Syllabus Suggestions for Wellness Days

Penn State has opted to begin the spring semester one week later and to eliminate Spring Break in order to help fight the spread of COVID-19 by reducing travel. To offset the loss of a mid-semester break, the university has instituted Wellness Days for Spring 2021: Tuesday, February 9; Thursday, March 11; and Wednesday, April 7. These non-instruction days are intended to provide a break from direct classroom activity and allow an opportunity to recharge. In that spirit, instructors should avoid adding additional asynchronous work and having assignments due on those days.

Syllabus Statements:

For Tuesday/Thursday classes:
Tuesday, 2/9 and Thursday, 3/11 have been designated as Wellness Days. No class meeting will happen, either in person or remotely, for those two days, and no assignments will be due on those days. Students are encouraged to use these days to focus on their physical and mental health. Please see wellnessdays.psu.edu for university sponsored events focusing on wellness that may be of interest to you. See Canvas and the course syllabus for any work that may be due before the next class meeting.

For M/W/F classes:

Wednesday, April 7th has been designated as a Wellness Day. No class meeting will happen, either in person or remotely, for that day, and no assignments will be due on that day. Students are encouraged to use the day to focus on their physical and mental health. Please see wellnessdays.psu.edu for university sponsored events focusing on wellness that may be of interest to you. See Canvas and the course syllabus for any work that may be due before the next class meeting.

For laboratory classes or programs that have received an exemption from offering one or more wellness days:

[Date of wellness day] has been designated as a Wellness Day by Penn State, however, the nature of the course work for this class means that the class will meet on this day and has received an exemption from [unit name]. [or, describe the nature of the modification]

Instructors in this scenario are encouraged to make as much allowance as possible for Wellness Days by possibly recording lectures to be viewed asynchronously, group discussion boards, or other independent work that can be done asynchronously.