

The Student Stress 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.

Event	Life-Change Units
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

Total

300 + points	=	high health risk
150-300 points	=	50-50 chance of serious health change within 2 years
< 150 points	=	1 in 3 chance of serious health change.

Adaptation of Holmes and Rahe's Social Readjustment Rating Scale.

Stress Management
Student Success Session
The Student Stress Scale
Tani McBeth