



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?

- 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?

- 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?

- 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?

- 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?

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

Your Behavior

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

6. How often were you polite to adults?

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

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

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

8. How often did you come to class prepared?

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

9. 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



10. How often did you follow directions in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

11. 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

12. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful

17. 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

18. 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

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

20. 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



21. How often were you polite to other students?

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

22. How often did you compliment others' accomplishments?

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

23. 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).

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

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

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

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

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

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always

28. 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

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 _____?

29. excited

- Almost never
 Once in a while
 Sometimes
 Frequently
 Almost always



30. happy

Almost never

Once in a while

Sometimes

Frequently

Almost always

31. loved

Almost never

Once in a while

Sometimes

Frequently

Almost always

32. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

33. mad

Almost never

Once in a while

Sometimes

Frequently

Almost always

34. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

35. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

36. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

37. Thinking about everything in your life right now, what makes you feel the happiest?

38. Thinking about everything in your life right now, what feels the hardest for you?

Help From Other People

In this section, tell us about how other people help you.

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

No

Yes



40. 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

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

- No Yes

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

SAMPLE FORM