

Reading weeks for all courses

Proposer: Chloe Tear – Disabilities Officer

Union Notes

1. Research shows that 50-70% of new UK students suffer from homesickness to some extent¹ (2008)
2. Mental health issues among students is rising year on year² (2016), going home could help to elevate stress associated with university
3. Disabled students may find a 10-week continuous term physically and mentally draining
4. Despite reading weeks being previously implemented, this has been removed from the academic timetable

Union Believes

1. As more students are living away from home to attend university the only time they may currently be able to go home is Christmas and Easter.
2. It is important for students to have breaks within the academic year to manage the pressure of assignments and university work
3. A reading week would allow students to reflect on the first half of the semester and prepare for assignments in upcoming weeks

Union Resolves

1. To set up a meeting to look at which courses would not be affected by adding in a reading week at the middle of a semester
2. To mandate the Disabled Student Officer to work with the university around the structuring of the academic calendar in terms of reading weeks being implemented

¹ <https://www.nus.org.uk/en/advice/freshers-and-settling-in/homesickness-can-affect-anyone/>

² <http://www.unite-group.co.uk/sites/default/files/2017-03/student-insight-report-2016.pdf>