

Common College Stressors

Any event that causes intense emotions, whether they be joy, sadness, fear, anger, etc., can cause stress. The list below contains common stressors that you might have already experienced during your college career. Mark each item that you have experienced and jot down how you felt when the situation occurred.

- o Starting (or restarting) college
- o Significant change in income
- o Disruption of sleeping pattern
- o Illness
- o Major paper, assignment, or exam
- o Start or end of a dating relationship
- o Problems with family members
- o Choosing a major
- o Job change
- o In-class presentation
- o Balancing work, school, or family
- o Other: