

Stress Test

Everyone has a different level of comfort, and things affect each person differently. Some people get easily stressed or annoyed, and others don't react much. We are interested in learning about situations when you might get stressed or nervous and what things have helped you deal with these reactions. Please rate the following 1-10 with 1 being the least stressful and 10 being the most stressful.

| | Possible Situation: | Rating | How would I cope? |
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| 1. | The seat you usually sit in is taken when you get to class. | | |
| 2. | The professor has left a note on the classroom door explaining that class will be held in an alternative building today. | | |
| 3. | You are called upon in class to discuss a reading or answer a question. | | |
| 4. | The bookstore does not have the book you need when you arrive to purchase it. | | |
| 5. | Your professor announces a pop quiz when you enter the room. | | |
| 6. | You must walk through a very crowded hallway every time you need to get to your classroom. | | |
| 7. | The bus you are riding forgets to stop at your stop to let you off for school. | | |

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| 8. | The professor wants to see you about your paper. | | |
| 9. | You misplaced your book bag and all of your homework was in it. | | |
| 10. | The fire alarm goes off unexpectedly. | | |
| 11. | You need to choose a lab partner. | | |
| 12. | You are asked to do group work in class. | | |
| 13. | You are assigned a presentation in front of the class. | | |
| 14. | You are assigned a group project that must be completed outside of the classroom. | | |
| 15. | The teacher gives an unannounced test. | | |