

WHAT IT IS

This assessment is useful for students to gain insight into how they are functioning at college. While not a psychological test, this checklist can be given to the student to complete and bring back to you for scoring and further direction.

WHO TO USE IT WITH

Students who are feeling overwhelmed and may have a challenge in expressing exactly what it is they are struggling with.

QUESTIONS TO ASK

1. Would you be willing to take a short survey to better understand how you are adjusting to college, managing your stress, and ensuring you have the support you need to be successful on campus?
2. Did your score on the checklist match up with where you would rate your current stress level? What surprised you about filling this out? What questions do you think should have been asked that were not?

TEACHING INSIGHTS

The checklist should be given to the student with the purpose of helping them to better understand their current stress and coping levels. Scoring is provided to give a general range of concern categories and offer some suggestions for improvement.

Step 1: Subtract the score from Section 2 from the score from Section 1. You should have a number between -30 and 30.

Step 2: Look at the range of scores below. The lower the score, the better off they are at handling stress and avoiding burnout.

- **Scores -30 to -10:** Here, the student functions well and experiences very few problems on campus. This does not mean they are perfect or never experience problems, but overall, they are doing well managing their stress.
- **Scores -9 to 0:** There may be some increase in stress in a few areas, but overall, the student is still functioning well. It will be helpful to offer additional support during high-stress times and ensure they are accessing available support.
- **Scores 1 to 10:** The student's stress is increasing, and their coping skills are not keeping up. It would be helpful to have some targeted conversations on setting boundaries and ensuring access to training and support. Without intervention, the student is heading from being stressed to experiencing burnout.
- **Scores 11 to 30:** The student is now in the burnout zone. Stress has reached a point where they struggle to balance their social life, friends, relationships, and work obligations. Interventions here would involve increased support, a reduction of classes/workload, and a referral to counseling services.