**Policy Change Worksheet**

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| Name: | Damian Sclafani |
| Policy topic: | Change to attendance requirements |

Specific policy change you are arguing for:

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| My policy topic is to advocate for a change to the attendance policy by giving students the choice of having mental health days. Not only that, but it for this change to properly work, professors would also have to be able to let the students adjust due dates to cater towards these mental health days. |

Policy change agent who could adopt or change this policy:

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| The government or president of a college |

Provide citations for the four sources you verbally reference in your presentation video (these may be sources you used in your Policy APP worksheet):

Source 1 Citation (please use APA or MLA style):

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| Griggs, Stephanie. "Hope and mental health in young adult college students: an integrative review." *Journal of psychosocial nursing and mental health services* 55.2 (2017): 28-35.  In this source, statistics are shown on how depressed college students often are in college. This source also gives examples of ways to help lower these percentages too. This source is credible because it is labeled as a peer reviewed source. |

Source 2 Citation (please use APA or MLA style):

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| Jao, Nancy C., et al. "Unhealthy behavior clustering and mental health status in United States college students." *Journal of American College Health* 67.8 (2019): 790-800.  In this source, it states that depression in college students can lead to several unhealthy behaviors. It performed an experiment to gather data on this issue and found that many college students suffering from mental illness will partake in activities like binge drinking, smoking, lack of physical activity, and many more. This source is credible since it is peer reviewed and a part of the Journal of American College Health. |

Source 3 Citation (please use APA or MLA style):

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| Pascoe, Michaela C., Sarah E. Hetrick, and Alexandra G. Parker. "The impact of stress on students in secondary school and higher education." *International Journal of Adolescence and Youth* 25.1 (2020): 104-112.  This source explains how when students are experiencing lots of stress that other symptoms can occur. For example, stress in students can cause anxiety, depression, decreased motivation, etc. This source is credible due to it being a peer reviewed source and it is a part of the International Journal of Adolescence and Youth. |

Source 4 Citation (please use APA or MLA style):

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| Zhu, Liugen, et al. "Impact of the stringency of attendance policies on class attendance/participation and course grades." (2019).  This source talks about the importance of college students attending class and why it is important that attendance be something that is graded upon. This source is credible due to it being a peer reviewed source. Along with that, the source is a .edu cite. |

**Link to Your Live Policy Presentation & Discussion Hangouts Video:**(Your video should be set to unlisted, not private. Also, be sure you provide a “watch” link and not an “edit” link. Videos with bad links and settings that make them unviewable will be counted as late until corrected links or setting are provided.)  
If your video includes more than one presentation (such as your whole group’s presentations, please provide a timestamp for when your presentation begins.

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| <https://youtu.be/Jy_cOWzDMDk> |