

Council of Graduate Students
Michigan State University

Resolution: 25-FS-10

Title: A Resolution to Sponsor Fresh Check Day

Introduced by: Executive Board

Introduced on: October 1, 2025

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

RECOGNIZING, every year, Michigan State University loses students to suicide; nationally, it is the second leading cause of death among college students across the country; and the American College Health Association found that, in the past year 45% of graduate students screened positive for loneliness; and,

RECOGNIZING, additionally, according to a 2024 National College Health Assessment survey of MSU students, we know that stress, anxiety, depression, and attention deficit/hyperactivity disorder are the top health and wellbeing issues that impact academic success; and,

WHEREAS, Fresh Check Day, the signature program of the Jordan Porco Foundation, is an uplifting mental health promotion and suicide prevention event for colleges that includes interactive booths, peer-to-peer messaging, support of multiple campus departments and groups, free food, entertainment, exciting prizes and giveaways; and,

WHEREAS, University Health and Wellbeing (UHW) at MSU, in the interest of promoting student mental health and creating a campus culture that is more informed, collaborative, and supportive than ever before, is partnering with the Jordan Porco Foundation (JPF) once again to host Fresh Check Day, their paramount mental health promotion and suicide prevention event for college students at MSU; and,

WHEREAS, this year, Fresh Check Day will be held on October 15, 2025 at Michigan State University; embodying a research-supported peer-to-peer messaging model, utilizing interactive booths that deliver mental health and resource messaging in fun and engaging ways on the campus; and,

RECOGNIZING, that Fresh Check Day aims to create an approachable and hopeful atmosphere where students are encouraged to engage in dialogue about mental health and learn about resources available on campus, in the community, and nationally; and,

RECOGNIZING, it is important to provide graduate and professional students to access lifesaving mental health information and resources; therefore, be it,

RESOLVED, that the Full Council sponsors the 2025 Fresh Check Day in the amount of \$500.00, and in exchange, COGS will receive social media recognition, shout-out at the

event, recognition in email communications about the event and a post-event thank you;
and, be it further,

RESOLVED, that this resolution will take effect at the end of the Full Council meeting in
which it was adopted.

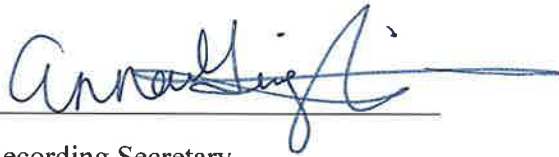
VOTED ON: Oct 1, 2025

VOTE TOTALS:

33 FOR

1 AGAINST

5 ABSTAIN



Recording Secretary



President