Undergraduate Stress Questionnaire

(Stressful events in descending order of severity)

Please check the appropriate stressors in your life that have affected you during the past semester.

1. Death (family member or friend)
2. Had a lot of tests
3. It's finals week
4. Applying to graduate school
5. Victim of a crime
6. Assignments in all classes due the same day
7. Breaking up with boy/girlfriend
8. Found out boy/girlfriend cheated on you
9. Lots of deadlines to meet
10. Property stolen
11. You have a hard upcoming week
12. Went into a test unprepared
13. Lost something (especially wallet)
14. Death of a pet
15. Did worse than expected on test
16. Had an interview
17. Had projects, research papers due
18. Did badly on a test
19. Parents getting divorce
20. Dependent on other people
21. Having roommate conflicts
22. Car/bike broke down, flat tire
23. Got a traffic ticket
24. Missed your period and waiting
25. Thoughts about future
26. Lack of money
27. Dealt with incompetence at the Register's Office
28. Thought about unfinished work
29. No sleep
30. Sick, Injury
31. Had a class presentation
32. Applying for a job
33. Fought with boy/girlfriend
34. Working while in school
35. Arguments, conflicts of values with friends
36. Bothered by having no social support of family
37. Performed poorly at a task
38. Can't finish everything you needed to do
39. Heard bad news
40. Had confrontation with an authority figure
41. Maintaining a long-distance boy/girlfriend
42. Crammed for a test
43. Feel unorganized
44. Trying to decide on major
45. Feel isolated
46. Parents controlling with money
47. Couldn't find a parking space
48. Noise disturbed you while trying to study
49. Someone borrowed something without permission
50. Had to ask for money
51. Ran out of toner while printing
52. Erratic schedule
53. Can't understand your professor
54. Trying to get into your major or college
55. Registration for classes
56. Stayed up late writing a paper
57. Someone you expected to call did not
58. Someone broke a promise
59. Can't concentrate
60. Someone did a "pet peeve" of yours
61. Living with boy/girlfriend
62. Felt need for transportation
63. Bad haircut today
64. Job requirements changed
65. No time to eat
66. Felt some peer pressure
67. You have a hangover
68. Problems with your computer
69. Problem getting home from bar when drunk
70. Used a fake ID
71. No sex in a while
72. Someone cut ahead of you in line
73. Checkbook didn't balance
74. Visit from a relative and entertaining them
75. Decision to have sex on your mind
76. Spoke with a professor
77. Change of environment (new doctor, dentist, etc.)
78. Exposed to upsetting TV show, book, or movie
79. Got to class late
80. Holiday
81. Sat through a boring class
82. Favorite sporting team lost


Experiencing these events can have a significant negative impact, physically and mentally. However, your well-being will depend on how you employ psychological resources to cope with these stresses. We're available to help with the development of optimal coping skills.

For further information, please call or (918) 631-2200