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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 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
○	○	○	○	○

Your Behavior

Please answer the following questions about how you respond to different situations. During the past 30 days...

6. How often were you polite to adults?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time
○	○	○	○	○

7. How carefully did you listen to other people's points of view?

Not carefully at all	Slightly carefully	Somewhat carefully	Quite carefully	Extremely carefully
○	○	○	○	○

8. How often did you come to class prepared?

Almost never	Once in a while	Sometimes	Frequently	Almost all the time
○	○	○	○	○

9. 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
○	○	○	○	○

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10. How often did you follow directions in class?

Almost never | Once in a while | Sometimes | Frequently | Almost all the time

11. 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

12. 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

13. How often did you pay attention and ignore distractions?

Almost never | Once in a while | Sometimes | Frequently | Almost all the time

14. How clearly were you able to describe your feelings?

Not at all clearly | Slightly clearly | Somewhat clearly | Quite clearly | Extremely clearly

15. When you were working independently, how often did you stay focused?

Almost never | Once in a while | Sometimes | Frequently | Almost all the time

16. When others disagreed with you, how respectful were you of their views?

Not at all respectful | Slightly respectful | Somewhat respectful | Quite respectful | Extremely respectful

17. 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

18. 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

19. How often did you allow others to speak without interrupting them?

Almost never | Once in a while | Sometimes | Frequently | Almost all the time

20. 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

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21. How often were you polite to other students?

Almost never | Once in a while | Sometimes | Frequently | Almost all the time

22. How often did you compliment others' accomplishments?

Almost never | Once in a while | Sometimes | Frequently | Almost all the time

23. How often did you keep your temper under control?

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).

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

Almost never | Once in a while | Sometimes | Frequently | Almost always

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

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

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

Almost never | Once in a while | Sometimes | Frequently | Almost always

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

Almost never | Once in a while | Sometimes | Frequently | Almost always

28. 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

Help From Other People

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

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

No | Yes

30. 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

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

○ No ○ Yes

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

33. What is one thing you wish your teacher knew about you?

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

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