



## 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 often do you stay focused on the same goal for several months at a time?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

2. If you fail to reach an important goal, how likely are you to try again?

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

3. When you are working on a project that matters a lot to you, how focused can you stay when there are lots of distractions?

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

4. If you have a problem while working towards an important goal, how well can you keep working?

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

5. Some people pursue some of their goals for a long time, and others change their goals frequently. Over the next several years, how likely are you to continue to pursue one of your current goals?

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

### Your Current Classes

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

6. 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

7. 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

8. 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



9. 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

10. 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:**

11. 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

12. 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

13. 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

14. 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

15. 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

16. 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...

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

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



18. How often did you come to class prepared?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

19. 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

20. How often did you follow directions in class?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

21. 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

22. 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

23. How often were you polite to adults?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

24. How often did you compliment others' accomplishments?

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all clearly

Slightly clearly

Somewhat clearly

Quite clearly

Extremely clearly

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

Almost never

Once in a while

Sometimes

Frequently

Almost all the time

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

Not at all respectful

Slightly respectful

Somewhat respectful

Quite respectful

Extremely respectful



29. 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

30. 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

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

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

32. 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

33. How often were you polite to other students?

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

34. 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).

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

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

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

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

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

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always



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

Almost never

Once in a while

Sometimes

Frequently

Almost always

40. 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.

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

No

Yes

42. 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

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

No

Yes

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

No

Yes

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

No

Yes

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

No

Yes

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

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