

COUNCIL OF GRADUATE STUDENTS
Michigan State University

Resolution: 16-FS-01

Title: Request to provide support and sponsorship to the Spartans Will Fatherhood Forum

Introduced by: Rep Mark Suchyta and President Jordan **Introduced on:** (09/07/16)

Supported by: Recording Secretary Kohn

**THE COUNCIL OF GRADUATE STUDENTS OF MICHIGAN STATE UNIVERSITY
ENACTS:**

1 WHEREAS, a healthy work-life balance is essential to overall wellness and productivity;

2

3 WHEREAS, graduate studies can be intense and short on opportunities to center oneself
4 and reset internal energies;

5

6 WHEREAS, the KORU Mindfulness course lead to less stress, better sleep and less self-
7 judgment through mindfulness, meditation and stress management exercises;

8

9 RECOGNIZING, the necessity of a mindfully healthy graduate and professional student
10 body and the financial burden faced by many of our peers and colleagues;

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12 BE IT RESOLVED, that COGS agrees to provide \$750 to sponsor the enrollment of
13 graduate and professional students in the 4 week KORU Mindfulness course held at Olin Health
14 Center;

15

16 BE IT FURTHER RESOLVED, that this resolution shall take effect at the conclusion of
17 the Full Council Meeting in which it is adopted.

INTRODUCED ON:


VOTE TOTALS:

40 FOR

0 AGAINST

2 ABSTAIN


Recording Secretary


President