

# **STUDENT GOVERNMENT ASSEMBLY**

## **COLLEGE HOUR RESOLUTION**

WHEREAS students academic success, performance, and productivity are hindered by the lack of free time while on campus. Constant brain activity is actually detrimental to learning outcomes. (1)

WHEREAS it is essential for students to connect with their professors outside of the classroom for one on one discussion. Office hours that are hosted by professors are important for promoting overall student success. Oftentimes students have no free time while they are on campus, missing out on much needed individual discussion with their professors.

WHEREAS a balanced diet supports student performance and allows for overall success in the classroom (2)

WHEREAS students currently have little time to attend events such as those hosted by clubs, sports teams, student government, or faculty members. The overall college experience of students suffers when they are unable to participate in these events (3).

WHEREAS students and staff have little time in their busy schedules to participate in physical activities that promote health and wellbeing. (4)

WHEREAS students do not have sufficient time to travel between different district sites for classes and services. Students may have courses on multiple campuses on the same day.

WHEREAS students may need to meet with tutors. Having an established College Hour would provide time for tutor instruction. (5)

BE IT RESOLVED by Student Government Assembly that Santa Rosa Junior College establish a College Hour from 12 PM to 1 PM, Monday through Thursday each academic semester where there are no classes scheduled district wide.

### **Works Cited**

1. "Brief Diversions Vastly Improve Focus, Researchers Find." ScienceDaily, ScienceDaily, 8 Feb. 2011.
2. Burrows TL, Whatnall MC, Patterson AJ, Hutchesson MJ. Associations between Dietary Intake and Academic Achievement in College Students: A Systematic Review.

*Healthcare (Basel)*. 2017;5(4):60. Published 2017 Sep 25.  
doi:10.3390/healthcare5040060

3. Chang, Chia-Ming, et al. "The Effect of Participation Motivations on Interpersonal Relationships and Learning Achievement of Female College Students in Sports Club: Moderating Role of Club Involvement." *MDPI*, Multidisciplinary Digital Publishing Institute, 7 Sept. 2020.
4. Mull, H., & Tietjen-Smith, T. (2014). Physical Activity and Academic Success: Links on a University Campus. *FOCUS on Colleges, Universities & Schools*, 8(1).
5. "Benefits of Tutoring - How Does Tutoring Help Students?" *Oxford Learning*, 14 Feb. 2017, <https://www.oxfordlearning.com/benefits-of-tutoring/>.