

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?

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