

**■ TABLE 11.8 College Life Stress Inventory**

Circle the “stress rating” number for any item that has happened to you in the last year, then add them.

<b>EVENT</b>	<b>STRESS RATING</b>	<b>EVENT</b>	<b>STRESS RATING</b>
Being raped	100	Lack of sleep	69
Finding out that you are HIV positive	100	Change in housing situation (hassles, moves)	69
Being accused of rape	98	Competing or performing in public	69
Death of a close friend	97	Getting in a physical fight	66
Death of a close family member	96	Difficulties with a roommate	66
Contracting a sexually transmitted disease (other than AIDS)	94	Job changes (applying, new job, work hassles)	65
Concerns about being pregnant	91	Declaring a major or concerns about future plans	65
Finals week	90	A class you hate	62
Concerns about your partner being pregnant	90	Drinking or use of drugs	61
Oversleeping for an exam	89	Confrontations with professors	60
Flunking a class	89	Starting a new semester	58
Having a boyfriend or girlfriend cheat on you	85	Going on a first date	57
Ending a steady dating relationship	85	Registration	55
Serious illness in a close friend or family member	85	Maintaining a steady dating relationship	55
Financial difficulties	84	Commuting to campus or work, or both	54
Writing a major term paper	83	Peer pressures	53
Being caught cheating on a test	83	Being away from home for the first time	53
Drunk driving	82	Getting sick	52
Sense of overload in school or work	82	Concerns about your appearance	52
Two exams in one day	80	Getting straight A's	51
Cheating on your boyfriend or girlfriend	77	A difficult class that you love	48
Getting married	76	Making new friends; getting along with friends	47
Negative consequences of drinking or drug use	75	Fraternity or sorority rush	47
Depression or crisis in your best friend	73	Falling asleep in class	40
Difficulties with parents	73	Attending an athletic event (e.g., football game)	20
Talking in front of a class	72		

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