



## 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 Behavior

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

1. How often were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not carefully at all

Slightly carefully

Somewhat carefully

Quite carefully

Extremely carefully

3. How often did you come to class prepared?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

4. 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

5. How often did you follow directions in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

6. 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

7. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly



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

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

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

- Not at all respectful       Slightly respectful       Somewhat respectful       Quite respectful       Extremely respectful

12. 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

13. 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

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

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

15. 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

16. How often were you polite to other students?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

17. How often did you compliment others' accomplishments?

- Almost never       Once in a while       Sometimes       Frequently       Almost all the time

18. 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).

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always



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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

23. 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

SAMPLE FORM