

It's no secret students are extremely motivated and highly ambitious, but also chronically overworked and perpetually stressed. According to the American College Health Association, nearly 61% of students have "felt overwhelming anxiety", and nearly 40% of college students said that they had felt so depressed that it was "difficult for them to function", and many other studies have corroborated these reports of college students increasingly facing more and more complex mental health challenges that hold severe consequences for their mental health, physical health, and everyday functioning in their studies and jobs.

Taking inspiration from research at Columbia University, a team of UC Berkeley students have begun developing a tool that looks at a students' lifestyle habits and analyzes their current stress levels to help students better gauge when they need professional help. The tool also educates students on the different factors affecting their academic performance, so that they can better prioritize and balance the numerous demands on their time and energy.

Ready to try it out for yourself?

*We will start with the Perceived Stress Scale.
Think about the last month for each of these questions...*

1. In the last month, how often have you been upset because of something that happened unexpectedly?

Choose one...
2. In the last month, how often have you felt that you were unable to control the important things in your life?

Choose one...
3. In the last month, how often have you felt nervous and "stressed"?

Choose one...
4. In the last month, how often have you felt confident about your ability to handle your personal problems?

Choose one...
5. In the last month, how often have you felt that things were going your way?

Choose one...
6. In the last month, how often have you found that you could not cope with all the things that you had to do?

Choose one...
7. In the last month, how often have you been able to control irritations in your life?

Choose one...
8. In the last month, how often have you felt that you were on top of things?

Choose one...
9. In the last month, how often have you been angered because of things that were outside of your control?

Choose one...
10. How often have you felt difficulties were piling up so high that you could not overcome them?

Choose one...

I'm done with the Perceived Stress Scale