

## PROBLEM CHECKLIST

The following information will help us learn about issues that are problematic for you. Please take the time to mark each of the following items with either a "0", "1", "2", "3", or "4" indicating the degree to which that issue is a problem for you at the present time. This list is not exhaustive, but covers many of the common problem areas seen by Counseling Services. Thank you!

0 Not a Problem (or not applicable)	1 Slight Problem	2 Moderate Problem	3 Serious Problem	4 Severe Problem
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1. \_\_\_\_\_ Academic concerns; school work and grades
2. \_\_\_\_\_ Time management, procrastination, getting motivated
3. \_\_\_\_\_ Overly high academic standards for self
4. \_\_\_\_\_ Pressures from family for success
5. \_\_\_\_\_ Decision about selecting major and/or career
6. \_\_\_\_\_ Homesickness
7. \_\_\_\_\_ Relationship with roommate
8. \_\_\_\_\_ Relationship with friends and/or making friends
9. \_\_\_\_\_ Relationship with romantic partner
10. \_\_\_\_\_ Concern regarding break-up
11. \_\_\_\_\_ Conflict/argument with parents or family member
12. \_\_\_\_\_ Shy or ill at ease around others
13. \_\_\_\_\_ Self-confidence or self-esteem; feeling inferior
14. \_\_\_\_\_ Body image concerns
15. \_\_\_\_\_ Anxiety, fears, worries
16. \_\_\_\_\_ Feeling overwhelmed by a number of things; hard to sort things out
17. \_\_\_\_\_ Problems adjusting to the college
18. \_\_\_\_\_ Generally unhappy and dissatisfied
19. \_\_\_\_\_ Confusion over personal beliefs or religious beliefs and values
20. \_\_\_\_\_ Concerns related to being a member of a minority
21. \_\_\_\_\_ Issues related to gay/lesbian identity
22. \_\_\_\_\_ Grief over death or loss
23. \_\_\_\_\_ Depression
24. \_\_\_\_\_ Thoughts of ending your life
25. \_\_\_\_\_ Feelings of hopelessness
26. \_\_\_\_\_ Eating problems (not eating, overeating, or excessive dieting)
27. \_\_\_\_\_ Self – injurious behaviors
28. \_\_\_\_\_ Alcohol and/or other drug problem
29. \_\_\_\_\_ Alcohol/drug problem in family
30. \_\_\_\_\_ Sexually abused or assaulted, as child or adult
31. \_\_\_\_\_ Physically or emotionally abused, as child or adult
32. \_\_\_\_\_ Physical stress (headaches, stomach pains, muscle tension, etc)
33. \_\_\_\_\_ Sleep problems (can't sleep, sleep too much, nightmares)
34. \_\_\_\_\_ Sexual matters
35. \_\_\_\_\_ Irritable, angry hostile feelings; difficulty expressing anger appropriately
36. \_\_\_\_\_ Fear of loss of contact with reality
37. \_\_\_\_\_ Violent thoughts, feelings, or behaviors
38. \_\_\_\_\_ Have been considering dropping out or leaving school
39. \_\_\_\_\_ Feel that someone is stalking or harassing me (by phone, letter, or email)

