



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 Class

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

1. 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

2. 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

3. 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

4. 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

5. 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:**

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. 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

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 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

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 often were you polite to adults?

☐
☐
☐
☐
☐

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

☐
☐
☐
☐
☐

Not carefully at all

Slightly carefully

Somewhat carefully

Quite carefully

Extremely carefully

14. How often did you come to class prepared?

☐
☐
☐
☐
☐

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

15. 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

16. How often did you follow directions in class?

☐
☐
☐
☐
☐

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

17. 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

18. 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



19. How often did you pay attention and ignore distractions?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Not at all clearly

☐

Slightly clearly

☐

Somewhat clearly

☐

Quite clearly

☐

Extremely clearly

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Not at all respectful

☐

Slightly respectful

☐

Somewhat respectful

☐

Quite respectful

☐

Extremely respectful

23. 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

24. 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

25. How often did you allow others to speak without interrupting them?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

26. 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

27. How often were you polite to other students?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

28. How often did you compliment others' accomplishments?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

29. How often did you keep your temper under control?

☐

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

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

☐

Not relaxed at all

☐

Slightly relaxed

☐

Somewhat relaxed

☐

Quite relaxed

☐

Extremely relaxed

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

34. 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

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 _____?

35. excited

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

36. happy

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

37. loved

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

38. safe

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always



39. mad

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

40. lonely

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

41. sad

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

42. worried

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

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

44. 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.

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

☐

No

☐

Yes

46. 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

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

☐

No

☐

Yes

48. What can teachers or other adults at school do to better help you?
