



## 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 Class

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

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure       | Slightly sure         | Somewhat sure         | Quite sure            | Extremely sure        |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure       | Slightly sure         | Somewhat sure         | Quite sure            | Extremely sure        |

3. How sure are you that you can learn all the topics taught in your class?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure       | Slightly sure         | Somewhat sure         | Quite sure            | Extremely sure        |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure       | Slightly sure         | Somewhat sure         | Quite sure            | Extremely sure        |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all sure       | Slightly sure         | Somewhat sure         | Quite sure            | Extremely sure        |

### 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 change:**

6. Being talented

- |                               |                             |                             |                          |                               |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/>         | <input type="radio"/>       | <input type="radio"/>       | <input type="radio"/>    | <input type="radio"/>         |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

7. Giving a lot of effort

- |                               |                             |                             |                          |                               |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/>         | <input type="radio"/>       | <input type="radio"/>       | <input type="radio"/>    | <input type="radio"/>         |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

8. Behaving well in class

- |                               |                             |                             |                          |                               |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/>         | <input type="radio"/>       | <input type="radio"/>       | <input type="radio"/>    | <input type="radio"/>         |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |



9. Liking the subjects you are studying

- |                               |                             |                             |                          |                               |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/>         | <input type="radio"/>       | <input type="radio"/>       | <input type="radio"/>    | <input type="radio"/>         |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

10. How easily you give up

- |                               |                             |                             |                          |                               |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/>         | <input type="radio"/>       | <input type="radio"/>       | <input type="radio"/>    | <input type="radio"/>         |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

11. Your level of intelligence

- |                               |                             |                             |                          |                               |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/>         | <input type="radio"/>       | <input type="radio"/>       | <input type="radio"/>    | <input type="radio"/>         |
| Not at all possible to change | A little possible to change | Somewhat possible to change | Quite possible to change | Completely possible to change |

**Your Behavior**

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

12. How often were you polite to adults?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost all the time   |

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not carefully at all  | Slightly carefully    | Somewhat carefully    | Quite carefully       | Extremely carefully   |

14. How often did you come to class prepared?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost all the time   |

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

- |                       |                       |                       |                       |                           |
|-----------------------|-----------------------|-----------------------|-----------------------|---------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>     |
| Did not care at all   | Cared a little bit    | Cared somewhat        | Cared quite a bit     | Cared a tremendous amount |

16. How often did you follow directions in class?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost all the time   |

17. How well did you get along with students who are different from you?

- |                          |                        |                       |                       |                          |
|--------------------------|------------------------|-----------------------|-----------------------|--------------------------|
| <input type="radio"/>    | <input type="radio"/>  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/>    |
| Did not get along at all | Got along a little bit | Got along somewhat    | Got along pretty well | Got along extremely well |

18. How often did you get your work done right away, instead of waiting until the last minute?

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Almost never          | Once in a while       | Sometimes             | Frequently            | Almost all the time   |



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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

23. 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

24. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

26. 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

27. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

28. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

29. 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).

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

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

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

- Almost never       Once in a while       Sometimes       Frequently       Almost always

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

- 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.

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

- No       Yes

36. 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

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

- No       Yes

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

---

---