



Resolution R-20-21
The University of Alabama
26th Senate 2021-2022

Authored By: Senator Luke Dille

Sponsored By: Senator Deborah Oberkor, Senator Jordan Jones, Senator John McLendon, Senator Nate Fulmer, Senator Grant Haidu, Senator Luke Schroeder, Senator Katie Morris, Senator Alison Gaston, Senator Collier Dobbs, Senator Sarah Beth Corona, Senator Hope Rider, Senator Andrew Bregman, Senator Izzy Talbert, Senator Cameron Doyle, Senator Taryn Geiger, Secretary Grace Federico, Senator Charlie Crouse

Endorsed By: President Jillian Fields, Executive Vice President Sam Rickert, Vice President for Academic Affairs Amanda Allen, Vice President for Student Affairs Jack Steinmetz, Vice President for External Affairs Madeline Martin, Vice President for Diversity, Equity, and Inclusion Lauren Gilonske, Vice President for Financial Affairs Sullivan Irvine, Speaker of the Senate Darius Thomas

**A RESOLUTION TO IMPROVE ACADEMIC SUCCESS AND STUDENT
WELLBEING AT THE UNIVERSITY OF ALABAMA**

WHEREAS, Issues of physical and mental health dominated the attention of our student population and the rest of the world for the past year with the coronavirus pandemic; and

WHEREAS, The online learning required during this time was a drastic change from the pre-coronavirus methods of learning; and

WHEREAS, Distance learning suspended students and teachers practice of a healthy work-life balance; and

WHEREAS, Members of the UA student body are recovering mentally from the pandemic and growing accustomed to in person learning; and

WHEREAS, students have voiced concerns of assignments due on Saturday and Sunday; and

WHEREAS, This is not in the interest of the students or faculty because it promotes unhealthy work habits which has been linked to lowered student wellbeing; and

WHEREAS, The purpose of the University of Alabama is to prepare students for success post-graduation; and

WHEREAS, Saturday and Sunday in the workforce are used as “off days” that have been shown to increase productivity as well as wellbeing; and

WHEREAS, This could be applied at the University of Alabama to promote a healthy work-life balance for both faculty and students; now

THEREFORE, be it *RESOLVED*, In the interest of the health and wellness of the student body, the Student Government Association suggests a new rule that no assignments will be due on Saturdays and Sundays before 5pm

Be it further resolved, That copies of this resolution be sent to: Dr. Stuart R. Bell, President of the University of Alabama; Dr. Luoheng Han, Senior Associate Provost for Academic Affairs; Dr. Myron Pope, Vice-President for Student Life; Jillian Fields, President of the Student Government Association; Keely Brewer, editor-in-chief for *The Crimson White* and others as may be deemed necessary at a later date.