

HANDOUT 31-5

College Undergraduate Stress Scale

Copy the “stress rating” number into the last column for any item that has happened to you in the last year, then add these.

Event	Stress Ratings	Your Items
Being raped	100	
Finding out that you are HIV-positive	100	
Being accused of rape	98	
Death of a close friend	97	
Death of a close family member	96	
Contracting a sexually transmitted disease (other than AIDS)	94	
Concerns about being pregnant	91	
Finals week	90	
Concerns about your partner being pregnant	90	
Oversleeping for an exam	89	
Flunking a class	89	
Having a boyfriend or girlfriend cheat on you	85	
Ending a steady dating relationship	85	
Serious illness in a close friend or family member	85	
Financial difficulties	84	
Writing a major term paper	83	
Being caught cheating on a test	83	
Drunk driving	82	
Sense of overload in school or work	82	
Two exams in one day	80	
Cheating on your boyfriend or girlfriend	77	
Getting married	76	
Negative consequences of drinking or drug use	75	
Depression or crisis in your best friend	73	
Difficulties with parents	73	
Talking in front of a class	72	
Lack of sleep	69	
Change in housing situation (hassles, moves)	69	
Competing or performing in public	69	
Getting in a physical fight	66	
Difficulties with a roommate	66	
Job changes (applying, new job, work hassles)	65	
Declaring a major or concerns about future plans	65	
A class you hate	62	
Drinking or use of drugs	61	
Confrontations with professors	60	
Starting a new semester	58	
Going on a first date	57	

HANDOUT 31-5 (*continued*)

Event	Stress Ratings	Your Items
Registration	55	
Maintaining a steady dating relationship	55	
Commuting to campus or work, or both	54	
Peer pressures	53	
Being away from home for the first time	53	
Getting sick	52	
Concerns about your appearance	52	
Getting straight A's	51	
A difficult class that you love	48	
Making new friends; getting along with friends	47	
Fraternity or Sorority rush	47	
Falling asleep in class	40	
Attending an athletic event (e.g., football game)	20	
Total		

Source: Reprinted by permission of Lawrence Erlbaum Associates, Inc. and the authors from Renner, M. J., & Mackin, R. S. (1998). A Life Stress Instrument for Classroom Use. *Teaching of Psychology*, 25, p. 47.