Stress Management Assessment

Think about your daily habits and indicate how often the following questions apply to you:

	Always	Sometimes	Never
1. Do you plan ahead for tests, papers, and other school projects and have specified time to work on them instead of leaving them to the last minute?			
2. Do you say "no" when you need to (i.e. when someone puts a demand on you that is not a priority to you and you do not have time to do it)?			
3. Do you set up reasonable and attainable goals when you have a large project to complete?			
4. Do you have a reward system set up for yourself to motivate you to complete difficult or stressful tasks?			
5. Do you follow through with your reward system after you finish a particularly difficult or stressful task?			
6. How often do you currently exercise?			
7. Do you eat healthy meals regularly?			
8. Do you give yourself breaks in between study sessions (i.e. 5-10 minutes for every hour)?			
9. Do you give yourself some time each night to plan and organize for the next day?			
10. Do you take time for active relaxation?			
11. When relaxing, are you able to concentrate on other thoughts besides school and work that needs to be completed?			
12. Do you get 6 to 8 hours of sleep each night?			

Now starting from the left of this scale, shade 1 box for each "Always", 2 boxes for each "Sometimes", and 3 boxes for each "Never".

Low Stress	**Moderate Stress**	**High Stress**

If you scored within the low stress range: It sounds like you are on your way to a successful semester! Review areas in which you answered "no" and try to integrate these into your study strategies.

If you scored within the moderate stress range: Check out stress management strategies or schedule an appointment with the Director of the Center for College Success, Juliah Sanford, through AdvisorTrac.

If you scored within the high stress range: You might benefit from making an appointment with the Director of the Center for College Success, Juliah Sanford, through AdvisorTrac or email sanfordj@nacc.edu.

Adapted from materials by Arizona State University Think Tank