

STUDENT STRESS CHECKLIST

Everyone has stress in their lives for different reasons. Both positive and negative events can be stressful.

Stress is a negative emotional experience accompanied by predictable biochemical, physiological, cognitive, and behavioral changes that are directed either toward altering the stressful event or accommodating its effects. It may also be referred to as distress.

Not all stress is negative – **eustress** is not a negative emotional experience. Some experiences and life events can be exciting and have a positive form of stress called eustress.

Which of the following events have you experienced in the past six months? Which events might you experience in the coming six months?

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| <input type="checkbox"/> Academic probation | <input type="checkbox"/> Final exam time |
| <input type="checkbox"/> Argument with an instructor | <input type="checkbox"/> Roommate problems |
| <input type="checkbox"/> Change in health of a friend/family member | <input type="checkbox"/> Argument with a family member |
| <input type="checkbox"/> Change in living conditions | <input type="checkbox"/> Applying to graduate school |
| <input type="checkbox"/> Change in sleeping or eating habits | <input type="checkbox"/> Pledging a fraternity/sorority |
| <input type="checkbox"/> Change in social activities | <input type="checkbox"/> Change in working hours/conditions |
| <input type="checkbox"/> Death of a loved one | <input type="checkbox"/> Lower grade than expected |
| <input type="checkbox"/> Divorce | <input type="checkbox"/> New job |
| <input type="checkbox"/> Elected to a leadership position | <input type="checkbox"/> Too many missed classes |
| <input type="checkbox"/> Encounter with the legal system | <input type="checkbox"/> Financial problems |
| <input type="checkbox"/> Increase in course load or difficulty | <input type="checkbox"/> Graduation |
| <input type="checkbox"/> Losing a job | <input type="checkbox"/> Pregnancy |
| <input type="checkbox"/> Major personal illness or injury | <input type="checkbox"/> Getting ready to study abroad |
| <input type="checkbox"/> Marriage | <input type="checkbox"/> Chronic car trouble |
| <input type="checkbox"/> New romance | <input type="checkbox"/> Long commute |
| <input type="checkbox"/> Outstanding achievement | <input type="checkbox"/> Raising children |
| <input type="checkbox"/> Relocation to Tucson | <input type="checkbox"/> Breakup of a relationship |
| <input type="checkbox"/> Serious argument with a close friend | <input type="checkbox"/> Working more than one job |
| <input type="checkbox"/> Transition to UA | <input type="checkbox"/> Declaring a major |

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Reflect on the stress in your life:

- Which of the stressors in your life do you control? Which stressors 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?

If you feel like these events are causing significant negative stress, visit the **Stress Management Assessment** activity for further information.

Want to learn more and get support developing your own stress management plan? You can meet with an Academic Skills Tutor for free! For assistance, email thinktank@email.arizona.edu or call the THINK TANK front desk at 520-626-0530.

Seek help if you feel that the stress you are experiencing is unmanageable. It is important to address this problem early before you experience some of the more serious negative consequences, such as physical symptoms.

Counseling and Psychological Services (CAPS) through UA Campus Health is a great resource, you can find out more at <https://health.arizona.edu/counseling-psych-services>
Or, call **520-621-3334**

Sources:

Holmes, T. H., & Rahe, R. H. (1967). The social readjustment rating scale. *Journal of psychosomatic research*, 11(2), 213-218.

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