



Panorama Life Skills: 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. The information collected in this survey will not be part of your grade or reflected on your report card in any way. Instead, you, your family, and your teachers and school leaders will use the information to better support you. Please respond honestly—there are no right or wrong answers! It will take a few weeks before these results are available. If you need help with something immediately, be sure to tell an adult at home or at school right away.

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

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.

6. When you get stuck while learning something new, how likely are you to try a different strategy?

☐ Not at all likely
 ☐ Slightly likely
 ☐ Somewhat likely
 ☐ Quite likely
 ☐ Extremely likely

7. How confident are you that you can choose an effective strategy to get your schoolwork done well?

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

8. Before you start on a challenging project, how often do you think about the best way to approach the project?

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



9. Overall, how well do your learning strategies help you learn more effectively?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| ☐ | ☐ | ☐ | ☐ | ☐ |
| Not well at all | Slightly well | Somewhat well | Quite well | Extremely well |

10. How often do you use strategies to learn more effectively?

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

Feelings in General

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

11. 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 |

12. 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 |

13. 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 |

14. 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 |

15. 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 |

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 _____?

16. excited

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

17. happy

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



18. loved

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

19. safe

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

20. hopeful

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

21. angry

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

22. lonely

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

23. sad

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

24. worried

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

25. frustrated

☐

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.

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

☐

No

☐

Yes

27. 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



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

☐ ☐

No Yes

29. Do you have a teacher or other adult from school who you can be completely yourself around?

☐ ☐

No Yes

30. Do you have a family member or other adult outside of school who you can be completely yourself around?

☐ ☐

No Yes

31. Do you have a friend from school who you can be completely yourself around?

☐ ☐

No Yes

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.

Feelings About Being at School

In this section, we would like to understand how you feel about your school.

32. How well do people at your school understand the kind of person you are?

☐ ☐ ☐ ☐ ☐

Do not understand at all Understand a little Understand somewhat Understand mostly Completely understand

33. How much support do the adults at your school give you?

☐ ☐ ☐ ☐ ☐

No support at all A little bit of support Some support A lot of support A huge amount of support

34. How much respect do students at your school show you?

☐ ☐ ☐ ☐ ☐

No respect at all A little bit of respect Some respect A lot of respect A huge amount of respect

35. When you are at school, how much do you feel like you belong?

☐ ☐ ☐ ☐ ☐

Do not belong at all Belong a little bit Belong somewhat Mostly belong Completely belong

Perceptions of Classes

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

36. How excited are you about going to your classes?

☐ ☐ ☐ ☐ ☐

Not at all excited A little excited Somewhat excited Very excited Extremely excited



37. How focused are you on the activities in your classes?

☐

Not at all focused

☐

A little focused

☐

Somewhat focused

☐

Very focused

☐

Extremely focused

38. How interested are you in your classes?

☐

Not at all interested

☐

A little interested

☐

Somewhat interested

☐

Very interested

☐

Extremely interested

39. In your classes, how excited are you to participate?

☐

Not at all excited

☐

A little excited

☐

Somewhat excited

☐

Very excited

☐

Extremely excited

40. When you are not in school, how often do you talk about ideas from your classes?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

A lot of the time

☐

Almost always