



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!

Goals and Challenges

In this section, we would like for you to think about your overall learning experiences at school and in life.

1. How much can you increase the effort you give in school?

- ☐ Can't increase at all
 ☐ Can increase a little
 ☐ Can increase some
 ☐ Can increase a lot
 ☐ Can increase a huge amount

2. How much can you improve your behavior in school?

- ☐ Can't improve at all
 ☐ Can improve a little
 ☐ Can improve some
 ☐ Can improve a lot
 ☐ Can improve a huge amount

3. How much can you increase how smart you are?

- ☐ Can't increase at all
 ☐ Can increase a little
 ☐ Can increase some
 ☐ Can increase a lot
 ☐ Can increase a huge amount

4. When you make a mistake on your schoolwork, how often do you ask your teacher for ways you can do better next time?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost all the time

Your Classes

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

5. 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

6. 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

7. 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

8. 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



9. 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

Your Behavior

Please answer the following questions about how you respond to different situations.

10. During the past two weeks, how often did you allow others to speak without interrupting them?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost all the time

11. During the past two weeks, how often did you come to class prepared?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost all the time

12. During the past two weeks, how often did you follow directions in class?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost all the time

13. During the past two weeks, how often did you get your work done right away, instead of waiting until the last minute?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost all the time

14. During the past two weeks, how often did you pay attention in class?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost all the time

15. During the past two weeks, when you were working on your own, how often did you stay focused?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost all the time

16. During the past two weeks, how carefully did you listen to other people's opinions?

- ☐ Not carefully at all
 ☐ A little carefully
 ☐ Somewhat carefully
 ☐ Very carefully
 ☐ Extremely carefully

17. During the past two weeks, how much did you care about other people's feelings?

- ☐ Did not care at all
 ☐ Cared a little bit
 ☐ Cared somewhat
 ☐ Cared a lot
 ☐ Cared a huge amount

18. During the past two weeks, how often did you compliment others' accomplishments?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost all the time



19. During the past two weeks, 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 well

Got along very well

Got along extremely well

20. During the past two weeks, how clearly were you able to describe your feelings?

☐
☐
☐
☐
☐

Not at all clearly

A little clearly

Somewhat clearly

Very clearly

Extremely clearly

21. During the past two weeks, when others did not agree with you, how respectful were you of their opinions?

☐
☐
☐
☐
☐

Not at all respectful

A little respectful

Somewhat respectful

Very respectful

Extremely respectful

22. During the past two weeks, how much were you able to stand up for yourself without putting others down?

☐
☐
☐
☐
☐

Not at all

A little bit

Somewhat

A lot

A huge amount

23. During the past two weeks, how much were you able to disagree with others without starting an argument?

☐
☐
☐
☐
☐

Not at all

A little bit

Somewhat

A lot

A huge amount

Feelings in General

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

24. 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

25. 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

26. 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

27. 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

28. 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