



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!

Your Classes

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

1. How sure are you that you can complete all the schoolwork that is given to you?

- Not at all sure A little sure Somewhat sure Very sure Extremely sure

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

- Not at all sure A little sure Somewhat sure Very sure Extremely sure

3. How sure are you that you can learn all the subjects taught in your classes?

- Not at all sure A little sure Somewhat sure Very sure Extremely sure

4. How sure are you that you can do the hardest schoolwork that is given to you?

- Not at all sure A little sure Somewhat sure Very sure Extremely sure

5. When complicated ideas are discussed in class, how sure are you that you can understand them?

- Not at all sure A little sure Somewhat sure Very sure Extremely sure

Your Behavior

Please answer the following questions about how you respond to different situations.

6. During the past two weeks, how often did you allow others to speak without interrupting them?

- Almost never Once in a while Sometimes A lot of the time Almost all the time

7. During the past two weeks, how often did you come to class prepared?

- Almost never Once in a while Sometimes A lot of the time Almost all the time

8. During the past two weeks, how often did you follow directions in class?

- Almost never Once in a while Sometimes A lot of the time Almost all the time



9. During the past two weeks, how often did you get your work done right away, instead of waiting until the last minute?

- Almost never Once in a while Sometimes A lot of the time Almost all the time

10. During the past two weeks, how often did you pay attention in class?

- Almost never Once in a while Sometimes A lot of the time Almost all the time

11. During the past two weeks, when you were working on your own, how often did you stay focused?

- Almost never Once in a while Sometimes A lot of the time Almost all the time

12. During the past two weeks, how carefully did you listen to other people's opinions?

- Not carefully at all A little carefully Somewhat carefully Very carefully Extremely carefully

13. During the past two weeks, how much did you care about other people's feelings?

- Did not care at all Cared a little bit Cared somewhat Cared a lot Cared a huge amount

14. During the past two weeks, how often did you compliment others' accomplishments?

- Almost never Once in a while Sometimes A lot of the time Almost all the time

15. During the past two weeks, 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 well Got along very well Got along extremely well

16. During the past two weeks, how clearly were you able to describe your feelings?

- Not at all clearly A little clearly Somewhat clearly Very clearly Extremely clearly

17. During the past two weeks, when others did not agree with you, how respectful were you of their opinions?

- Not at all respectful A little respectful Somewhat respectful Very respectful Extremely respectful

18. During the past two weeks, how much were you able to stand up for yourself without putting others down?

- Not at all A little bit Somewhat A lot A huge amount

19. During the past two weeks, how much were you able to disagree with others without starting an argument?

- Not at all A little bit Somewhat A lot A huge amount



Feelings in General

In this section, we want to learn about how you experience emotions at school and in life.

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

- Almost never Once in a while Sometimes A lot of the time Almost always

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

- Almost never Once in a while Sometimes A lot of the time Almost always

22. When you get upset, how often can you get yourself to relax?

- Almost never Once in a while Sometimes A lot of the time Almost always

23. When things go wrong for you, how calm are you able to stay?

- Not calm at all A little calm Somewhat calm Very calm Extremely calm

24. When you get upset, how often do you stop to think before you act?

- Almost never Once in a while Sometimes A lot of the time Almost always

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Panorama SEL: Student Supports + Environment

For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

Your Class

Please tell us about how you feel about your current class.

1. If you walked into class upset, how concerned would your teacher be?

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

2. When your teacher asks, "How are you?", how often do you feel that your teacher really wants to know your answer?

- Almost never Once in a while Sometimes Frequently Almost always

3. How excited would you be to have your teacher again?

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

4. How respectful is your teacher towards you?

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

Perceptions of Class

In this section, we would like to know about your experience in this class.

5. How excited are you about going to this class?

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

6. How focused are you on the activities in this class?

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

7. In this class, how excited are you to participate?

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

8. When you are not in school, how often do you talk about ideas from this class?

- Almost never Once in a while Sometimes Frequently Almost always

9. How interested are you in this class?

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



10. Name at least one adult in the school to whom you feel connected. (This might mean you feel comfortable approaching this staff member and sharing something positive/exciting about your life, or you might feel comfortable confiding in this person. It might also mean you feel comfortable and connected asking this person for support in academics.)

11. What are two things that this school does well that it should continue to do? Please be as specific as possible.

12. What are two things that this school could do to improve? Please be as specific as possible.

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

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