1. When all things in your life are considered, how do you feel today (circle one)? Very happy Content Ok Not Very Happy Miserable
2. Overall, how would you rank the quality of your life (circle one)? Very satisfied Mostly satisfied Satisfied Mostly dissatisfied Dissatisfied

**1 = Not At All 2 = Somewhat 3 = Moderately So 4 = Very Much So**

1. I am upset about something that has occurred unexpectedly………………………………. 1 2 3 4
2. I feel that I am unable to control the important things in my life………………………….. 1 2 3 4
3. I feel nervous and “stressed”………………………………………………………………………………… 1 2 3 4
4. I feel comfortable in my abilities to handle my personal problems……………………….. 1 2 3 4
5. I feel that things are going my way……………………………………………………………………….. 1 2 3 4
6. I feel that I cannot cope with all the things I have to do……………………………………….. 1 2 3 4
7. I feel I can control irritations in my life…………………………………………………………………. 1 2 3 4
8. I feel that I am on top of things……………………………………………………………………………. 1 2 3 4
9. I feel angered because things are outside my control………………………………………….. 1 2 3 4
10. I feel that difficulties are piling up so high that I cannot overcome them…………….. 1 2 3 4
11. What are you working on while you are in this area?

1. What is your classification (Circle One)? Freshman Sophomore Junior Senior Grad Student Unclassified Faculty Staff
2. What is your age (circle one)? Under 20 Between 21 and 30 Between 31 and 40 Between 41 and 50 Between 51 and 60 Over 60
3. What is your ethnic group (Select all that apply)? Caucasian African American American Indian Hispanic American Asian American Other (Please Specify)
4. What is your gender (circle one)? Male Female