



## Panorama SEL: 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

Learning

In this section, we would like for you to think about your overall learning experience at school. Please answer the following questions to help us better understand how you learn in general.

12. When you get stuck while learning something new, how likely are you to try a different strategy?

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

13. How confident are you that you can choose an effective strategy to get your schoolwork done well?

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

14. Before you start on a challenging project, how often do you think about the best way to approach the project?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

15. Overall, how well do your learning strategies help you learn more effectively?

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

16. How often do you use strategies to learn more effectively?

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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).

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

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



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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

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

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

22. 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

### 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 \_\_\_\_\_?

23. angry

- Almost never       Once in a while       Sometimes       Frequently       Almost always

24. lonely

- Almost never       Once in a while       Sometimes       Frequently       Almost always

25. sad

- Almost never       Once in a while       Sometimes       Frequently       Almost always

26. worried

- Almost never       Once in a while       Sometimes       Frequently       Almost always

27. frustrated

- Almost never       Once in a while       Sometimes       Frequently       Almost always



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

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### Help From Other People

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

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

       
No      Yes

30. 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

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

       
No      Yes

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

       
No      Yes

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

       
No      Yes

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

       
No      Yes

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

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