a Spring Break in Spring 2021;

**Whereas**, implementing mental health days during the week on a Wednesday and Thursday would significantly decrease the chance of UNO students travelling during the day off;

**Whereas**, the specific dates were chosen to only affect one class day on the MonWedFri schedule, and one class day on the TueThu schedule.

**Whereas**, having exams or assignments due on the mental health days will prevent the opportunity of students to destress, effectively giving no break from classes at all;

**Whereas**, 1015 students completed a mental health survey, further providing the need for students to have time off from classes to relax and cope with their mental health and/or stressors;

**Whereas**, The University of New Orleans has a responsibility to implement practices and/or events to decrease the level of stress and/or mental health struggles our students deal with;

**Whereas**, Faculty and Staff are encouraged to adopt these same mental health days, as Faculty and Staff struggle with stress and/or mental health as well.

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BE IT ENACTED BY THE UNIVERSITY OF NEW ORLEANS STUDENT GOVERNMENT ASSOCIATION THAT:

- I. THE UNIVERSITY OF NEW ORLEANS ADOPT MENTAL HEALTH DAYS ON MARCH 10,2021, AND APRIL 8, 2021.
- II. SEE ATTACHED SURVEY REPORT.

Senate Action: Passed

Vote: 15 Yes 0 No 3 Abstentions

  
Desmond LeBlanc (Nov 19, 2020 15:34 CST)

Nov 19, 2020

**PRESIDING OFFICER'S SIGNATURE**

**DATE**

SGA President's Action: Approved

  
Julian Romero (Nov 20, 2020 09:46 CST)

Nov 20, 2020

**SGA PRESIDENT'S SIGNATURE**

**DATE**

**VETO OVERRIDE**

Senate Action on Veto: \_\_\_\_\_

Vote: \_\_\_\_\_

\_\_\_\_\_  
**PRESIDING OFFICER'S SIGNATURE**

\_\_\_\_\_  
**DATE**

## MENTAL HEALTH DAY SURVEY REPORT

Students were sent a survey to gather information and opinions concerning the implementation of mental health days in the Spring 2021 semester. 1015 students completed the survey, and the results are as follows:

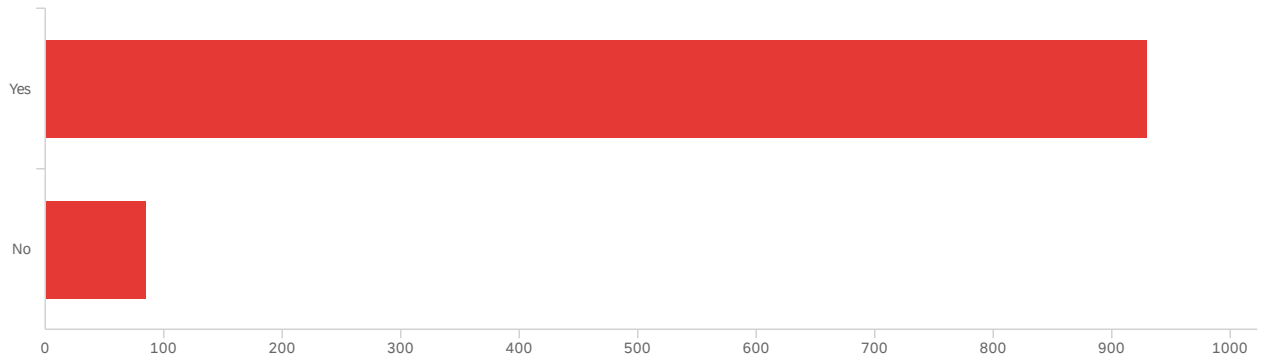
- 91% of students admitted to struggling with mental health during school.
- 85% of students know another UNO student that struggles with mental health.
- When asked how students cope with stress and/or mental health, 59% said they rest, while only 4.7% of students polled said that they travel to help cope.
- 82% of students said that the absence of Fall 2020 Fall Break made them feel more overwhelmed from classes.
- 87% of students said that they do not typically travel on one-day school breaks such as MLK Day.
- 55% of students like the idea of mental health days being implemented in the Spring 2021 semester, with only 20% who do not (mostly because they want to have Spring Break).
- 76% of students think that the implementation of mental health days will help students cope with their stress and/or mental health.
- 83% of students say that they would not feel inclined to travel during the mental health days, if implemented.
- One student quote that stuck out was, “Mental health days could easily be the difference between success and failure for many students, myself included, in the upcoming semester.”

# Default Report

UNO Mental Health Days Survey

November 5, 2020 11:52 AM MST

## Q1 - Do you typically struggle with stress and/or mental health during school?



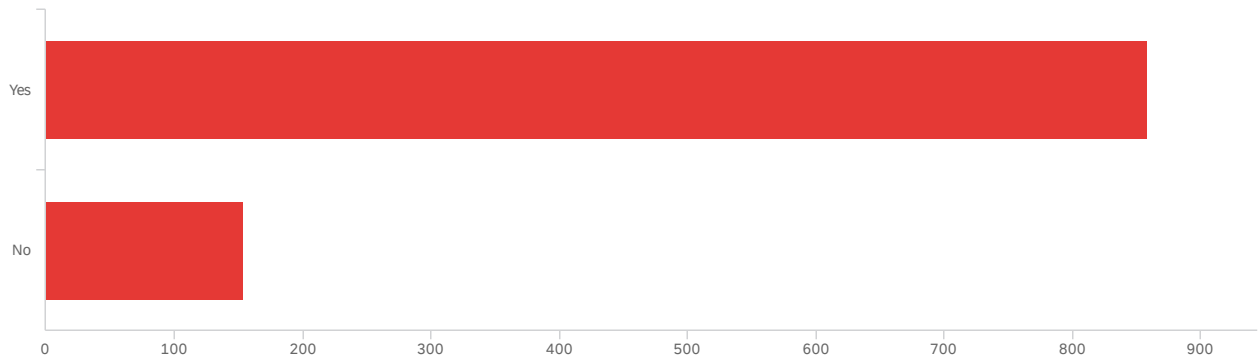
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Do you typically struggle with stress and/or mental health during school?	1.00	2.00	1.08	0.28	0.08	1,015

#	Field	Choice Count
1	Yes	91.63% 930
2	No	8.37% 85

1015

Showing rows 1 - 3 of 3

## Q2 - Do you know a UNO student that regularly deals with stress and/or mental health?



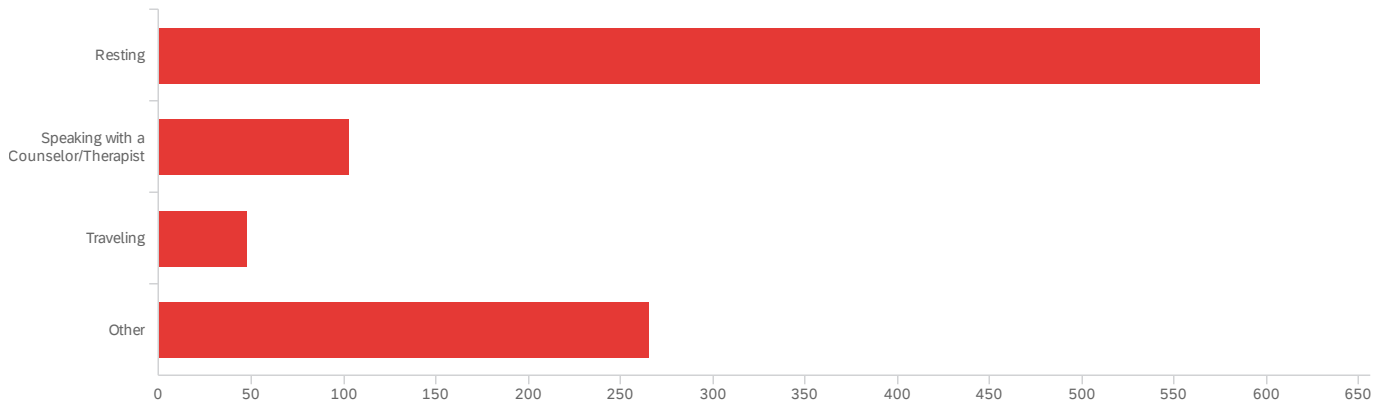
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Do you know a UNO student that regularly deals with stress and/or mental health?	1.00	2.00	1.15	0.36	0.13	1,013

#	Field	Choice Count
1	Yes	84.80% 859
2	No	15.20% 154

1013

Showing rows 1 - 3 of 3

### Q3 - How do you typically cope with stress/mental health?



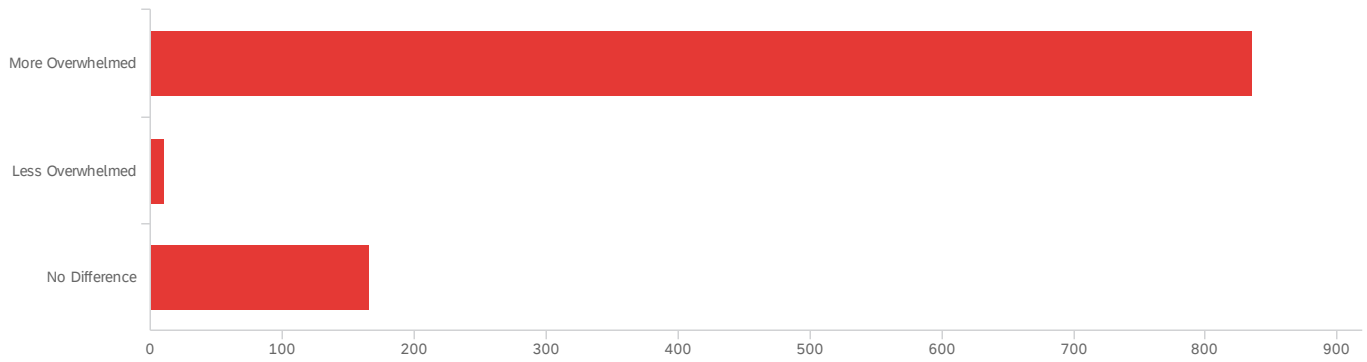
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	How do you typically cope with stress/mental health?	1.00	4.00	1.98	1.30	1.69	1,014

#	Field	Choice Count
1	Resting	58.88% 597
2	Speaking with a Counselor/Therapist	10.16% 103
3	Traveling	4.73% 48
4	Other	26.23% 266

1014

Showing rows 1 - 5 of 5

## Q4 - Overall, how did having no Fall Break make you feel?

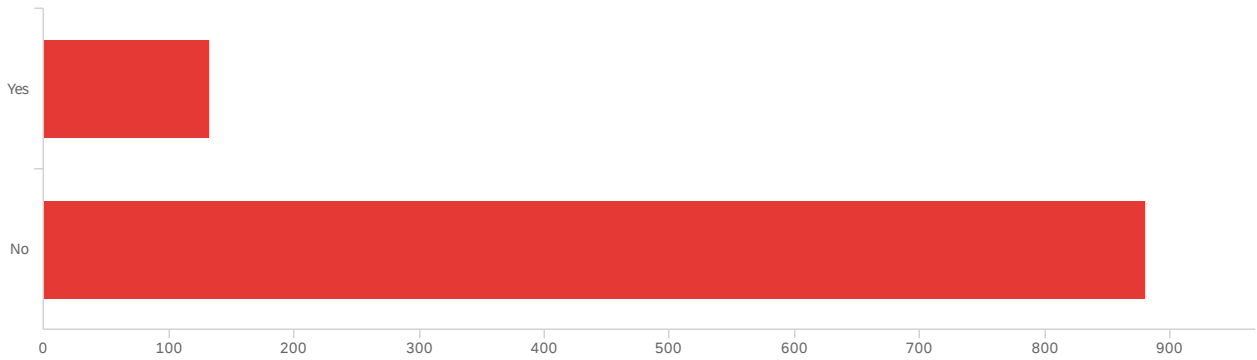


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Overall, how did having no Fall Break make you feel?	1.00	3.00	1.34	0.74	0.55	1,012

#	Field	Choice Count
1	More Overwhelmed	82.61% 836
2	Less Overwhelmed	0.99% 10
3	No Difference	16.40% 166
		1012

Showing rows 1 - 4 of 4

Q5 - For one-day school breaks, like MLK Day, do you typically travel or go on a vacation?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	For one-day school breaks, like MLK Day, do you typically travel or go on a vacation?	1.00	2.00	1.87	0.34	0.11	1,013

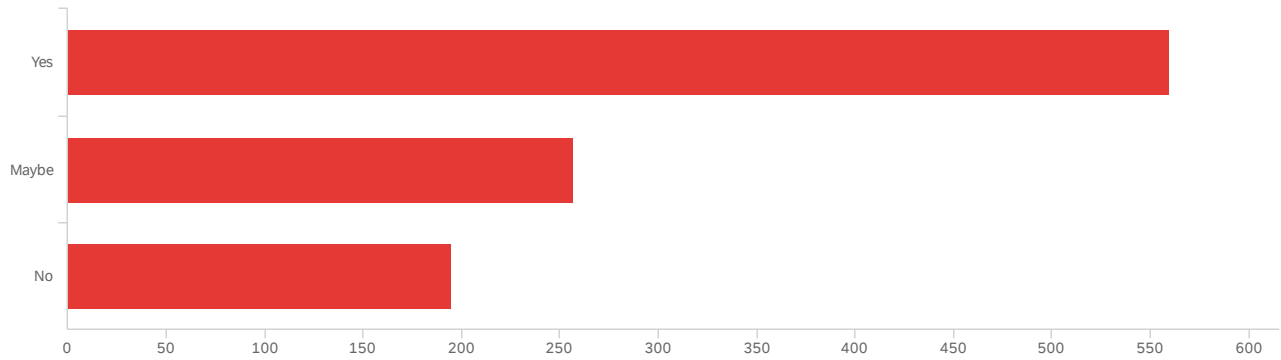
#	Field	Choice Count
1	Yes	13.03% 132
2	No	86.97% 881

1013

Showing rows 1 - 3 of 3



## Q6 - Would you like to have mental health days throughout next semester, in place of having no Spring Break?



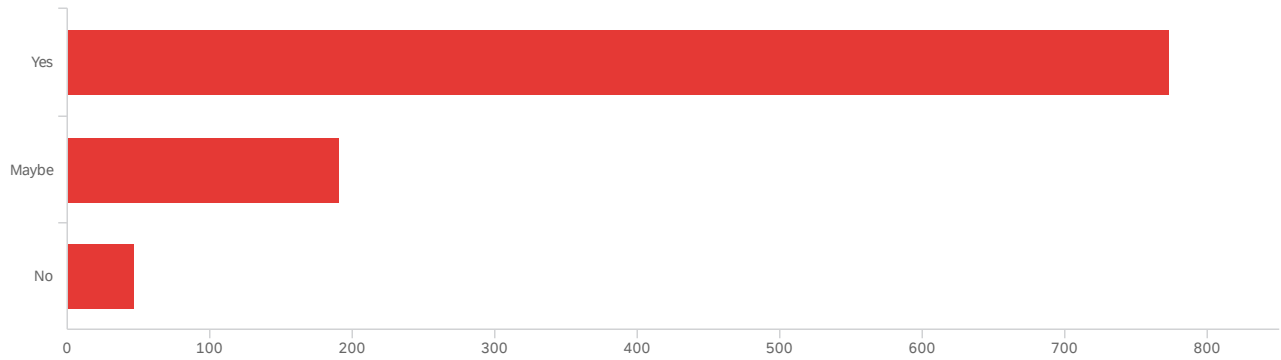
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Would you like to have mental health days throughout next semester, in place of having no Spring Break?	1.00	3.00	1.64	0.78	0.62	1,012

#	Field	Choice Count
1	Yes	55.34% 560
2	Maybe	25.40% 257
3	No	19.27% 195
		1012

Showing rows 1 - 4 of 4

# Q7 - Do you think that having mental health days would help you and/or other UNO

students deal with stress and/or mental health?

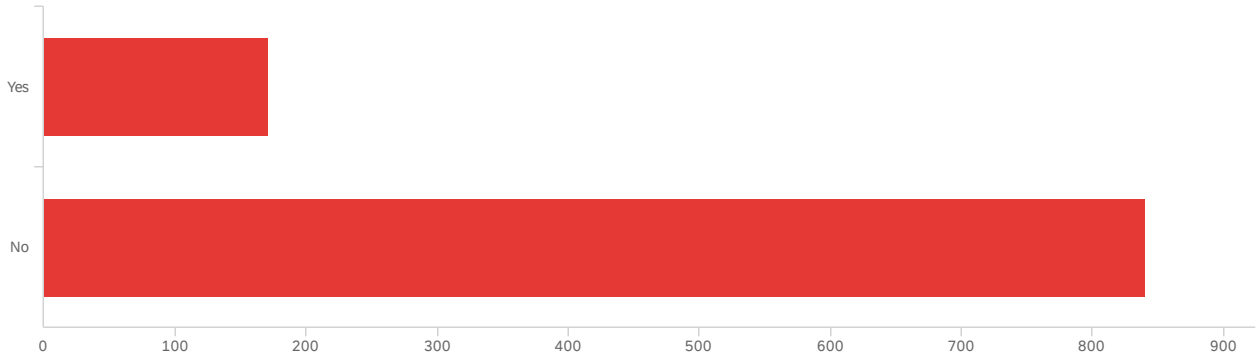


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	Do you think that having mental health days would help you and/or other UNO students deal with stress and/or mental health?	1.00	3.00	1.28	0.54	0.30	1,012

#	Field	Choice Count
1	Yes	76.48% 774
2	Maybe	18.87% 191
3	No	4.64% 47
		1012

Showing rows 1 - 4 of 4

Q8 - If given mental health days would you feel inclined to travel, even with COVID-19 restrictions still in place?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	If given mental health days would you feel inclined to travel, even with COVID-19 restrictions still in place?	1.00	2.00	1.83	0.37	0.14	1,012

#	Field	Choice Count
1	Yes	16.90% 171
2	No	83.10% 841

1012

Showing rows 1 - 3 of 3

**End of Report**









# Mental Health Resolution

Final Audit Report

2020-11-20

Created:	2020-11-19
By:	Joy Ballard (jnballa1@uno.edu)
Status:	Signed
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-  Document created by Joy Ballard (jnballa1@uno.edu)  
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-  Agreement completed.  
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