



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

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

2. How often did you come to class prepared?

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

3. 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

4. How often did you follow directions in class?

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

5. 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

6. 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

7. How often were you polite to adults?

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

8. How often did you compliment others' accomplishments?

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

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

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



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

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

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

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

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

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

13. 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

14. 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

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

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

16. 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

17. How often were you polite to other students?

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

18. 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).

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

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



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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Not calm at all

Slightly calm

Somewhat calm

Quite calm

Extremely calm

SAMPLE FORM