STUDENT STRESS CHECKLIST

Everyone has stress in their lives. What stress do you have in your life? Remember, both positive and negative events can be stressful. Which of the following events have you experienced in the past six months?

- Death of a loved one
- Relocation to Tucson
- Divorce
- Encounter with the legal system
- Transfer to UA
- Marriage
- Loss of a job
- Elected to a leadership position
- New romance
- Serious argument with a close friend
- Increase in course load or difficulty
- Change in health of a family member
- 1st semester at UA
- On academic probation
- Major illness or injury
- Argument with an instructor
- Outstanding achievement
- Increase in social life
- Change in sleeping or eating habit
- Lower grade than expected
- Breakup of a relationship
- New job
- Financial problems
- Declaring a major
- Chronic car trouble
- Pregnancy
- Too many missed classes
- Long commute
- Working more than one job
- Graduation
- Argument with a family member
- Sexual concerns
- Final exam time
- Getting ready to study abroad
- Roommate problems
- Raising children
- Applying to graduate school
- Pledging a fraternity/sorority

REFLECT:

- Which of the stressors in your life do you control and which control you?
- What can you do to relieve some of the stress in your life?
- What can you do to lessen the effect that stress has on your well-being?

Upon reflection, if you feel that the stress you are experiencing is unmanageable, seek help. It is important to address this problem early before you experience some of the more serious negative consequences, such as low academic performance or physical symptoms. For more info, please contact Cassandra Hirdes, Assistant Director at (520) 626-8017 or chirdes@email.arizona.edu.