

COLLEGE STUDENT'S STRESSFUL EVENT CHECKLIST -- INSTRUCTIONS

On the following page you will find a checklist that will help you and your adviser determine if there is undue stress in your life. In this checklist, each item signifies a life event that requires an individual to make a readjustment or a change in his or her life. Such changes produce stress in our lives, even if the event is a pleasant one. Therefore, a step toward reducing stress is to become aware of the sources of stress in your life. By assigning values to these 32 potential stress producers, you can determine whether you have experienced low, moderate, or high stress in the past year. This scale in its original format is from a 15-year research of stress in adults conducted by insurance companies. It has been modified to apply to college students and may only be considered a rough indication of stress levels and health consequences.

In the original checklist designed for adults, the higher the stress level the more likely one was to have illness within the coming year. For example, if one had a stress score of 300 or greater, that person was almost certain to have illness requiring time off from work within the next year. Persons with low stress in their lives had significantly fewer cases of illnesses.

Instructions:

Place an "X" in the column labeled "Happened" for those events that have occurred in your life recently or that you expect to occur soon. Total your score by adding the event values, and circle that category below in which your score falls.

Total Score: _____

Mild Stress: < 150 Moderate Stress: 150 to 300 Severe Stress: > 300

The checklist on the following page is from: T.H. Holmes and R.H. Rahe (1967). The social readjustment scale. *Journal of Psychosomatic Research* 11, 213-218

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Rank	Value	Happened	Score	Life Event
1	100			Death of a close family member
2	73			Death of a close friend
3	65			Divorce between parents
4	63			Serious legal problems
5	63			Major personal injury or illness
6	58			Responsibilities for others, such as children/spouse
7	50			Threat to major source of income
8	47			Difficulty with roommate(s)
9	45			Change in health of a family member
10	45			Pregnancy
11	44			Sexual problems
12	40			Serious disagreements with parents
13	39			Change in lifestyle for financial reasons
14	39			Difficulty in identifying a major
15	39			Serious argument with close family member
16	39			Problems with a girlfriend or boyfriend
17	37			Having to repeat a course
18	37			Increased workload at school
19	36			Outstanding personal achievement
20	35			First semester in college
21	31			Change in living conditions
22	30			Serious disagreements with an instructor
23	29			Lower grades than expected
24	29			Change in sleeping habits
25	29			Change in social habits
26	28			Change in eating habits
27	26			Chronic car problems
28	26			Change in number of family get-togethers
29	25			Too many missed classes
30	24			Change in plans for a major
31	23			Dropped more than one class
32	20			Minor traffic violations