



## 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 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

3. 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

4. How often did you compliment others' accomplishments?

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

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

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

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

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

7. 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

8. 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



### 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).

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

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

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

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

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

14. 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

### Help From Other People

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

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

- No       Yes

16. 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

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

- No       Yes

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

- No       Yes



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

No

Yes

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

No

Yes

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

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SAMPLE FORM