

Resolution in Support of the University of California, Santa Cruz
Charter for Compassion

Written by the Compassionate University Committee

Whereas, the current model of education at the University of California, Santa Cruz has focused on educating our minds through excellence in academic delivery, the Compassionate University Initiative sees an urgent need and opportunity to enhance our education in a way that caters to our full human experience through a holistic learning model, which includes both mind and heart, through the practice and promotion of compassion, kindness, and altruism in our university culture; and

Whereas, many students are overwhelmed by the challenges of managing multiple priorities, and as such are experiencing a variety of emotional, social and mental stresses, which substantiate the need to develop programs and practices that build the skills necessary to sustain our overall well-being and thrive in our time here at the University of California, Santa Cruz; and

Whereas, our current mental health support services at the Counseling and Psychological Services cater mainly to students undergoing crises, we as a university can and will benefit from adopting a preventative approach that provides opportunities to cultivate positive social interactions, emotional intelligence, and the communication skills necessary to have healthy intra- and inter-personal relationships in our college environment; and

Whereas, many students experience a sense of isolation and disconnect in this high-stress environment, compassionate practices possess the power to connect our community on a deep and genuine level, both within and without the classroom, by creating a safe and welcoming environment for the voices of the marginalized communities of our campus to be heard, encouraged, and empowered, regardless of their identity, gender, sexuality, race and class; and

Whereas, many students are unaware of the resource centers on campus that aim to provide academic support, increase retention rates, and enhance student success, acknowledging our shared stressors and challenges as college students in a compassionate manner can enhance awareness of the benefits that

existing resources provide, and invite feedback for the creation of new ones that cater to the changing needs of the student body; and

Whereas, there is a rapidly growing body of scientific research that demonstrates the positive impact of compassion on psychological well-being, motivation, and learning, our university can benefit greatly from integrating these values into the community, and from educating our community on how to be compassionate; and

Whereas, there will be a significant cultural shift by making compassion one of our university's core values, and away from our current individualistic and competitive learning environment, to one that facilitates collaboration and growth within oneself and one's community, thus enhancing our educational experience within this university and beyond, through equipping students with the tools and practices to be agents of positive change and compassion; therefore be it

RESOLVED, that the Student Union Assembly supports the Compassionate University Initiative in creating a culture of kindness, understanding, and altruism by making compassion a core value of our university.

RESOLVED, that the Student Union Assembly actively collaborates with the Compassionate University Initiative Committee in creating a new resolution of compassionate action each year by meeting quarterly to provide insight and feedback on the current needs and challenges that SUA representatives have observed in their engagement with the UCSC community.

RESOLVED, that the Student Union Assembly supports the University of California, Santa Cruz to be titled an official "Compassionate University" in partnership with the Charter for Compassion and Compassionate Action Network International.