



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 to learn it in a different way?
 Not at all likely Slightly likely Somewhat likely Quite likely Extremely likely
2. 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
3. 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
4. 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).

5. How often are you able to pull yourself out of a bad mood?
 Almost never Once in a while Sometimes Frequently Almost always
6. When everybody around you gets angry, how relaxed can you stay?
 Not relaxed at all Slightly relaxed Somewhat relaxed Quite relaxed Extremely relaxed
7. How often are you able to control your emotions when you need to?
 Almost never Once in a while Sometimes Frequently Almost always
8. Once you get upset, how often can you get yourself to relax?
 Almost never Once in a while Sometimes Frequently Almost always



9. 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 _____?

10. excited

- Almost never Once in a while Sometimes Frequently Almost always

11. happy

- Almost never Once in a while Sometimes Frequently Almost always

12. loved

- Almost never Once in a while Sometimes Frequently Almost always

13. safe

- Almost never Once in a while Sometimes Frequently Almost always

14. mad

- Almost never Once in a while Sometimes Frequently Almost always

15. lonely

- Almost never Once in a while Sometimes Frequently Almost always

16. sad

- Almost never Once in a while Sometimes Frequently Almost always

17. worried

- 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.

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

No Yes

19. 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

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

No Yes

SAMPLE FORM