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1 **A Resolution-**

2 To be known as "A Resolution to implement a Fall Break as well-
3 being days" relating to the absence of a designated break on the
4 current university academic calendar within the fall semester
5 leading to concerns regarding student mental health and
6 wellbeing.

8 **WHEREAS:** The Student Government of Texas State University, on
9 behalf of the student body of Texas State University would like to
10 address the ongoing challenge students encounter during the
11 midpoint of the fall semester, particularly as midterms approach;
12 and

13 **WHEREAS:** The current deficiency in our academic calendar, which
14 lacks a designated break during the midpoint of the fall semester,

15 coinciding with the onset of midterm exams. This absence of a break
16 poses a significant challenge to the mental and physical well-
17 being and academic performance of Texas State University students,
18 placing them under undue stress and strain during a crucial period
19 of their academic experience; and

20 **WHEREAS:** Texas A&M Student Government Senate passed legislation in
21 2019 advocating for a fall break, with Texas A&M University
22 promptly implementing the recommendation. Citing the practices of
23 nine other major universities, including the University of
24 Arkansas, Auburn University, University of Georgia, University of
25 Kentucky, Louisiana State University, Mississippi State
26 University, University of South Carolina, University of Tennessee,
27 and Vanderbilt University, Texas A&M's legislation emphasized the
28 widespread adoption of fall breaks among peer institutions.
29 Furthermore, it is noteworthy that there are currently no breaks
30 on the Texas State University academic calendar between the Labor
31 Day Holiday in September and Thanksgiving Break in November,
32 highlighting the necessity for additional opportunities for
33 student rest and well-being; and

34 **WHEREAS:** Student feedback supporting the urgent need for

35 intervention. Discussions conducted amongst the student body
36 revealed widespread dissatisfaction with the current lack of
37 breaks during the fall semester, with many students expressing a
38 desire for additional breaks to support their well-being, academic
39 success, and Mental Health. Moreover, discussions in education and
40 psychology consistently highlight the detrimental effects of
41 prolonged academic stress on student mental health, cognitive
42 functioning, and overall academic performance. It is evident that
43 action must be taken to address this pressing issue and ensure the
44 holistic well-being of the Student Body of Texas State University;
45 and

46 **WHEREAS:** Several universities in Texas, including the University
47 of Texas at Austin and the University of North Texas, have
48 successfully implemented full Thanksgiving Breaks, providing
49 students with extended time for rest and relaxation during the
50 holiday season. Conversely, institutions such as Texas Tech
51 University, University of Houston, and Tarleton State University
52 currently maintain a similar structure to Texas State University,
53 with observance of Labor Day in September and a partial week for
54 Thanksgiving Break in November; and

55 **WHEREAS:** Texas State University, in contrast, only provides four
56 non-class days throughout the fall semester. These include Labor
57 Day in September, a partial Thanksgiving Break from Wednesday to
58 Friday, and a reading day before final exams begin. Notably, this
59 allocation accounts for four out of the seven days typically
60 allotted by the Texas Education Common Academic Calendar.

61 **WHEREAS:** It is crucial to consider the impact of severe weather
62 conditions in Texas, which may necessitate a university closure.
63 Given this context, the implementation of a two-day fall break at
64 Texas State University would increase the number of utilized non-
65 class days to six out of the seven allotted, which will allocate
66 one day for potential closure due to inclement weather; and

67 **WHEREAS:** Texas State University Student Government proposes the
68 implementation of the Fall Semester Break, offering two viable
69 solutions to mitigate the challenges faced by students during
70 the midpoint of the fall semester. The first option entails the
71 addition of a two-day fall break preceding the commencement of
72 midterm examinations, typically in mid-October, providing
73 students with a brief but valuable opportunity to rest, recharge,
74 and mentally prepare for their assessments. Alternatively, the

75 Second option proposes the extension of the Thanksgiving break
76 to a full week, in place of the current three-day break,
77 compensating for the absence of a dedicated fall break
78 and acknowledging the widespread practice of instructors
79 canceling classes during this period. Both options aim to
80 address the immediate needs of students and foster a
81 campus environment that prioritizes student's well-being
82 and academic success; therefore,

83 **BE IT RESOLVED:** The Texas State University Student Government,
84 representing the collective voice of the student body, hereby
85 recommends the implementation of a fall break to address the
86 pressing need for a designated break during the midpoint of the
87 fall semester; and

88 **BE IT FURTHER RESOLVED:** This legislation be forwarded to the
89 Student Body President for further action.

90 [Texas A&M Fall Break Legislation](#)

91 [https://senate.tamu.edu/wp-
content/uploads/2020/03/20200304123759635.pdf](https://senate.tamu.edu/wp-content/uploads/2020/03/20200304123759635.pdf)

92 [Texas A&M - Academic Calendar](#) -

93 <https://registrar.tamu.edu/academic-calendar/fall-2023>

94 [University of Arkansas - Academic Calendar](#) -

95 <https://registrar.uark.edu/academic-dates/3-year-academic->
96 <calendar/2023-2024-five-year-academic-calendar.php>
97 [Auburn University - Academic Calendar](#) -
98 <https://auburn.edu/about/academic-calendar/>
99 [University of Georgia - Academic Calendar](#) -
100 <https://reg.uga.edu/general-information/calendars/academic->
101 <calendars/>
102 [University of Kentucky - Academic Calendar](#) -
103 <https://registrar.uky.edu/academic->
104 <calendars/years/university/2023-2024>
105 [Louisiana State University - Academic Calendar](#) -
106 <https://www.lsu.edu/registrar/academics/academic-calendars/2023->
107 <2024/2023-2024-academic-calendar.php>
108 [Mississippi State University - Academic Calendar](#) -
109 <https://www.registrar.msstate.edu/calendars/academic->
110 [calendar/c/?year\[value\]\[year\]=2024&semester=fall](calendar/c/?year[value][year]=2024&semester=fall)
111 [University of South Carolina - Academic Calendar](#) -
112 [https://sc.edu/about/offices and divisions/registrar/academic](https://sc.edu/about/offices_and_divisions/registrar/academic)
113 calendars/2023-24_calendar.php
114 [University of Tennessee - Academic Calendar](#) -
115 <https://registrar.utk.edu/wp->
116 <content/uploads/sites/38/2023/10/2023-24-UTK-Academic-Calendar->
117 <10.27.2023-Update.pdf>
118 [Vanderbilt University - Academic Calendar](#) -

119 <https://registrar.vanderbilt.edu/calendars/2023-24-academic.php>

120 [University of Texas at Austin - Academic Calendar](#) -

121 <https://registrar.utexas.edu/calendars/23-24>

122 [University of North Texas - Academic Calendar](#) -

123 <https://registrar.unt.edu/registration/fall-academic-calendar.html>