Week 1 Lab:

Self-Assessment

In the last month, how often has the following been true for you?   
Write the number that corresponds to each statement.

0 - never | 1 - almost never | 2 - sometimes | 3 - often | 4 – always

1. I feel tired. 4
2. I find it very hard to relax or “wind-down.” 3
3. I find it hard to make decisions. 2
4. My heart races and I find myself breathing rapidly. 1
5. I have trouble thinking clearly. 3
6. I eat too much or too little. 3
7. I get headaches. 0
8. I feel emotionally numb. 2
9. I think about my problems over and over again during the day. 2
10. I have sleeping problems (e.g., trouble falling asleep, trouble staying asleep, trouble waking up, nightmares, etc.) 2
11. I have trouble feeling hopeful. 1
12. I find myself taking unnecessary risks or engaging in behaviour hazardous to health and/or safety. 0
13. I have back and neck pain, or other chronic tension-linked pain. 0
14. I use caffeine, nicotine, cannabis, and/or other drugs more than usual. 4
15. I feel overwhelmed and helpless. 1
16. I have nervous habits (e.g., biting my nails, grinding my teeth, fidgeting, pacing, etc.) 2
17. I forget little things (e.g. where I put my keys, people’s names, details discussed during the last work meeting). 3
18. I have stomach upsets (e.g., nausea, vomiting, diarrhea, constipation, gas). 0
19. I am irritable and easily annoyed. 2
20. I have mood-swings and feel over-emotional. 1
21. I find it hard to concentrate. 2
22. I have trouble feeling that life is meaningful. 1
23. I am withdrawn and feel distant and cut off from other people. 1
24. I use alcohol, cannabis and/or other drugs to try and help cope. 0
25. My work performance has declined and I have trouble completing things. 1

**Add Up Your Score**

My total score is 41.

► A score from 0-25 suggests that you’re probably in great stress-shape!

► A score from 26-50 suggests that you may be experiencing a low to moderate degree of stress

► A score from 51-75 suggests you may be experiencing a moderate to high degree of stress.

► A score from 76-100 suggests that you may be experiencing a very high degree of stress.

**Reflection Questions:**

1. What level of stress did you get?   
   41 – Getting close to moderate.
2. What are your thoughts on your results from these questions? Were you surprised? Why or why not?  
   I find that I take a lot on, sometimes without thinking about how I may need some dedicated time to just relax. I wasn’t surprised as I work out to destress and have not been working out as much as I used to due to how tired I consistently feel.
3. What do you hope to learn from this course?

I hope to learn how I may be able to manage my time efficiently and how to process my overwhelming feelings when there is tight scheduling.

**Misc. Questions:**

1. What is your preferred name and where are you from?  
   Lucas Vandermaarel. Born in London, Ontario and currently reside just outside of London.
2. What are you currently studying at Centennial College?  
   Software Engineering Technology (Online) Full Time
3. What’s one thing you can share about yourself?   
   (Ex. a hobby, favourite thing, something you’re excited about, fun fact etc.)  
   I work as a *Critical Systems Analyst* at a K-12 school board and I am working on building an AI chatbot that could save staff a lot of time when completed. It is very exciting to work with AI since it has such a large impact. On the other side, it is very stressful as I am the only one in the department who knows how to program.