

# STRESS MANAGEMENT SELF-ASSESSMENT

Think about your daily habits and indicate how often the following questions apply to you:

	Always	Sometimes	Never
1. Do you plan ahead for tests, papers, and other school projects and have a specified time to work on them instead of leaving them to the last minute?	_____	_____	_____
2. Do you say “no” when you need to (i.e. when someone puts a demand on you that is really not a priority to you and you do not have time to do it?)	_____	_____	_____
3. Do you set up reasonable and attainable goals when you have a large project to complete?	_____	_____	_____
4. Do you have a reward system set up for yourself to motivate you to complete difficult or stressful tasks?	_____	_____	_____
5. Do you follow through with your reward system after you finish a particularly difficult or stressful task?	_____	_____	_____
6. How often do you currently exercise?	_____	_____	_____
7. Do you eat healthy meals regularly?	_____	_____	_____
8. Do you give yourself breaks in between study sessions (i.e. 5-10 minutes for every hour?)	_____	_____	_____
9. Do you give yourself some time each night to plan and organize for the next day?	_____	_____	_____
10. Do you take time to “just relax”?	_____	_____	_____
11. When relaxing, are you able to concentrate on other thoughts besides school and work that needs to be completed?	_____	_____	_____
12. Do you get an adequate amount of sleep each night?	_____	_____	_____

**SCORE IT:**

1 point for each “Always”, 2 points for each “Sometimes”, and 3 points for each “Never”  
 12-19= low stress 20-27= moderate stress 28+ = high stress

Score: \_\_\_\_\_

“Low Stress” Range: It sounds like you are on your way to a successful semester! Review areas in which you answered “no” and try to integrate these into your study strategies.

“Moderate Stress” Range: Check out the handouts provided on our website about stress management strategies.

“High Stress” Range: You might benefit from dropping in with an Academic Skills Tutor or making an appointment with a Learning Specialist to discuss this topic.