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?

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

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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.

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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:
