

Student Stress Scale

Each event is given a score that represents the amount of readjustment you have to make in life as a result of the change. People with scores of 300+ have a high health risk. People that score 150-300 points have a 50-50 chance of serious health change within 2 years. People scoring below 150 have a 1 in 3 chance of serious health change.

Calculate your total life-change units (LCUs) 3 times during the semester and then match them up with any changes in your health status.

Event	LCUs
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 a 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	39
New girl- or boyfriend	38
Increased workload at school	37
Outstanding personal achievement	36
First quarter/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 get-togethers	26
Too many missed classes	25
Change of college	24
Dropping of more than one class	23
Minor traffic violations	20

My 1st total _____ Date _____
 My 2nd total _____ Date _____
 My 3rd total _____ Date _____

Source: Table 13.1, Gerrig RJ, Zimbardo PG. (2002). *Psychology and life* (16th ed., p. 410). Boston, MA: Allyn and Bacon.