



# Cornell University Student Assembly

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Type of Action	Legislation
Status/Result	Business of the Day

## S.A. Resolution #8 Resources in Syllabi for Mental Health

**Sponsored by: Yamini Bhandari '17 Matthew Stefanko '16**

**Whereas,** Cornell's Mental Health Services are available for students facing stressful situations or academic issues.

**Whereas,** Syllabi serve as resources that students use frequently to learn more about classes and resources available to them.

**Whereas,** many professors include information about available mental health resources and students have expressed that these resources are helpful to them during difficult portions of the semester.

**Whereas,** offering professors suggestions on language and resources can help ensure most Syllabi include information on resources.

**Whereas,** a formal resolution will help build momentum for these changes in other meetings with faculty and administrators.

**Be it therefore resolved,** that Professors adopt the following language to include in all syllabi:

It's normal to experience stress at a school like Cornell; it is important to realize when this stress is no longer healthy and instead becomes debilitating. Professors, administrators, and students recognize the importance of accommodating this stress



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27 and there are a number of resources on campus meant to assist you in times of need. If  
28 you are feeling this way at any point throughout the semester, reach out to your  
29 professor, or teaching assistant for academic advice and support. Additionally, the  
30 following resources are available to offer stress relief, and promote your mental and  
31 emotional wellbeing:

32 -EARS is a peer-to-peer, anonymous resource willing to listen to any problems you may  
33 face. (607-255-EARS) -CAPS provides crisis intervention, brief counseling, and  
34 outpatient psychiatric care to Cornell students. -Call Gannett 24/7 to speak with a  
35 healthcare provider at 255-5155 -Let's Talk provides offsite walk-in counseling; check  
36 the website for current locations & hours. -The Learning Strategies Center is the central  
37 academic support unit providing students tutoring, supplemental courses, study groups,  
38 and general study skills. Visit the LSC at 420 CCC or call 255-6310.

39 Sometimes academic stress can come about as a result of a bias incident. If you believe  
40 this is the case, please contact the University Ombudsman or the [Bias Reporting Service](#).  
41 For additional resources, please visit Gannett's Notice and Respond list of resources at  
42 <http://www.gannett.cornell.edu/notice/resources>

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44 **Be it further resolved** that the resolution will be referred to the faculty senate and  
45 any other appropriate parties for approval of the language used in the blurb.

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47 **Respectfully Submitted,**

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49 **Yamini Bhandari '17**

50 *Vice President of Outreach, Student Assembly*

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52 **Matthew Stefanko'16**

53 *Vice President of Finance, Student Assembly*

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57 (*Reviewed by: Executive Committee 6-0-0, 9/9/14*)

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