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# Fall Break Proposal

Undergraduate Student Government

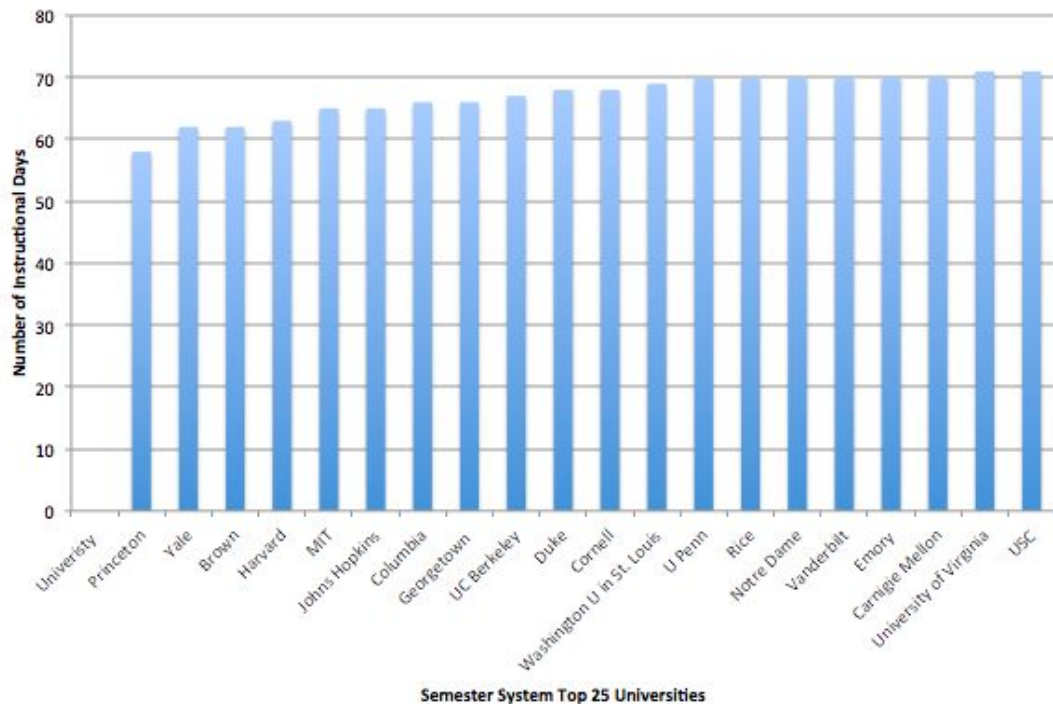


# Overview

- 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)
11. Carnegie Mellon 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



# 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?**