Are You Prone To Stress?

Your college years can be, but need not be, a very stressful time. This questionnaire takes a look at the attitudes that make a person more vulnerable to stress.

Circle the answer that best fits your opinion.

1. I hate to wait in lines.
   a. Almost always true
   b. Usually true
   c. Seldom true
   d. Never true

2. I often find myself racing against the clock to save time.
   a. Almost always true
   b. Usually true
   c. Seldom true
   d. Never true

3. I become upset if I think something is taking too long.
   a. Almost always true
   b. Usually true
   c. Seldom true
   d. Never true

4. When under pressure, I tend to lose my temper.
   a. Almost always true
   b. Usually true
   c. Seldom true
   d. Never true

5. My friends tell me that I tend to get irritated easily.
   a. Almost always true
   b. Usually true
   c. Seldom true
   d. Never true

6. I seldom like to do anything unless I can make it competitive.
   a. Almost always true
   b. Usually true
   c. Seldom true
   d. Never true

7. When something needs to be done, I am the first to begin even though the details may still need to be worked out.
   a. Almost always true
   b. Usually true
   c. Seldom true
   d. Never true

8. When I make a mistake, it is usually because I’ve rushed into something without giving it enough thought and planning.
   a. Almost always true
   b. Usually true
   c. Seldom true
   d. Never true

9. Whenever possible, I will try to do two things at once, like eating while working or planning while driving or bathing.
   a. Almost always true
   b. Usually true
   c. Seldom true
   d. Never true

10. When I go on a vacation, I usually take some work along just in case I get a chance to do it.
    a. Almost always true
    b. Usually true
    c. Seldom true
    d. Never true

(To Score: a = 4 points, b = 3 points, c = 2 points, and d = 1 point)

Scores of 25 and above suggest the presence of the traits and attitudes that incline one to stress: being a perfectionist, compulsive, highly competitive, time pressured, aggressive, and needing to prove something.

If you score high, there are a number of things you can do to lessen the chances of stress: learn to relax, take yourself and life less seriously, and accept yourself. Remember you don’t need to be perfect, the “best” or the “____”, to be a worthwhile person because you already are. Most things we consider flaws, add wonderful character to ourselves.

Help is available at University Counseling Services, should you want to make some changes that will reduce your vulnerability to stress. We offer personal counseling, stress management groups and Wellness counseling for learning to relax and how to manage you time.

University Counseling Services
Bayramian Hall, Room 520  TTY 818-677-7834

818-677-2366