

Academic Stressor Identification Sheet

What is stressful about class? (Check all that apply):

- Oral presentations Research Papers Exams Reading Assignments
- Showing Up On Time Group Work Workload Deadlines
- Internet Access Computer Issues Interruptions Distractions
- Other: _____

Rank the Top 3 causes of stress in class (1 being the most stressful):

1. _____
2. _____
3. _____

Is the main cause of stress (Circle one): Avoidable or Inevitable

List 3 things that can make the most stressful aspect of class less taxing:

1. _____
2. _____
3. _____

What further steps will need to be taken in order to apply the aspects above?

Completed:

Step #1 _____

Yes No

Step #2 _____

Yes No

Step #3 _____

Yes No