



Panorama Social-Emotional Learning: Student Competency Measures

To better support you, your school and teachers would like to ask you some questions about how you think and feel. Only your teachers and school leaders will be able to see your responses, which will not affect your class grades. Please respond honestly—there are no right or wrong answers!

Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How often do you stay focused on the same goal for more than 3 months at a time?

Almost never

Once in a while

Sometimes

Frequently

Almost always

2. If you fail at an important goal, how likely are you to try again?

Not at all likely

Slightly likely

Somewhat likely

Quite likely

Extremely likely

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

Not at all focused

Slightly focused

Somewhat focused

Quite focused

Extremely focused

4. If you have a problem while working towards an important goal, how well can you keep working?

Not well at all

Slightly well

Somewhat well

Quite well

Extremely well

Your Class

Please tell us about how you feel about your current class.

5. How sure are you that you can complete all the work that is assigned in your class?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure

6. When complicated ideas are discussed in class, how sure are you that you can understand them?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure

7. How sure are you that you can learn all the topics taught in your class?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure

8. How sure are you that you can do the hardest work that is assigned in your class?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure



9. How sure are you that you will remember what you learned in your current class, next year?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure

Performance in School

Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. In school, how possible is it for you to change:

10. Being talented

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

11. Giving a lot of effort

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

12. Behaving well in class

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

13. Liking the subjects you are studying

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

14. How easily you give up

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

15. Your level of intelligence

Not at all possible to change

A little possible to change

Somewhat possible to change

Quite possible to change

Completely possible to change

Your Behavior

Please answer the following questions about how you respond to different situations. During the past 30 days...

16. How carefully did you listen to other people's points of view?

Not carefully at all

Slightly carefully

Somewhat carefully

Quite carefully

Extremely carefully



17. How much did you care about other people's feelings?

Did not care at all

Cared a little bit

Cared somewhat

Cared quite a bit

Cared a tremendous amount

18. How well did you get along with students who are different from you?

Did not get along at all

Got along a little bit

Got along somewhat

Got along pretty well

Got along extremely well

19. How clearly were you able to describe your feelings?

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

20. When others disagreed with you, how respectful were you of their views?

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

21. To what extent were you able to stand up for yourself without putting others down?

Not at all

A little bit

Somewhat

Quite a bit

A tremendous amount

22. To what extent were you able to disagree with others without starting an argument?

Not at all

A little bit

Somewhat

Quite a bit

A tremendous amount

23. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

Feelings in General

In this section, we are hoping to learn how you experience different emotions that may occur in your life (whether inside or outside of school).

24. How often are you able to pull yourself out of a bad mood?

Almost never

Once in a while

Sometimes

Frequently

Almost always

25. When everybody around you gets angry, how relaxed can you stay?

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

26. How often are you able to control your emotions when you need to?

Almost never

Once in a while

Sometimes

Frequently

Almost always



27. Once you get upset, how often can you get yourself to relax?

Almost never

Once in a while

Sometimes

Frequently

Almost always

28. When things go wrong for you, how calm are you able to stay?

Not calm at all

Slightly calm

Somewhat calm

Quite calm

Extremely calm

Background Questions

We need to know a bit of background information about you so that we can describe the types of students who completed these questions.

29. What is your gender?

Female

Male

30. What is your race or ethnicity?

American
Indian or
Alaska Native

Asian

Black or
African
American

Hispanic or
Latino

Native
Hawaiian or
Other Pacific
Islander

White

Two or More
Races/Ethnicity

Other

31. Please indicate the primary language you speak at home. (Please indicate only one.)

Chinese

English

French

German

Italian

Korean

Russian

Spanish

Tagalog

Vietnamese

Other/multiple
languages

32. What kinds of grades do you usually get?

Mostly As

Mostly As
and Bs

Mostly Bs

Mostly Bs
and Cs

Mostly Cs

Mostly Cs
and Ds

Mostly Ds

Mostly Ds
and Fs

Mostly Fs