



## 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 Current Classes

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

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

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

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

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

3. How confident are you that you can learn all the material presented in your classes?

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

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

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

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

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

### 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

Not at all possible to change     
  A little possible to change     
  Somewhat possible to change     
  Quite possible to change     
  Completely possible to change

7. Putting forth a lot of effort

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

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 subject

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

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

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

Not carefully at all

Slightly carefully

Somewhat carefully

Quite carefully

Extremely carefully

13. How often did you come to class prepared?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Did not care at all

Cared a little bit

Cared somewhat

Cared quite a bit

Cared a tremendous amount

15. How often did you follow directions in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

16. 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

Got along pretty well

Got along extremely well

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

18. How often were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time



19. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

20. How often did you pay attention and resist distractions?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

24. 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

25. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

27. 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

28. How often were you polite to other students?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

29. 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).

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

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

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

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

35. 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.

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

- No     
  Yes

37. 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

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

- No     
  Yes

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

- No     
  Yes



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

No Yes

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

No Yes

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

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SAMPLE FORM