

Student Stress Inventory

Rate each potential source of stress on a scale of 1 (doesn't affect you at all) to 5 (affects you very much). Then list the areas that you rated with a "3" or higher.

Sources of Stress	Ratings Scale				
Academic demands (problems with faculty, class work, fears about upcoming papers, exams, fitting in all the work, failing classes, etc.)	None 1	Little 2	Some 3	Much 4	Very Much 5
Procrastination - Wanting to go have fun but needing to study. Getting nothing done. Balancing work and fun.	None 1	Little 2	Some 3	Much 4	Very Much 5
Campus environment (e.g., fitting in, values conflict)	None 1	Little 2	Some 3	Much 4	Very Much 5
Conflict with authority (deans, police, professors, etc.)	None 1	Little 2	Some 3	Much 4	Very Much 5
Self doubt and negative self-talk	None 1	Little 2	Some 3	Much 4	Very Much 5
Not enough friends	None 1	Little 2	Some 3	Much 4	Very Much 5
Issues with family (parents, siblings) – family expectations, family's dependence, homesickness, lack of understanding/support	None 1	Little 2	Some 3	Much 4	Very Much 5
Separation, conflict with partner or friends	None 1	Little 2	Some 3	Much 4	Very Much 5
Your health	None 1	Little 2	Some 3	Much 4	Very Much 5
Health of parent, friend or other	None 1	Little 2	Some 3	Much 4	Very Much 5
Inadequacy of living arrangements	None 1	Little 2	Some 3	Much 4	Very Much 5
Not enough money	None 1	Little 2	Some 3	Much 4	Very Much 5
Demands of job, work (balancing work and school)	None 1	Little 2	Some 3	Much 4	Very Much 5
Racial or Ethnic Discrimination (Feeling like you need to work harder to prove yourself)	None 1	Little 2	Some 3	Much 4	Very Much 5
Religious/other cultural conflicts	None 1	Little 2	Some 3	Much 4	Very Much 5
Drug and alcohol problems	None 1	Little 2	Some 3	Much 4	Very Much 5
Future planning, decision making – What will I major in, do in the future, will it all work out?	None 1	Little 2	Some 3	Much 4	Very Much 5
Life transitions (moving, etc.)	None 1	Little 2	Some 3	Much 4	Very Much 5
Loss (death or separation from someone close)	None 1	Little 2	Some 3	Much 4	Very Much 5
Other	None 1	Little 2	Some 3	Much 4	Very Much 5