

**Recommended Breaks in Classes**

(Approved March 16, 2017)

Continuous lecture classes that last two or more hours should incorporate a break at a predetermined time based on any number of criteria, such as content of the lecture, length of the class and physical demand placed upon support service personnel for students who are Deaf and students with disabilities. Laboratory classes or classes in which the student traditionally works independently may or may not require a break, depending on the judgment of the faculty. Depending on the uniqueness of each class and the demands placed upon students (and support personnel), professors determine scheduled breaks by utilizing their own solution or one of the following options:

1. Lecture classes meeting for less than two hours: a break should not be necessary.
2. Lecture classes meeting for two hours or more: faculty should incorporate one or more breaks depending on the length and type of the class.
3. Lecture classes meeting for three hours or more: faculty should incorporate additional breaks.

Samples:

<b>Lecture class duration/time</b>	<b>Recommendation</b>
9:30-10:45 a.m. (one hour and 15 minutes)	No break should be necessary
7-9:45 p.m. (two hours and 45 minutes)	One break of 10-15 minutes
9:00 a.m.-2:30 p.m. (five hours and 30 minutes)	Two or more breaks of 10-15 minutes each