

**R F2017.04**

**A Resolution Allocating Funds to Create a Light Therapy Room in the Shapiro Undergraduate Library**

*A bill for the consideration of the College of Literature, Science, and the Arts Student Government*

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Sponsors: Nicholas Fadanelli, John Steffes, Kristen Ball

**Whereas**, the mission of the College of Literature, Science, and the Arts Student Government (hereafter LSA SG) is to “actively seek the voices of LSA students and advocate their interests to improve academic and non-academic life”;<sup>1</sup> and,

**Whereas**, Seasonal Affective Disorder (hereafter SAD), “is a condition in which a person feels depressed at a certain time each year ... most often occur[ing] during the fall and winter months when days are shorter and there is less light”;<sup>2</sup> and,

**Whereas**, light therapy, or the use of artificial lights designed to simulate natural sunlight, is often used to combat SAD;<sup>3</sup> and,

**Whereas**, other universities including Northern Michigan University, Michigan State University, Cambridge University, and the University of Alberta, in association with their respective library systems, have light therapy lamps available for students to use; and,

**Whereas**, with the upcoming Michigan Union renovations, there is a need for another option besides the Counseling and Psychological Services Wellness Zone.<sup>4</sup>

**Be it therefore resolved**, LSA SG shall allocate \$500 to the Shapiro Undergraduate Library (hereafter UGLI) for the purchase and installation of full spectrum lights in the former Children’s Literature Room as part of the UGLI’s efforts to convert this into a Wellness Zone Space; and,

**Be it further resolved**, LSA SG shall be recognized for its contribution inside the space; and,

**Be it finally resolved**, any funds not utilized for the purchase or installation of the lights shall be utilized by the UGLI for the purchase of backup lights, maintenance costs for the lights, and other potential costs associated with the establishment of the Wellness Zone.

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<sup>1</sup> The Constitution of the College of Literature, Science, and the Arts Student Government. Article II

<sup>2</sup> <http://www.uofmhealth.org/health-library/aa111200spec>

<sup>3</sup> <http://www.mayoclinic.org/tests-procedures/light-therapy/home/ovc-20197416>

<sup>4</sup> <https://record.umich.edu/articles/michigan-union-undergo-extensive-renovation>