

**PURPOSE:** To change study hours from 7:00-9:00 pm to 7:00-8:30 pm after first quarter for juniors and overall, for seniors.

**INTRODUCED BY:** Mental Health Committee

**BE IT RESOLVED BY THE MISSISSIPPI SCHOOL FOR MATHEMATICS AND SCIENCE SENATE:**

**SECTION ONE (REASONING):**

MSMS students often use study hours as an opportunity to seek help from teachers during tutorials. Many use this time to reinforce concepts learned throughout the day and address academic challenges. However, once tutorials are over, many students have already completed a long and demanding academic schedule. Despite this, they are still required to remain on campus for an additional 30 minutes during study hours and are restricted from doing other tasks, even when they have no further academic needs or responsibilities to attend to.

This extra time, while intended to promote productivity, can instead lead to students becoming less focused on the task at hand. Studies show that extended periods of forced study after an incredibly vigorous academic day can reduce student's cognitive function, especially later in the night. When this happens, mental health fatigue occurs which leads to decreased concentration, retention, and overall academic efficiency. In fact, shorter, more focused study periods are often shown to be more effective than longer, less productive ones.

After an already strenuous day, students are more likely to experience burnout and decreased engagement, making this time less meaningful academically. Instead, this period could be better used for rest, personal responsibilities, or independent preparation that aligns with each student's individual needs.

If a student feels the need to utilize the additional 30 minutes, they will still have the option to do so. Additionally, for incoming juniors, maintaining the current 7:00–9:00 PM study hours during the first quarter (or lockdown period) encourages structure during an adjustment period, before gradually allowing more free time as students adapt. However, for students who can complete their work during tutorials and have no further academic responsibilities, this adjustment provides greater flexibility. Instead of being required to remain on campus without a clear purpose, they will have the freedom to attend to personal tasks, manage their time more effectively, or simply rest and recharge for the next day.

**SECTION TWO (SPECIFIC CHANGE):**

On page 69 of the Student Handbook (PDF page 74), under the section “Tutorials and Study Hours,” the following would be changed to:

Students are provided opportunities to enhance their learning by participating in tutorial sessions with faculty members. Teachers will observe 10 office hours per week during non-teaching periods from 8:00 a.m. – 4:00 p.m. each day to provide both assistance and enrichment experiences, depending on individual student needs.

In addition to assistance provided during the traditional teaching day, all faculty members will be available for two additional hours from Monday through Thursday each week for tutorials. Participation in these tutorials is generally voluntary; however, at any time during the semester, upon the recommendation of an instructor or as a term of a probationary agreement, a student may be required to attend tutorials for classes he/she is experiencing difficulty with.

During study hours from 7:00 p.m. – **8:30** p.m., Sunday through Thursday, students must be studying either in their residence hall rooms or designated areas. Those designated areas are the Library, Hooper Academic building, Shackelford, and Shattuck. Students must sign in and out of these areas. When they sign out, they must immediately return to their residence hall.

On page 92 and 94 of the Student Handbook (PDF page 97 and 99), under the section “Curfew and Evening Hours,” and “Schedule,” the following would be changed to:

**Study Hours** - Courses at the school are rigorous and require students fully to apply themselves. To help students reach their full academic potential, a study time during the school week (Sunday – Thursday) is an important part of the school program.

**RL.36.** During the hours of 7:00 p.m. – **8:30** p.m., students must be in the library, the residence hall, or an academic building for tutorials. If students desire to study in another student’s room in their residence hall, they must leave a note on their door indicating the room number of the room they will be in. For students to have students who are not their roommates in their rooms to study, they must have their roommate’s permission. During these hours, TV’s are turned off, and there is no inter-hall visitation. Students are expected to be in the approved areas from 7:00 p.m. – **8:30** p.m. and sign in/out when changing areas.

**RL.37.** During study hours, students are not allowed to play computer or video games. Cell phones may be used for academic purposes. Conversation in designated study areas should be kept to a minimum. Students who desire to study with music must use headphones.

Parents are strongly encouraged not to call students during study hours.

**RL.38.** All students are required to participate in study hours for the first quarter of their junior year. After that, students may earn privileges to miss study hours. For more

information about privilege plans, please go to that section in this handbook.

**RL.39.** If students need to miss study hours, the Director for Academic Affairs must grant permission in advance and will determine how the hours are made up.

### **Schedule:**

School Week - Sunday- Thursday Evenings

4:00 p.m. - 6:45 p.m. Assembly/Activity Time

7:00 p.m. – **8:30** p.m. Study Hours

10:25 p.m. Curfew and front doors of residence halls locked

10:30 p.m. "All Accounted For" Check

10:30 p.m. - 12:00 a.m. \*Halls quiet

12:00 midnight Lights out & computers turned off unless permission given by hall director on duty for extended study. (Students in their own rooms) \*Pizza, etc. must be delivered by 10:15 p.m.

On page 123 of the Student Handbook (PDF page 128), under the section “Privilege,” the following would be changed to:

### **Junior Plan (all incoming juniors)**

CURFEW: School nights: 10:25 p.m.

Friday and Saturday: 10:55 p.m.

STUDY HOURS: 7:00 p.m. – **9:00** p.m. Sunday-Thursday.

room doors will be left open until after the 1st quarter grades are evaluated

LIGHTS OUT & 12:00 a.m. Sunday-Thursday

COMPUTERS OFF:

OVERNIGHT GUESTS: None

### **SECTION THREE (APPENDIX):**

“I support this. Tutorial time ends at 8:30 so wrapping up study hours at that time seems necessary.” – Anonymous Goen Senior

“I support this. I think that the main purpose of study hours is the ability for students to go to teachers and ask for help, so having study hours end at 9:00 doesn’t make sense.” – Anonymous Frazer Junior

“I support this. I think many students would benefit from having study hours end at 8:30, since people start typically start studying before 7:00 anyways.” – Anonymous Frazer Junior

“I support this bill, because ending study hours at 8:30 would allow for students to go out/get back earlier. Often, this is the best time for many students to run errands or get food. Additionally, this would not affect when students study, because students’ studying is not just limited to study hours.” – Anonymous Goen junior

“I think this would be good because it would let people go out after they study since most people study after school and are pretty much done by tutorials” -- Anonymous Goen Junior

“I support this bill as it provides a way for juniors to use those extra 30 minutes for things like rest, which can be beneficial in preventing students from forcing themselves into an unnecessary spiral of burnout. It is just 30 minutes, and that can be used towards something that allows students to feel calm knowing that their study period is over.” - Anonymous Goen Junior