

Student Stress Scale

The Student Stress Scale represents an adaptation of Holmes and Rahe's Social Readjustment Rating Scale. Each event is given a score that represents the amount of readjustment a person has to make in life as a result of the change. People with scores of 300 and higher have a high health risk. People scoring between 150 and 300 points have about a 50-50 chance of serious health change within two years. People scoring below 150 have a 1 in 3 chance of serious health change. Calculate your total life-change units (LCUs) three times during the semester and then correlate those scores with any changes in your health status.

<u>Event</u>	<u>Life Change Units</u>
Death of a close family member	100
Death of a close friend	73
Divorce between parents	65
Jail Term	63
Major personal injury or illness	63
Marriage	58
Being fired from job	50
Failing an important course	47
Change in health of family member	45
Pregnancy	45
Sex problems	44
Serious argument with close friend	40
Change in financial status	39
Change of major	39
Trouble with parents	38
New girl – or boyfriend	38
Increased workload at school	37
Outstanding personal achievement	36
First quarter/semester of 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 get-togethers	26
Too many missed classes	25
Change of college	24
Dropping of more than one class	23
Minor Traffic violations	20

My First Total (date: _____)

My 2nd Total (date: _____)

My Third Total (date: _____)