

## LSSSE Module: Student Stress and Anxiety

*This module examines law student stress and anxiety—their sources, impact, and perceptions of support offered by law schools to manage stress and anxiety.*

- 1. During the current school year, how would you characterize your level of law school related stress or anxiety?**  
[Response options: 1=none to 7=very high]
- 2. During the current school year, to what extent are the following a source of stress or anxiety?**  
[Response options: Very much, Quite a bit, Some, Very little]
  - a. Academic performance
  - b. Academic workload
  - c. Financial concerns/Student debt
  - d. Job prospects
  - e. Competition amongst peers
  - f. Classroom environment/Teaching methods
- 3. During the current school year, how has stress or anxiety impacted your law school performance (studying, in-class engagement and participation, co-curricular participation, performance on exams and other assessments)?**  
[Response options: Very much, Quite a bit, Some, Very little, Not at all]
- 4. To what extent does your law school emphasize ways to effectively manage stress and anxiety?**  
[Response options: Very much, Quite a bit, Some, Very little]
- 5. Which coping strategies have you used to manage stress and anxiety during the current school year? (Select all that apply.)**
  - a. Exercise
  - b. Meditation/Mindfulness
  - c. Counseling or therapy
  - d. Alcohol or other recreational drugs
  - e. Talking to a friend or family member
  - f. Emotional eating, binge eating, or undereating
  - g. Engaging in a hobby
  - h. Procrastination
  - i. Implementing time management techniques
  - j. Positive self-talk
  - k. Negative self-talk
  - l. Other, please specify: