



## 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

**Effort**

Please tell us about the level of effort you are putting into your class.

19. How much effort do you put into getting involved in discussions during class?

- Almost no effort     
  A little bit of effort     
  Some effort     
  Quite a bit of effort     
  A great deal of effort

20. When your teacher is speaking, how much effort do you put into trying to pay attention?

- Almost no effort     
  A little bit of effort     
  Some effort     
  Quite a bit of effort     
  A great deal of effort



21. How much effort do you put into your homework for this class?

- Almost no effort     
  A little bit of effort     
  Some effort     
  Quite a bit of effort     
  A great deal of effort

22. Overall, how much effort do you put forth during this class?

- Almost no effort     
  A little bit of effort     
  Some effort     
  Quite a bit of effort     
  A great deal of effort

23. How much effort do you put into learning all the material for this class?

- Almost no effort     
  A little bit of effort     
  Some effort     
  Quite a bit of effort     
  A great deal of effort

### 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).

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

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

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

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

29. 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.

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

- No     
  Yes



31. 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

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

No       Yes

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

No       Yes

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

No       Yes

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

No       Yes

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

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**Background Questions**

We need to know a bit of background information about you so that we can describe the types of students who completed these questions.

37. What is your gender?

Female       Male

38. What is your race or ethnicity?

American Indian or Alaska Native       Asian       Black or African American       Hispanic or Latino       Native Hawaiian or Other Pacific Islander       White       Two or More Races/Ethnicity       Other

39. Please indicate the primary language you speak at home. (Please indicate only one.)

Chinese       English       French       German       Italian       Korean

Russian       Spanish       Tagalog       Vietnamese       Other/multiple languages



40. What kinds of grades do you usually get?

Mostly As

Mostly As  
and Bs

Mostly Bs

Mostly Bs  
and Cs

Mostly Cs

Mostly Cs  
and Ds

Mostly Ds

Mostly Ds  
and Fs

Mostly Fs

41. Thinking about everything in your life right now, what makes you feel the happiest?

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

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SAMPLE FORM