



## 2023-2024 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! If you need support with something now, please let your teacher or counselor know.

### 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.

1. 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

2. 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

3. 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

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

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

5. 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).

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

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

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

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



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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

11. When things go wrong for you, how calm are you able to remain?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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 \_\_\_\_\_?

12. excited

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

13. happy

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

14. loved

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

15. safe

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

16. hopeful

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

17. angry

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |

18. lonely

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost always         |



19. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

20. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

21. frustrated

Almost never

Once in a while

Sometimes

Frequently

Almost always

### Help From Other People

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

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

No

Yes

23. 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

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

No

Yes

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

No

Yes

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

No

Yes

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

No

Yes