

Student Stress Scale:

Instructions: Review the list of life event items. Record your points in the empty box that correlates to the experiences you have had in the last 6 months. Once you have reviewed the thirty items, add up the points for the situations you indicated you have experienced.

Life Events		Points	Life Event or Change		Points
Death of a close family member			Change in major-selecting career		
Death of a close friend or pet			Trouble with parents		
Divorce (self or parent)			New partner		
Arrested or jail term			Increased workload at school		
Major injury or illness			Change in social activities		
Engagement or Marriage			Lower grades than expected		
Sexual assault survivor			Too many missed classes		
Victim of Violence			First semester in college or graduating from college		
Failed a course			Change in eating habits		
Change in health of a family member			Ongoing car trouble		
Pregnancy			Change in living arrangements		
Sexual difficulties			Dropped more than one class		
Eating Disorder			Minor traffic violation		
Lost financial aid or change in financial status			Paging, cell phone accessibility perpetually being on call		
Increased number of serious arguments with friend or partner			Change in sleeping habits		
Subtotal:			Subtotal:		

Total: _____

Scoring: 300 and higher- High health risk- if your stress level continues at the same level
 150-300- 50/50 chance of high health risk- if your stress continues at the same level
 150 and below- lower health risk

Adapted from Dr. Holmes Life Change Assessment, 1960.