

- 5 **Thinking and discussing** Rate the causes of stress listed in the table for yourself. Then find out how stressful such events are for other people. Add more causes.

0 = none

2 = easy to control

4 = substantial

1 = minimal

3 = average

5 = optimal/max

Causes of Stress	You	Name	Name	Name	Name
Exams					
Assignments					
Research					
Money					
Roommate issues					
Tutorial					
Grades					
Interview					
Meeting new people					
Moving					
Being on time					