



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

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 _____?

25. angry

- Almost never Once in a while Sometimes Frequently Almost always

26. lonely

- Almost never Once in a while Sometimes Frequently Almost always

27. sad

- Almost never Once in a while Sometimes Frequently Almost always

28. worried

- Almost never Once in a while Sometimes Frequently Almost always

29. frustrated

- Almost never Once in a while Sometimes Frequently Almost always



30. 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.

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

- No Yes

32. 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

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

- No Yes

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

- No Yes

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

- No Yes

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

- No Yes

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

For the next section please mark how often you feel...

38. Fidgety, unable to sit still

- Never Sometimes Often

39. Feel sad, unhappy

- Never Sometimes Often



40. Daydream too much

Never Sometimes Often

41. Refuse to share

Never Sometimes Often

42. Do not understand other people's feelings

Never Sometimes Often

43. Feel hopeless

Never Sometimes Often

44. Have trouble concentrating

Never Sometimes Often

45. Fight with other children

Never Sometimes Often

46. Down on yourself

Never Sometimes Often

47. Blame others for your troubles

Never Sometimes Often

48. Seem to be having less fun

Never Sometimes Often

49. Do not listen to rules

Never Sometimes Often

50. Act as if driven by a motor

Never Sometimes Often



51. Tease others

Never Sometimes Often

52. Worry a lot

Never Sometimes Often

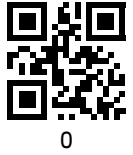
53. Take things that do not belong to you

Never Sometimes Often

54. Distract easily

Never Sometimes Often

SAMPLE FORM



Panorama Social-Emotional Learning: Student Supports + Environment (Equity)

For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

Feelings About Being at School

In this section, we would like to understand how you feel about your school.

1. How often are people disrespectful to others at your school?

- Almost never Once in a while Sometimes Frequently Almost always

2. How well do people at your school understand you as a person?

- Do not understand at all Understand a little Understand somewhat Understand quite a bit Completely understand

3. How often do students get into physical fights at your school?

- Almost never Once in a while Sometimes Frequently Almost always

4. How connected do you feel to the adults at your school?

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

5. How likely is it that someone from your school will bully you online?

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

6. How much respect do students in your school show you?

- No respect at all A little bit of respect Some respect Quite a bit of respect A tremendous amount of respect

7. How often do you worry about violence at your school?

- Almost never Once in a while Sometimes Frequently Almost always

8. How much do you matter to others at this school?

- Do not matter at all Matter a little bit Matter somewhat Matter quite a bit Matter a tremendous amount

9. If a student is bullied in school, how difficult is it for him/her to get help from an adult?

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



10. Overall, how much do you feel like you belong at your school?

Do not belong at all

Belong a little bit

Belong somewhat

Belong quite a bit

Completely belong

11. At your school, how unfairly do the adults treat the students?

Not at all unfairly

Slightly unfairly

Somewhat unfairly

Quite unfairly

Extremely unfairly

SAMPLE FORM