

0 = Not at all 1 = Sometimes 2 = Almost always

Section 1: (in the past 30 days)

- I wish there was more clarity about how I was supposed to handle certain situations.
- I feel like I'm the only one who cares about anything.
- The major goal at college seems to be doing just enough to make the professor happy.
- I get angry or frustrated throughout the day and can't always tell why.
- When I ask how to do something, the bureaucracy in the response gets to me.
- I dread talking about my problems when I do vent to someone, they don't really understand.
- I have trouble focusing because I'm so worried about the decisions I've made.
- I wasn't ready or prepared for all the things that I'm being asked to do at college
- My friends and family tell me I'm not like I used to be, and I don't have any time for them.
- I feel overwhelmed with my assignments, obligations and everything I must complete.
- I don't feel satisfied with my classwork, and more often wish I didn't even go to college.
- As a result of helping and listening to others about their problems, I don't take care of myself.
- I feel worn out as a helper; no one understands how hard this is.
- After doing something I enjoy or for fun, I still feel stressed out when I come back.
- Everything I do happens under a microscope. No one trusts me to know what to do.

Total for Section 1 (0-30)

Section 2: (in the past 30 days)

- I get a good night's sleep and wake refreshed.
- I like being a college student and I'm excited for what is coming next.
- There is good help and support so that I can get my assignments done.
- I have a group of friends who support me in my work/life balance.
- I find time to help others and care for myself throughout the day.
- I can balance my work and personal life to have time for both.
- I feel like the person I want to be. My work makes me feel good about myself.
- Most of my instructors support me and my work; I look forward to my classes.
- Helping people sustains me. I have more energy after and feel good about myself.
- I am good at setting boundaries and saying no, and I feel supported by my those around me.
- I have a good understanding of what I'm supposed to be doing in order to get good grades.
- While there are some tough challenges with my day-to-day life at college, overall, I find it rewarding.
- I have time for myself to recharge throughout the week.
- I can exercise and take time to engage in physical activities I like.
- My study at college gives me a sense of purpose.

Total for Section 2 (0-30)