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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 Current Classes

Please tell us about how you feel about your current teachers and classes.

1. How confident are you that you can complete all the work that is assigned in your classes?

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

2. When complicated ideas are presented in class, how confident are you that you can understand them?

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

3. How confident are you that you can learn all the material presented in your classes?

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

4. How confident are you that you can do the hardest work that is assigned in your classes?

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

5. How confident are you that you will remember what you learned in your current classes, next year?

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

Your Behavior

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

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

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

7. How often did you come to class prepared?

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

8. 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
○	○	○	○	○

9. How often did you follow directions in class?

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

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10. 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

11. 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

12. How often were you polite to adults?

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

13. How often did you compliment others' accomplishments?

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

14. How often did you pay attention and resist distractions?

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

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

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

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

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

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

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

18. 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

19. 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

20. How often did you allow others to speak without interruption?

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

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21. 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

22. How often were you polite to other students?

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

23. 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).

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

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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?

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

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

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