



Student Government Resolution 119.031

**A Resolution Outlining the Programming of Wellness Events for the Fall 2020 Semester
Sponsored by Adam Barker, Health, Wellness, and Safety Committee Chair; Alexandra
Crawford, Student Affairs Committee Chair; Doug Adolphson, Tori Woods, and Cami
Smith, Health, Wellness, and Safety Committee Members**

WHEREAS,

- The Student Government is the official governing body of the Student Association and exists to represent the present and long-term best interests of the Student Association in the formulation of the University policy and in the fulfillment of the University mission; and
- Hosting at least three days dedicated to programming concerning physical and mental health and wellness is under the purview of Student Government and the Health, Wellness, and Safety Committee; and
- For the 2019-2020 school year, this programming was originally scheduled for March 23rd-27th; and
- The programming was canceled due to the suspension of in-person classes and on-campus events in response to the current COVID-19 pandemic; and
- The committee can no longer hold these events for the Spring 2020 semester due to health and safety guidelines; and
- The programming included a stress management event with University Counseling Services (UCS), during which counselors would make themselves available in the SUB Alumni for questions, concerns, and resources regarding stress management; and
- The programming also included a mindfulness event in which Dr. Eric Dickson was to perform a mindfulness session; and
- During Student Appreciation week, the Student Affairs Committee and the Health, Wellness, and Safety Committee were planning to hold a self-care event in which students would be able to journal, make face masks, eat healthy snacks, experience a yoga session, and have a mindfulness session with Dr. Dickson; and
- The Health, Wellness, and Safety Committee feels that a stress management event with UCS and a self-care/mindfulness event with Dr. Eric Dickson are important to the promotion of overall wellness on Truman's campus and believes they should occur during the Fall 2020 semester;

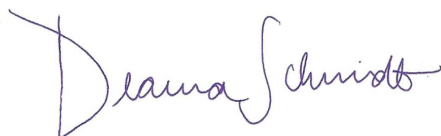
THEREFORE BE IT RESOLVED THAT THE STUDENT GOVERNMENT,

- Recommends the 2020-2021 Health, Wellness, and Safety Committee reschedule wellness programming for Fall 2020 if on-campus events are permitted; and
- Encourages the committee to consider moving forward with hosting the stress management event with University Counseling Services in September of the Fall 2020 semester; and
- Encourages the 2020-2021 Health, Wellness, and Safety Committee and Student Affairs Committee to consider moving forward with hosting a self-care and mindfulness event with Dr. Eric Dickson in September of the Fall 2020 semester; and
- Recommends that the 2020-2021 Health, Wellness, and Safety Committee and Student Affairs Committee consider rescheduling wellness programming for later dates or moving to alternative, online options in the event that there are still restrictions related to the COVID-19 pandemic; and
- Directs that the 2019-2020 Student Government set aside at least \$400¹ to be dedicated to promotional materials and giveaways for wellness programming from rollover of the 2019-2020 Student Government budget.

THE STUDENT GOVERNMENT DIRECTS THAT,

Additional copies of this resolution be disseminated to President Sue Thomas; Dr. Janet Gooch, Vice President of Academic Affairs/Provost; Janna Stokskopf, Vice President of Student Affairs; Joe Hamilton, Assistant Director of UCS; Dr. Eric Dickson; Truman Media Network; and the University Archives

Passed, 14-0-1, April 26, 2020.



Deanna Schmidt, President of the Student Association.

¹ [Possible Budget Breakdown](#)