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  ☐ Lower grade than expected
☐ Relocation to Tucson  ☐ Breakup of a relationship
☐ Divorce  ☐ New job
☐ Encounter with the legal system  ☐ Financial problems
☐ Transfer to UA  ☐ Declaring a major
☐ Marriage  ☐ Chronic car trouble
☐ Lose a job  ☐ Pregnancy
☐ Elected to a leadership position  ☐ Too many missed classes
☐ New romance  ☐ Long commute
☐ Serious argument with a close friend  ☐ Working more than one job
☐ Increase in course load or difficulty  ☐ Graduation
☐ Change in health of a family member  ☐ Argument with a family member
☐ 1st semester at UA  ☐ Sexual concerns
☐ On academic probation  ☐ Final exam time
☐ Major personal illness or injury  ☐ Getting ready to study abroad
☐ Argument with an instructor  ☐ Roommate problems
☐ Outstanding achievement  ☐ Raising children
☐ Increase in social life  ☐ Applying to graduate school
☐ Change in sleeping or eating habit  ☐ 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, Academic Services Coordinator at (520) 626-8017 or chirdes@email.arizona.edu.