

## Student Stress Scale

See how many of the following changes have occurred in your life in the past year. Check all those that apply and then add up your score to see what your stress level is.

Death of a close member	_____ 100
Death of a close friend	_____ 73
Divorce of parents	_____ 65
Jail term	_____ 63
Major personal injury or illness	_____ 63
Marriage	_____ 58
Fired from job	_____ 50
Failed important course	_____ 47
Change in health of a family member	_____ 45
Pregnancy	_____ 45
Sex problems	_____ 44
Serious argument with close friend	_____ 40
Change in financial status	_____ 39
Change in academic major	_____ 39
Trouble with parents	_____ 39
New girlfriend or boyfriend	_____ 38
Increased workload at school	_____ 37
Outstanding personal achievement	_____ 36
First quarter/semester in college	_____ 35
Change in living conditions	_____ 31
Serious argument with instructor	_____ 30
Lower grades than expected	_____ 29
Change in sleeping habits	_____ 29
Change in social activities	_____ 29
Change in eating habits	_____ 28
Chronic car trouble	_____ 26
Change in number of family get-togethers	_____ 26
Too many missed classes	_____ 25
Change of college	_____ 24
Dropped more than one class	_____ 23
Minor traffic violations	_____ 20

**Total:** \_\_\_\_\_

<u><b>Total Points</b></u>	<u><b>Stress Level</b></u>
300 +	Major stress
250-299	Serious stress
200-249	Moderate stress
150-199	Mild stress
0-149	Very little stress