

STUDENT SELF ASSESSMENT STRESS SCALE

- _____1. Conflict with boyfriend/girlfriend/ family.
- _____2. Being let down or disappointed by friends.
- _____3. Conflict with professor.
- _____4. Social rejection. Very limited friends.
- _____5. Too many things to do at once.
- _____6. Being taken for granted.
- _____7. Financial problems/conflicts with family.
- _____8. Having your trust betrayed.
- _____9. Separation from people you care about.
- _____10. Having the good things you do overlooked.
- _____11. Struggling to meet your academic standards.
- _____12. Being taken advantage of
- _____13. Not enough free time
- _____14. Struggling to meet the academic standards of others.
- _____15. A lot of responsibilities.
- _____16. Dissatisfaction with school.

- ____17. Decisions to make about relationships.
- ____18. Not enough time to meet my obligations.
- ____19. Dissatisfied with my mathematical ability.
- ____20. Important decisions needed about by future career.
- ____21. Financial burdens/troubles.
- ____22. Dissatisfied with my reading ability.
- ____23. Important decisions needed about my education.
- ____24. Loneliness.
- ____25. Lower grades than hoped for.
- ____26. Not enough time to sleep.
- ____27. Conflict with roommate
- ____28. Conflicts with family
- ____29. Heavy demands from extracurricular activities.
i.e. (band, sports)
- ____30. Finding courses too demanding.
- ____31. Conflicts with friends.
- ____32. Hard effort to get and stay ahead.

- ___ 33. Poor health of a friend.
- ___ 34. Disliking your studies/major.
- ___ 35. Getting ripped off, or cheated.
- ___ 36. Social conflicts over smoking.
- ___ 37. Difficulties with transportation.
- ___ 38. Disliking fellow students.
- ___ 39. Conflicts with friends/family members at home.
- ___ 40. Dissatisfaction with writing skills.
- ___ 41. Interruptions of your school work.
- ___ 42. Social Isolation.
- ___ 43. Long waits to get help.
- ___ 44. Being ignored.
- ___ 45. Dissatisfaction with physical appearance.
- ___ 46. Finding course/s uninteresting.
- ___ 47. Gossip concerning someone you care about.
- ___ 48. Failing to find a job.
- ___ 49. Dissatisfaction with athletic skills.

____50. I have or a loved one was affected by Covid 19
Virus.

0 = not at all part of my life.

1 =only slightly part of my life.

2= distinctly part of my life.

3 = very much part of my life.