Fall Break Proposal

Undergraduate Student Government

USG
Overview

- USC Instructional Days
- Top 25 Universities
- Proposal
- Mental Health Implications
- Clinical Health Implications
- Supplemental Programming
- Things to Consider
USC Instructional Days

- Fall Semester: 71 days
- Spring Semester: 73 days
Peer Institutions: Instructional Days without a Break

1. MIT: 23
2. Washington U St. Louis: 29
3. Duke: 30 (tie)
3. Cornell: 30 (tie)
5. Harvard: 31 (tie)
5. Yale: 31 (tie)
5. Brown: 31 (tie)
5. Rice: 31 (tie)
5. Emory: 31 (tie)
10. Georgetown: 32
11. University of Pennsylvania: 33 (tie)
11. John Hopkins University: 33 (tie)
14. University of Virginia: 35 (tie)
14. Princeton University: 35 (tie)
16. Vanderbilt University: 36
17. Notre Dame University: 40
18. Columbia University: 44
19. UC Berkeley: 48
20. USC: 56
Our proposed Fall Break would be the Monday and Tuesday of the 8th week of school.

![Calendar Image](image-url)
Mental Health Implications

- **Weeks with most crisis (Fall Semester):**
  - 2012: 10, 11, 12, 9
  - 2013: 10, 11, 12, 9
  - 2014: 8, 11, 9, 10
  - 2015: 8, 5, 9, 12
  - 2016: 11, 10, 9, 13

- **Mean BMH score - crisis weeks:**
  - 2012: 2.69
  - 2013: 2.62
  - 2014: 2.60
  - 2015: 2.60
  - 2016: 2.58

- **Compared to Spring Semester:**
  - 2012: 16, 14, 12, 13
  - 2013: 13, 7, 5
  - 2014: 13, 14, 8
  - 2015: 12, 11, 4
  - 2016: 8, 13, 14, 5

- **Mean BMH score - crisis weeks:**
  - 2012: (no data available)
  - 2013: 2.83
  - 2014: 2.65
  - 2015: 2.68
  - 2016: 2.70
Clinical Health Implications

- Engemann Student Health Center appointment peaks:
  - Weeks 10-13
- Center for Disease Control (CDC) reports flu season:
  - Beginning in November
  - Peak between December and March
Potential Supplemental Programming

- Mindful USC
- Freshman Seminars
- Volunteering
- Career recruiting and interviews
- Residential Education Programming
Other Things to Consider

Proposal would create an imbalance of instructional days

- Fall Semester: 69 days
- Spring Semester: 73 days

Potential Solution:

- Beginning the Spring Academic Semester the day following Martin Luther King Day or ending a week early to even out both semesters at 69 days in Fall and 68 days in Spring
Questions?