**Motion Regarding Endorsement of the Proposal for a Fall Reading Break**

Whereas, recent evidence suggests that a Fall Reading Break reduces stress levels in students, particularly first-year students;[[1]](#footnote-1)

Whereas, during the 2014-2015 academic year student senators proposed the creation of a Fall Reading Break at McGill;

Whereas, a survey conducted by Enrolment Services on this subject in April 2015 received 5112 total responses;

Whereas, this survey indicated that the majority of respondents (71.5%) were in favour of adding a Fall Reading Break, and the majority of respondents (69%) preferred adding two days to the Canadian Thanksgiving weekend in October;

Whereas, a Fall Reading Break proposal based on this model was presented to the Enrolment and Student Affairs Advisory Committee (ESAAC) on September 8, 2015 (see Appendix);

Whereas, this proposal has not yet been approved despite two successive meetings;

Whereas, delaying this proposal further will prevent the targeted implementation of a Fall Reading Break by the 2017-2018 academic year;

**Be It Resolved That** the Arts Undergraduate Society endorse the proposal for a Fall Reading Break.

**Be It Further Resolved That** the Arts Undergraduate Society mandate its representatives to Senate to pursue the approval of this proposal by Senate before the end of the academic year.

Moved by:

Erin Sobat, Arts Senator

Alex Kpeglo-Hennessy, Arts Senator

1. “Exploring the Impact of a Fall Break on Student Mental Health Outcomes – Year 1 Report.” <http://www.brocku.ca/webfm_send/33279> [↑](#footnote-ref-1)