



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 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

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 to learn it in a different way?

Not at all likely

Slightly likely

Somewhat likely

Quite likely

Extremely likely

13. How sure are you that you can figure out a good way to get your schoolwork done well?

Not at all sure

Slightly sure

Somewhat sure

Quite sure

Extremely sure

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

15. Overall, how well can you figure out how to learn things?

Not well at all

Slightly well

Somewhat well

Quite well

Extremely well

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).

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

Almost never

Once in a while

Sometimes

Frequently

Almost always

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

Not relaxed at all

Slightly relaxed

Somewhat relaxed

Quite relaxed

Extremely relaxed



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

- Almost never Once in a while Sometimes Frequently Almost always

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

- Almost never Once in a while Sometimes Frequently Almost always

20. 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 _____?

21. mad

- Almost never Once in a while Sometimes Frequently Almost always

22. lonely

- Almost never Once in a while Sometimes Frequently Almost always

23. sad

- Almost never Once in a while Sometimes Frequently Almost always

24. worried

- Almost never Once in a while Sometimes Frequently Almost always

25. 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.

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

- No Yes



27. 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

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

- No Yes

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

SAMPLE FORM