

# Student Stress Scale

Circle the points that apply to you:

1. Death of a close family member	100 points
2. Death of a close friend	73
3. Divorce between parents	65
4. Jail term	63
5. Major personal injury or illness	63
6. Marriage	58
7. Fired from job	50
8. Failed important course	47
9. Change in health of a family member	45
10. Pregnancy	45
11. Sex problems	44
12. Serious argument with close friend	40
13. Change in financial status	39
14. Change of major	39
15. Trouble with parents	39
16. New girl or boyfriend	38
17. Increased workload at school	37
18. Outstanding personal achievement	36
19. First quarter/semester in college	36
20. Change in living conditions	31
21. Serious argument with instructor	30
22. Lower grades than expected	29
23. Change in sleeping habits	29
24. Change in social activities	29
25. Change in eating habits	28
26. Chronic car trouble	26
27. Change in number of family get togethers	26
28. Too many missed classes	25
29. Change of college	24
30. Dropped more than one class	23
31. Minor traffic violations	20

Total \_\_\_\_\_

To determine your stress score, add up the number of points corresponding to the events you have experienced in the past twelve months.

Individuals with scores of 300 or higher have a high health risk. Individuals scoring between 150 and 300 points have about a 50-50 chance of serious health change within two years. Individuals scoring below 150 have a 1-in-3 chance of serious health change.

Source: Kathleen Mullen and Gerald Costello, Health Awareness Through Self-Discovery.