



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 more than 3 months at a time?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

2. If you fail at 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

Your Class

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

5. 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

6. 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

7. 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

8. 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

9. 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



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:

10. 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

11. Giving 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

12. 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

13. Liking the subjects you are studying

☐

Not at all possible to change

☐

A little possible to change

☐

Somewhat possible to change

☐

Quite possible to change

☐

Completely possible to change

14. 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

15. 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...

16. How often were you polite to adults?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

17. How often did you come to class prepared?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

18. How often did you follow directions in class?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time



19. 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

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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. 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

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

24. How often were you polite to other students?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

25. 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).

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

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

☐

Not relaxed at all

☐

Slightly relaxed

☐

Somewhat relaxed

☐

Quite relaxed

☐

Extremely relaxed

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always



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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

30. 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 _____?

31. excited

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

32. happy

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

33. loved

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

34. safe

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

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

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