

HANDOUT 14 (*continued*)

Event	Stress Ratings	Your Items
Registration	55	
Maintaining a steady dating relationship	55	
Commuting to campus or work, or both	54	
Peer pressures	53	
Being away from home for the first time	53	
Getting sick	52	
Concerns about your appearance	52	
Getting straight A's	51	
A difficult class that you love	48	
Making new friends; getting along with friends	47	
Fraternity or Sorority rush	47	
Falling asleep in class	40	
Attending an athletic event (e.g., football game)	20	
Total		

Source: From Michael J. Renner, R. Scott Mackin, "A Life Stress Instrument for Classroom Use," *Teaching of Psychology* 25(1). Copyright © 1998 SAGE Publications. Reprinted by permission of SAGE Publications.