

PERCEIVED STRESS AMONG STUDENTS

Please indicate the amount of stress you are experiencing by marking a box in each category.

	Almost No Stress	Minor Amount of Stress	Moderate Amount of Stress	High Stress	Debilitating Stress
1. Overall CURRENT level of stress					
2. Level of academic stress					
3. Level of stress from own mood, thoughts or feelings					
4. Level of stress at work site(s)					
5. Level of stress in living environment					
6. Level of financial stress					
7. Level of stress in social life and/or relationships					
8. Level of stress re: sexuality or sexual orientation					
9. Level of stress from spiritual or vocational concerns					
10. Level of stress re: time management					
11. Level of stress re: national and global issues					

Concerned about your level of stress? Help is available.

Office of Student Counseling
Templeton Hall 301, 8:30 - 4:30, Monday – Friday
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