

**STUDENT SENATE BILL 2023-1146****TITLE:** Resolution Recognizing the Need for Finals Week De-Stress Events for Students**AUTHOR(S):** Senator Owen Lekebusch, Senator Jillian Sparkman

**SPONSOR(S):** Judiciary Chair Jonathan C. Stephens, Judiciary Vice-Chair Joaquin R.C. Marcelino, Senator Matthew Reich, Senator Saketh Damara, Senator Laurie Wang, Senator Samantha Kinggard, Senator Charlotte Russo, Senator Julia Seifer, Senator Nathan Patrick, Member-at-Large Johnny Liu, Senator Wavid Bowman, Senator Josh Rabinovitz, Senator Monish Vijayaraghavan, Senator Kishan Nayak, Senator Amanda Lieber, Senator Kaavya Polavarapu, Senator Rassel, Senator Eric Oh, Senator Cec Wood-Barron, Budget and Appropriations Chairman Blake Cox, Senate President Pro Tempore Nathan McGinnis, Senator Raj Mia, Senator Asif Islam, Senator Anthony Hockman

**WHEREAS**, “Finals Week” refers to a period when most courses schedule their final exams, centering around mid-December for the Fall semester and late April into May for the Spring, per the University of Florida 2023-2024 Academic Calendar [1]; and,

**WHEREAS**, in a 2022 survey conducted by the American Addiction Centers, the most commonly shared stressor among college students was determined to be exams, with more than 89% of college students stating that exams are a stressful factor in their life [2]; and,

**WHEREAS**, according to the American Psychological Association, chronic stress can lead to anxiety, depression, and concentration impairment, among other negative effects [3]; and,

**WHEREAS**, in a separate 2022 study by the Association for Psychological Science, it was found that there is a negative correlation between test anxiety and knowledge acquisition [4]; and,

**WHEREAS**, an increase in de-stress events around Finals Week would be beneficial to students negatively affected by the high volume of exams in this period; and,

**WHEREAS**, promoting events aimed to lower Finals Week stress could reduce test anxiety for many students, leading to better performance on exams and greater academic success campuswide; then,

**THEREFORE, LET IT BE RESOLVED** that the University of Florida Student Senate recognizes the need for increased de-stress events around Finals Week for both undergraduate and graduate students.

**THEREFORE, LET IT FINALLY BE RESOLVED** that the University of Florida Student Senate urges administration and the Counseling and Wellness Center to further invest in events that aim to lower stress associated with Finals Week.

*Proviso: A copy of this resolution shall be sent to University of Florida President Ben Sasse, Interim Provost Scott J. Angle, Gatorwell Director Monica Webb, Counseling and Wellness Center Director*

*Ernesto Escoto, Counseling and Wellness Center Special Projects Student Assistant Caitlin Lauer.*

[1] <https://catalog.ufl.edu/UGRD/dates-deadlines/2023-2024/>

[2] <https://americanaddictioncenters.org/blog/college-coping-mechanisms>

[3] <https://www.apa.org/topics/stress/health>

[4] <https://journals.sagepub.com/doi/10.1177/09567976221119391>

  
Oscar Santiago Perez  
Senate President

  
Date