



Student Stress Scale Test

Check those events that you have experienced in the last six months or are likely to experience in the next six months.

Life Event	Past	Future	Points Assigned
Death of a close family member	_____	_____	100
Death of a close friend	_____	_____	73
Divorce	_____	_____	65
Jail term	_____	_____	63
Personal injury or illness	_____	_____	63
Marriage	_____	_____	58
Fired from job	_____	_____	50
Failed important course	_____	_____	47
Change in health of family member	_____	_____	45
Pregnancy	_____	_____	45
Sex difficulties	_____	_____	44
Serious argument with close friend	_____	_____	40
Change in financial status	_____	_____	39
Change of major	_____	_____	39
Trouble with parents	_____	_____	39
New boyfriend or girlfriend	_____	_____	38
Increased workload at school	_____	_____	37
Outstanding personal achievement	_____	_____	36
First semester in college	_____	_____	35
Change in living conditions	_____	_____	31
Serious argument with instructor	_____	_____	30
Lower grades than expected	_____	_____	29
Change in sleeping habits	_____	_____	29
Change in social activities	_____	_____	29
Change in eating habits	_____	_____	28
Chronic car trouble	_____	_____	26
Change in number of family gatherings	_____	_____	26
Too many missed classes	_____	_____	25
Change in schools	_____	_____	24
Dropped more than one class	_____	_____	23
Minor traffic violations	_____	_____	20

Stress that is prolonged, severe, and/or occurs too often in a short period of time is highly correlated to a decline in physical health.

Scoring:

300+ is a warning sign that serious illness or depression may occur if the student does not practice some stress management soon.

150 – 300 suggests a moderate risk of serious illness if stress is ignored.

150 and below suggests a low risk.