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
1 = minimal
2 = easy to control
3 = average
4 = substantial
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					

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