MOONEY PROBLEM CHECK LIST

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Age........................................ Date of birth......................................................... Sex

Class in college ......................................................... Marital status ..................................................................

Curriculum in which you are enrolled ..................................................................................

Name of the counselor, course or agency
for whom you are marking this check list

Your name or other identification
if desired...........................................................................................................................................

Date..................................................

DIRECTIONS

This is not a test. It is a list of troublesome problems which often face students in college—problems
of health, money, social life, relations with people, religion, studying, selecting courses, and the like.
You are to go through the list, pick out the particular problems which are of concern to you, indi­
cate those which are of most concern, and make a summary interpretation in your own words.
More specifically, you are to take these three steps

First Step: Read the list slowly, pause at each item, and if it suggests something which is trou­
bling you, underline it, thus "Sickness in the family." Go through the whole list, underlining
the items which suggest troubles (difficulties, worries) of concern to you.

Second Step: After completing the first step, look back over the items you have underlined and
circle the numbers in front of the items which are of most concern to you, thus.

Third Step: After completing the first and second steps, answer the summarizing questions on pages
5 and 6.

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First Step: Read the list slowly, and as you come to a problem which troubles you, underline it.

1. Feeling tired much of the time
2. Being underweight
3. Being overweight
4. Not getting enough exercise
5. Not getting enough sleep
6. Too little money for clothes
7. Receiving too little help from home
8. Having less money than my friends
9. Managing my finances poorly
10. Needing a part-time job now
11. Not enough time for recreation
12. Too little chance to get into sports
13. Too little chance to enjoy art or music
14. Too little chance to enjoy radio or television
15. Too little time to myself
16. Being timid or shy
17. Being too easily embarrassed
18. Being ill at ease with other people
19. Having no close friends in college
20. Missing someone back home
21. Taking things too seriously
22. Worrying about unimportant things
23. Nervousness
24. Getting excited too easily
25. Finding it difficult to relax
26. Too few dates
27. Not meeting anyone I like to date
28. No suitable places to go on dates
29. Deciding whether to go steady
30. Going with someone my family won't accept
31. Being criticized by my parents
32. Feeling I don't really have a home
33. Father
34. Sickness in the family
35. Parents sacrificing too much for me
36. Not going to church often enough
37. Dissatisfied with church services
38. Having beliefs that differ from my church
39. Losing my earlier religious faith
40. Doubting the value of worship and prayer
41. Not knowing how to study effectively
42. Easily distracted from my work
43. Not planning my work ahead
44. Having a poor background for some subjects
45. Inadequate high school training
46. Restless at delay in starting life work
47. Doubting wisdom of my vocational choice
48. Family opposing my choice of vocation
49. Purpose in going to college not clear
50. Doubting the value of a college degree
51. Hard to study in living quarters
52. No suitable place to study on campus
53. Teachers too hard to understand
54. Textbooks too hard to understand
55. Difficulty in getting required books
56. Not as strong and healthy as I should be
57. Allergies (hay fever, asthma, hives, etc.)
58. Occasional pressure and pain in my head
59. Gradually losing weight
60. Not getting enough outdoor air and sunshine
61. Going in debt for college expenses
62. Going through school on too little money
63. Graduation threatened by lack of funds
64. Needing money for graduate training
65. Too many financial problems
66. Not living a well-rounded life
67. Not using my leisure time well
68. Wanting to improve myself culturally
69. Wanting to improve my mind
70. Wanting more chance for self-expression
71. Wanting a more pleasing personality
72. Losing friends
73. Wanting to be more popular
74. Being left out of things
75. Having feelings of extreme loneliness
76. Moodiness, "having the blues"
77. Failing in so many things I try to do
78. Too easily discouraged
79. Having bad luck
80. Sometimes wishing I'd never been born
81. Afraid of losing the one I love
82. Loving someone who doesn't love me
83. Too inhibited in sex matters
84. Afraid of close contact with the opposite sex
85. Wondering if I'll ever find a suitable mate
86. Parents separated or divorced
87. Parents having a hard time of it
88. Worried about a member of my family
89. Father or mother not living
90. Feeling I don't really have a home
91. Differing from my family in religious beliefs
92. Failing to see the relation of religion to life
93. Don't know what to believe about God
94. Science conflicting with my religion
95. Needing a philosophy of life
96. Forgetting things I've learned in school
97. Getting low grades
98. Weak in writing
99. Weak in spelling or grammar
100. Slow in reading
101. Unable to enter desired vocation
102. Enrolled in the wrong curriculum
103. Wanting to change to another college
104. Wanting part-time experience in my field
105. Doubting college prepares me for working
106. College too indifferent to student needs
107. Dull classes
108. Too many poor teachers
109. Teachers lacking grasp of subject matter
110. Teachers lacking personality
111. Poor posture
112. Poor complexion or skin trouble
113. Too short
114. Too tall
115. Not very attractive physically
116. Needing money for better health care
117. Needing to watch every penny I spend
118. Family worried about finances
119. Disliking financial dependence on others
120. Financially unable to get married
121. Awkward in meeting people
122. Awkward in making a date
123. Slow in getting acquainted with people
124. Too few student activities
125. Boring weekends
126. Feelings too easily hurt
127. Being talked about
128. Being watched by other people
129. Worrying how I impress people
130. Feeling inferior
131. Unhappy too much of the time
132. Having memories of an unhappy childhood
133. Daydreaming
134. Forgetting things
135. Having a certain nervous habit
136. Being in love
137. Deciding whether I'm in love
138. Deciding whether to become engaged
139. Wondering if I really know my prospective mate
140. Being in love with someone I can't marry
141. Friends not welcomed at home
142. Home life unhappy
143. Family quarrels
144. Not getting along with a member of my family
145. Irritated by habits of a member of my family
146. Parents old-fashioned in their ideas
147. Missing spiritual elements in college life
148. Troubled by lack of religion in others
149. Affected by racial or religious prejudice
150. In love with someone of a different race or religion
151. Not spending enough time in study
152. Having too many outside interests
153. Trouble organizing term papers
154. Trouble in outlining or note-taking
155. Trouble with oral reports
156. Wondering if I'll be successful in life
157. Needing to plan ahead for the future
158. Not knowing what I really want
159. Trying to combine marriage and a career
160. Concerned about military service
161. Not having a good college advisor
162. Not getting individual help from teachers
163. Not enough chances to talk to teachers
164. Teachers lacking interest in students
165. Teachers not considerate of students' feelings
166. Frequent sore throat
167. Frequent colds
168. Nose or sinus trouble
169. Speech handicap (stuttering, etc.)
170. Weak eyes
171. Working late at night on a job
172. Living in an inconvenient location
173. Transportation or commuting difficulties
174. Lacking privacy in living quarters
175. Having no place to entertain friends
176. Wanting to learn how to dance
177. Wanting to learn how to entertain
178. Wanting to improve my appearance
179. Wanting to improve my manners or etiquette
180. Trouble in keeping a conversation going
181. Being too curious or jealous
182. Being stubborn or obstinate
183. Getting into arguments
184. Speaking or acting without thinking
185. Sometimes acting childish or immature
186. Losing my temper
187. Being careless
188. Being lazy
189. Tending to exaggerate too much
190. Not taking things seriously enough
191. Embarrassed by talk about sex
192. Disturbed by ideas of sexual acts
193. Needing information about sex matters
194. Sexual needs unsatisfied
195. Wandering how far to go with the opposite sex
196. Unable to discuss certain problems at home
197. Clash of opinion between me and parents
198. Talking back to my parents
199. Parents expecting too much of me
200. Carrying heavy home responsibilities
201. Wanting more chances for religious worship
202. Wanting to understand more about the Bible
203. Wanting to feel close to God
204. Confused in some of my religious beliefs
205. Confused on some moral questions
206. Not getting studies done on time
207. Unable to concentrate well
208. Unable to express myself well in words
209. Vocabulary too limited
210. Afraid to speak up in class discussions
211. Wondering whether further education is worthwhile
212. Not knowing where I belong in the world
213. Needing to decide on an occupation
214. Needing information about occupations
215. Needing to know my vocational abilities
216. Classes too large
217. Not enough class discussion
218. Clashes run too much like high school
219. Too much work required in some courses
220. Teachers too theoretical
221. Frequent headaches
222. Menstrual or female disorders
223. Sometimes feeling faint or dizzy
224. Trouble with digestion or elimination
225. Glandular disorders (thyroid, lymph, etc.)
226. Not getting satisfactory diet
227. Tiring of the same meals all the time
228. Too little money for recreation
229. No steady income
230. Unsure of my future financial support
231. Lacking skill in sports and games
232. Too little chance to enjoy nature
233. Too little chance to pursue a hobby
234. Too little chance to read what I like
235. Wanting more worthwhile discussions with people
236. Disliking someone
237. Being disliked by someone
238. Feeling that no one understands me
239. Having no one to tell my troubles to
240. Finding it hard to talk about my troubles
241. Afraid of making mistakes
242. Can't make up my mind about things
243. Lacking self-confidence
244. Can't forget an unpleasant experience
245. Feeling life has given me a "raw deal"
246. Disappointment in a love affair
247. Girl friend
248. Boy friend
249. Breaking up a love affair
250. Wondering if I'll ever get married
251. Not telling parents everything
252. Being treated like a child at home
253. Being an only child
254. Parents making too many decisions for me
255. Wanting more freedom at home
256. Sometimes lying without meaning to
257. Pretending to be something I'm not
258. Having a certain bad habit
259. Unable to break a bad habit
260. Getting into serious trouble
261. Worrying about examinations
262. Slow with theories and abstractions
263. Weak in logical reasoning
264. Not smart enough in scholastic ways
265. Fearing failure in college
266. Deciding whether to leave college for a job
267. Doubting I can get a job in my chosen vocation
268. Wanting advice on next steps after college
269. Choosing course to take next term
270. Choosing best courses to prepare for a job
271. Some courses poorly organized
272. Courses too unrelated to each other
273. Too many rules and regulations
274. Unable to take courses I want
275. Forced to take courses I don't like
276. Having considerable trouble with my teeth
277. Trouble with my hearing
278. Trouble with my feet
279. Hindered by a physical handicap
280. Needing medical advice
281. Needing a job during vacations
282. Working for all my expenses
283. Doing more outside work than is good for me
284. Getting low wages
285. Dissatisfied with my present job
286. Too little chance to do what I want to do
287. Too little social life
288. Too much social life
289. Nothing interesting to do in vacations
290. Wanting very much to travel
291. Too self-centered
292. Hurting other people's feelings
293. Avoiding someone I don't like
294. Too easily led by other people
295. Lacking leadership ability
296. Too many personal problems
297. Too easily moved to tears
298. Hindered by bad dreams
299. Sometimes bothered by thoughts of insanity
300. Thoughts of suicide
301. Thinking too much about sex matters
302. Too easily aroused sexually
303. Having to wait too long to get married
304. Needing advice about marriage
305. Wondering if my marriage will succeed
306. Wanting love and affection
307. Getting home too seldom
308. Living at home too close to home
309. Relatives interfering with family affairs
310. Wishing I had a different family background
311. Sometimes not being as honest as I should be
312. Having a troubled or guilty conscience
313. Can't forget some mistakes I've made
314. Giving in to temptations
315. Lacking self-control
316. Not having a well-planned college program
317. Not really interested in books
318. Poor memory
319. Slow in mathematics
320. Needing a vacation from school
321. Afraid of unemployment after graduation
322. Not knowing how to look for a job
323. Lacking necessary experience for a job
324. Not reaching the goal I've set for myself
325. Wanting to quit college
326. Grades unfair as measures of ability
327. Unfair tests
328. Campus activities poorly co-ordinated
329. Campus lacking in school spirit
330. Campus lacking in recreational facilities

Second Step: Look back over the items you have underlined and circle the numbers in front of the problems which are troubling you most.
Third Step: Answer the following four questions.

QUESTIONS

1. Do you feel that the items you have marked on the list give a well-rounded picture of your problems?  
   ............Yes. ......... No. If any additional items or explanations are desired, please indicate them here.

2. How would you summarize your chief problems in your own words? Write a brief summary.

(Questions are continued on next page →)
3. Whether you have or have not enjoyed filling out the list, do you think it has been worth doing?
       Yes. No. Could you explain your reaction?

4. If the opportunity were offered, would you like to talk over any of these problems with someone on the college staff? Yes. No. If so, do you know the particular person(s) with whom you would like to have these talks? Yes. No.