

College Stress Exploration

All sorts of situations and experiences can cause stress during college. Furthermore, everyone has a unique response to any potential stressor. One way to assess your individual situation is to look at the different areas of your life and rate how much stress you are experiencing in each at the current time. Use a scale from 1 to 10, with 1 being the lowest possible level of stress and 10 being the highest possible level:

- ___ 1. Increased independence and responsibility
- ___ 2. Family relationships
- ___ 3. Friend relationships
- ___ 4. Academic relationships (instructors, student peers, administration, etc.)
- ___ 5. Boyfriend/girlfriend/spouse relationships
- ___ 6. Managing time and schedule
- ___ 7. Managing money
- ___ 8. Performance on assignments
- ___ 9. Performance on tests
- ___ 10. Physical health and fitness
- ___ 11. Mental health and balance
- ___ 12. Academic planning (major, etc.)
- ___ 13. Career planning and vision for future
- ___ 14. Work situation, if you have a job on or off campus
- ___ 15. Current living situation (home, dorm, etc.)

Total your points here: _____

The lowest possible score is 15, and the highest possible 150. The higher your score, the more stress you perceive you are currently experiencing.

Source: Adapted in part from Kohn, P.M., K. Lafreniere, and M. Gurevich, "The Inventory of College Students Recent Life Experiences: A Decontaminated Hassles Scale for a Special Population." *Journal of Behavioral Medicine*, vol. 13, no. 6, pp. 619–630. 1990.