



Panorama SEL: 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!

Performance in School

Whether a person does well or poorly in school may depend on a lot of different things. You may feel that some of these things are easier for you to change than others. In school, how possible is it for you to:

1. Give a lot of effort

Not at all possible

A little possible

Quite possible

Completely possible

2. Behave well in class

Not at all possible

A little possible

Quite possible

Completely possible

3. Like the subjects you are studying

Not at all possible

A little possible

Quite possible

Completely possible

4. Increase your level of understanding

Not at all possible

A little possible

Quite possible

Completely possible

Your Behavior

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

5. How often were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

6. How often did you come to class prepared?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

7. How much did you care about other people's feelings?

Did not care at all

Cared a little bit

Cared quite a bit

Cared a tremendous amount

8. How often did you follow directions in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time



9. 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 pretty well Got along extremely well

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

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

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

- Not at all Slightly Well Very well

12. How often were you able to stand up for yourself without putting others down?

- Never Sometimes Frequently A tremendous amount

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

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

14. How often were you polite to other students?

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

15. How often did you compliment others' accomplishments?

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

16. 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).

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

- Almost never Once in a while Sometimes Frequently Almost always

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

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



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

- Almost never Once in a while Sometimes Frequently Almost always

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

- Almost never Sometimes Frequently Almost always

21. When things go wrong for you, how often can you stay in control of your emotions?

- Never Once in a while Sometimes Frequently Almost all the time

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

Responsible Decision Making

In this section, we are hoping to learn how making responsible choices will benefit you and your school community.

26. When a classmate asks you to do something you don't agree with, how often can you make your own choice?

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

27. While solving a problem how often were you able to remain calm and in control?

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

28. How often were you able to learn when making a mistake?

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



29. When given the choice to complete your schoolwork or become distracted by other activities, how often did you choose to complete your schoolwork?

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

30. How often were you able to stop and think before making an important decision?

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

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.

31. Happy

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

32. Safe

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

33. Hopeful

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

34. Sad

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

35. Worried

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

36. Lonely

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

Student to Student interaction is anytime students learn together, socialize or play together, and engage in discussion.

Here are some important definitions to help you answer the following questions: A mean moment is when someone says or does something hurtful to another person. This occurs one time. Bullying has three parts. 1. Behavior that is harmful 2. The person who is causing the harm has some kind of power over the person being harmed 3. The behavior happens more than once or will possibly happen more than once



37. During this school year how many times have you been bullied?

- Everyday Often (1-2 times a week) Sometimes (1-2 times a month) Never

38. What types of bullying have you experienced? Select all that apply

- I have been called names I have been physically harmed Other kids have decided together not to speak to me I have been threatened People take my belongings No one will let me sit with them at lunch I haven't been bullied Other

39. Have you witnessed bullying happening to someone else?

- Yes Unsure No

40. If you saw someone being bullied at school, what would you do? (select all that apply)

- Do nothing Tell a teacher or admin Tell your parents Do something yourself I would need help knowing what to do Other

41. If you have seen bullying, where have you seen it the most?

- Hallway Restrooms Bus Cafeteria Gym Classroom Electronically or online after school Recess Other

42. Do you feel comfortable talking to someone about you or others being bullied?

- No Unsure Yes

43. What can the school do to help prevent bullying? (select all that apply)

- Supervise the school better Make rules against bullying Talk about bullying during class Bullying is not a problem at my school Other

44. If you chose other, please describe

45. What can you and other students do to help prevent bullying? (select all that apply)

- Talk to a trusted adult Be kind to others who may be bullied Find out more about bullying in your school Be on a school committee for bullying prevention Create posters for your school about bullying I would like more information Other