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. Put forth 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. Academically improve

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…

4. How often did you come to class prepared?

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

5. 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

6. How often did you follow directions in class?

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

7. 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

8. How often were you polite to adults?

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

SAMPLE FORM

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

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

10. To what extent were you able to stand up for yourself without putting others down?

Not at all	A little bit	Sometimes	Quite a bit	A tremendous amount

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

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

12. 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).

13. When you are feeling pressured, how easily can you stay in control?

Not easily at all	Slightly easily	Somewhat easily	Quite easily	Extremely easily

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

Almost never	Once in a while	Sometimes	Frequently	Almost always

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

Almost never	Once in a while	Sometimes	Frequently	Almost always

16. 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.

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

No	Yes

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

No Yes

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

No Yes

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

No Yes

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

Responsible Decision Making

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

23. How often can you make your own choice when a classmate asks you to do something with which you don't agree?

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

24. How often were you able to learn from a mistake and to avoid making the same mistake again?

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

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

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. During the past week, how often did you feel _____?

26. Happy

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

27. Safe

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

SAMPLE FORM

28. Optimistic

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

29. Sad

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

30. Worried

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

31. Lonely

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

Student to Student interaction refers to anytime students learn together, socialize, 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. The behavior causes harm 2. The person who is causing the harm has some sort of power over the person being harmed 3. The behavior happens more than once or will possibly happen more than once

32. 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

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

I haven't been bullied | Called names | Physically assaulted | No one talks to me in school | I have been threatened | People take my belongings | No one will let me sit with them at lunch | Cyberbullying social media | Other

34. Have you witnessed bullying happening to someone else?

No | Unsure | Yes

35. 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 | Other

36. If you have seen bullying at school, where have you seen it the most?

Hallway | Restrooms | Bus | Cafeteria | Gym | Classroom | Electronically | Locker room | Other

SAMPLE FORM

37. 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

38. If you chose other, please describe

_____

_____

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

- ◯ No
- ◯ Unsure
- ◯ Yes

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

- ◯ Talk to a trusted adult
- ◯ Be kind to others that 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

SAMPLE FORM