



Students' Society of McGill University

Tel: (514) 398-6800 | Fax: (514) 398-7490 | ssmu.ca

3600 McTavish St., Suite 1200, Montréal, QC, H3A 0G3

Located on Haudenosaunee and Anishinaabe, traditional territories

POLICY ON IMPLEMENTATION OF A FALL READING BREAK

Adopted by Referendum: 2018/03/21

Expires: 2023/01/01

[Adopted Motion \(Link\)](#)

WHEREAS, the SSMU is committed to “demonstrating Whereas, 61% of Canadian universities have already implemented four or more study days in the Fall semester;¹

WHEREAS, evidence suggests that a Fall Reading Break reduces stress levels in students, particularly first-year students;²

WHEREAS, a 2015 survey of 5112 students conducted by Enrollment Services found that 71.5% of respondents were in favour of a Fall Reading Break;³

WHEREAS, a Proposal for a Fall Reading Break at McGill University has already been developed;⁴

WHEREAS, the Students' Society of McGill University (SSMU) has supported proposals for a Fall Reading Break in the past;⁵

BE IT RESOLVED, THAT that the SSMU renew its stance of support for a Fall Reading Break at McGill University;

BE IT RESOLVED, THAT the SSMU support campaigns for the implementation of a Fall Reading Break at McGill University through the offices of the Vice-President (External Affairs) and Vice-President (University Affairs);

¹“Fall Reading Week up for approval at Western Senate“

https://www.westerngazette.ca/news/administration/fall-reading-week-up-for-approval-at-western-senate/article_9c29a4b4-efa4-11e6-bb-cd-2f38abac1e3f.html

²“Exploring the Impact of a Fall Break on Student Mental Health Outcomes – Year 1 Report.” http://www.brocku.ca/webfm_send/33279

³“SSMU Council passes motion of support for Fall reading week“

<http://www.mcgilltribune.com/news/ssmu-council-passes-motion-support-fall-reading-week-11238/>

⁴ “Fall Reading Break Proposal”

<http://ausmcgill.com/wp-content/uploads/2015/11/Appendix-%E2%80%93-Fall-Reading-Break-Proposal.pdf>

⁵“Motion Regarding the Endorsement of the Proposal for a Fall Reading Break”

<https://ssmu.ca/wp-content/uploads/2015/07/Motion-Regarding-Endorsement-of-the-Proposal-for-a-Fall-Reading-Break.pdf?x26516>



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BE IT RESOLVED, THAT the SSMU through the Office of the Vice-President (University Affairs), lobby the University to implement a Fall Reading Break at McGill University as soon as possible;

BE IT RESOLVED, THAT the SSMU, through the Office of the Vice-President (External Affairs), lobby the provincial government for legislation implementing a Fall Reading Break;

BE IT RESOLVED, THAT the SSMU encourages the Senate Caucus to pursue implementation of a Fall Reading Break until said break is implemented or this policy expires;

BE IT RESOLVED, THAT this policy be valid for five years until January 1st, 2023, when it will be brought back to the membership for renewal;

BE IT RESOLVED, THAT this Motion be brought to the SSMU membership for approval during the 2018 Winter Referendum period under the question:

“Do you agree that the Policy on Implementation of a Fall Reading Break be adopted as a policy of the SSMU?”

BE IT RESOLVED, THAT the SSMU Legislative Council endorse the adoption of the Policy on Implementation of a Fall Reading Break.

Moved by:

Muna Tojiboeva, *President*

Danny Dinh, *PTOT Representative*

Anthony Koch, *First Year Council Representative*