



Panorama Social-Emotional Learning: Student Competency & Well-Being 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!

Your Current Classes

Please tell us about how you feel about your current teachers and classes.

1. How confident are you that you can complete all the work that is assigned in your classes?

☐ Not at all confident
 ☐ Slightly confident
 ☐ Somewhat confident
 ☐ Quite confident
 ☐ Extremely confident

2. When complicated ideas are presented in class, how confident are you that you can understand them?

☐ Not at all confident
 ☐ Slightly confident
 ☐ Somewhat confident
 ☐ Quite confident
 ☐ Extremely confident

3. How confident are you that you can learn all the material presented in your classes?

☐ Not at all confident
 ☐ Slightly confident
 ☐ Somewhat confident
 ☐ Quite confident
 ☐ Extremely confident

4. How confident are you that you can do the hardest work that is assigned in your classes?

☐ Not at all confident
 ☐ Slightly confident
 ☐ Somewhat confident
 ☐ Quite confident
 ☐ Extremely confident

5. How confident are you that you will remember what you learned in your current classes, next year?

☐ Not at all confident
 ☐ Slightly confident
 ☐ Somewhat confident
 ☐ Quite confident
 ☐ Extremely confident

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:**

6. 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

7. Putting forth 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

8. 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



9. Liking the subject

☐

Not at all possible to change

☐

A little possible to change

☐

Somewhat possible to change

☐

Quite possible to change

☐

Completely possible to change

10. 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

11. 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...

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

☐

Not carefully at all

☐

Slightly carefully

☐

Somewhat carefully

☐

Quite carefully

☐

Extremely carefully

13. How often did you come to class prepared?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

14. 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

15. How often did you follow directions in class?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

16. 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

17. How often did you get your work done right away, instead of waiting until the last minute?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

18. How often were you polite to adults?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time



19. How often did you compliment others' accomplishments?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

20. How often did you pay attention and resist distractions?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Not at all clearly

☐

Slightly clearly

☐

Somewhat clearly

☐

Quite clearly

☐

Extremely clearly

22. When you were working independently, how often did you stay focused?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Not at all respectful

☐

Slightly respectful

☐

Somewhat respectful

☐

Quite respectful

☐

Extremely respectful

24. How often did you remain calm, even when someone was bothering you or saying bad things?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

25. 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

26. How often did you allow others to speak without interruption?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

27. 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

28. How often were you polite to other students?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

29. How often did you keep your temper in check?

☐

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).

30. When you are feeling pressured, how easily can you stay in control?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not easily at all | Slightly easily | Somewhat easily | Quite easily | Extremely easily |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not relaxed at all | Slightly relaxed | Somewhat relaxed | Quite relaxed | Extremely relaxed |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

35. When things go wrong for you, how calm are you able to remain?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not calm at all | Slightly calm | Somewhat calm | Quite calm | Extremely calm |

Your Feelings

These questions ask about how you've been feeling recently. Please respond honestly—there are no right or wrong answers because there are no right or wrong feelings! Your answers will help us better support you and other students, and will not affect your grades or show up on your report card. You can skip any question you don't feel comfortable answering.

During the past week, how often did you feel _____?

36. excited

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

37. happy

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |

38. loved

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never | Once in a while | Sometimes | Frequently | Almost always |



39. safe

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

40. hopeful

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

41. angry

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

42. lonely

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

43. sad

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

44. worried

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

45. frustrated

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

46. Thinking about everything in your life right now, what makes you feel the happiest?

47. Thinking about everything in your life right now, what feels the hardest for you?

Help From Other People

In this section, tell us about how other people help you.

48. Do you have a teacher or other adult from school who you can count on to help you, no matter what?

☐

No

☐

Yes



49. Do you have a family member or other adult outside of school who you can count on to help you, no matter what?

☐

No

☐

Yes

50. Do you have a friend from school who you can count on to help you, no matter what?

☐

No

☐

Yes

51. Do you have a teacher or other adult from school who you can be completely yourself around?

☐

No

☐

Yes

52. Do you have a family member or other adult outside of school who you can be completely yourself around?

☐

No

☐

Yes

53. Do you have a friend from school who you can be completely yourself around?

☐

No

☐

Yes

54. What can teachers or other adults at school do to better support you?
