What’s Stressing You Out Today?

Check off all items that are causing you stress at this moment.

Academics

☐ Maintaining good grades
☐ Starting a new semester
☐ Deciding/changing major
☐ Feeling that you are overloaded with school work
☐ Talking in front of class
☐ Taking a class you hate
☐ Registering for classes
☐ Falling asleep in class
☐ Being late/absent for class
☐ Not getting along with your professor/classmates
☐ Having trouble following the professor during lectures
☐ Failing a class
☐ Questions why you are in college
☐ Doubting your ability to succeed in college

College Life

☐ Transitioning to a new college
☐ Being away from home for the first time
☐ Housing Situation (moving, looking for new place, hassles, etc.)
☐ Having concerns/doubts about future plans (after college)
☐ Not getting enough sleep
☐ Commuting to campus and/or work
☐ Making new friends
☐ Joining campus organization (fraternity, sorority, club, etc.)
☐ Peer pressure from others (alcohol, drugs, etc.)
☐ Illness/Injury
☐ Having concerns about physical appearance

Personal Relationships

☐ Difficulties with parents/family
☐ Difficulties with significant other
☐ Difficulties with roommates/friends
☐ Dating
☐ Maintaining a steady relationship

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Ending a steady relationship
Health concerns of family/friends
Getting in fights/arguments with others
Maintaining distant relationships (if you/they have moved away)

Finances/Work

Working while you go to school
Financial difficulties
Having difficulties at work
Job changes (applying, new job, hassles, etc.)
Losing job
Having concerns about future job/career
Searching for a new job

Now, of the items you have checked, create a list of what you consider to be the five most current, impactful stressors in your life.

1. ________________________________________________________________
2. ________________________________________________________________
3. ________________________________________________________________
4. ________________________________________________________________
5. ________________________________________________________________

Adapted from: