



## Senate Minutes

2/2/2021

**I. Call to Order**

**II. Roll Call**

- A. Sciences Senator, Education Senator, International Representative: not in attendance

**III. Approve Minutes from Last Meeting**

- A. Approved

**IV. New Business**

- A. Social Media Takeovers:** If you haven't signed up for a week to do a takeover, make sure to sign up!

- B. Mental Health Days:** Presented by Disabilities Representative-Proposing to talk to the Provost's (at the Provost's meeting on Wednesday) to allow for three days max per semester for mental health day. If the student misses the class, they get a week to make up the assignment. This is to give the students a way to recoup when having a bad mental health day. Utah has the fifth highest rates of suicides and COVID-19 has not been helping that rate. This can benefit all members of the student population (teenagers, parents, veterans, etc.).

1. How would the students be able to say they are taking a mental health day? Simply emailing the professor before class stating the reason for not attending would work. This allows students who are in more demanding majors to have an excused absence if they need to take the day for their own mental health.
2. Could the students use their mental health days on exam days? Students could take advantage of the mental health days and save them for exam days.
3. Possibly proposing a bill for teachers to be required to continue recording classes and uploading them even after the pandemic is over.
4. Audio
5. Veterans Rep is proposing a designated campus-wide mental health day. Disabilities Rep says that you can't always plan when a depressive episode would hit, but the proposal should be considered.
6. Why not just advocate for professors to be more understanding towards taking a mental health day rather than having an allotted amount of mental health days.
7. Should the student's academic advisor be CC'd on the email that is sent to the professor when asking for a mental health day?
8. We could propose to the Provosts that a syllabus statement would be nice so that there is a blanket statement that says that the professor is open to understanding if a student takes a mental health day.
9. This idea was proposed to the President's Cabinet. It was discussed that if there was a campus-wide mental health day, professors wouldn't assign any assignments, the school could host yoga and meditation times, etc. It could be implemented in later semesters that haven't already been scheduled.
10. Are there parameters for the mental health day? If there was a campus-wide day, then it's proposed that there would be no tests or assignments due on that day.

**V. Close**