

STUDENT SENATE BILL 2025-1027

TITLE: Resolution Advocating for a Week of Events Aimed to De-stress Students and Faculty During Finals Week

AUTHOR(S): Senator Katherine Finrock and Senator Maddie Seifer

SPONSORS: Deputy Majority Party Leader Rafeh Khan

WHEREAS, finals week is a stressful time for all students and faculty because of the high-pressure environment created by heavily weighted tests and assignments that determine the way a student ends a course; and,

WHEREAS, “the season of finals is a time of heightened anxiety and debilitating exhaustion for both teachers and students,” which supports the need for de-stressors not only for students but faculty during finals week [1]; and,

WHEREAS, students feel constantly overwhelmed as their time is dedicated solely to studying for their exams while faculty is burdened with preparing their students to the best of their abilities, so the UF community is in need of outlets to alleviate said stressors [1]; and,

WHEREAS, according to the National Library of Medicine, “a higher level of academic stress is associated with a higher level of school burnout, which in return, leads to a higher level of depression,” and thus, stress is proven to negatively impact students' mental health and academic performance [2]; and,

WHEREAS, activities during finals week will allow the students to relax and decrease the opportunity for burnout, which can result in poor performance and mental health problems; and,

WHEREAS, activities such as therapy dog visits, yoga sessions, free coffee and snacks, mindfulness workshops, and stress-relief giveaways can significantly reduce anxiety and enhance mood on campus; and,

WHEREAS, student organizations and campus offices can collaborate to create accessible and inclusive events to meet the diverse needs of the student body during finals week; then,

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate recognizes the importance of students’ mental health and well-being during finals week.

THEREFORE, LET IT FURTHER BE RESOLVED that the University of Florida Student Senate supports initiatives to aid in student success and promote mental health, particularly during finals week, specifically by having week-long activities on campus.

THEREFORE, LET IT FINALLY BE RESOLVED that the University of Florida Student Senate will support any efforts towards planning events that will de-stress students during finals week, in order to promote a better academic environment for all students.

Proviso: A copy of this resolution shall be sent to the Interim Director for GatorWell Jennifer Kennymore Royer and Health Promotion Specialist at GatorWell Dr. Montserrat Carrera Seoane.

[1] <https://enochseagleeye.org/3869/students/students-vs-teachers-perspective-of-finals/>

[2] <https://pmc.ncbi.nlm.nih.gov/articles/PMC9243415/>