



grades 6-12

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?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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 often did you come to class prepared?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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 were you polite to adults?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

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. 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

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

25. How often were you polite to other students?

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost all the time

26. 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).

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

☐

Not easily at all

☐

Slightly easily

☐

Somewhat easily

☐

Quite easily

☐

Extremely easily



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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

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

☐

Not relaxed at all

☐

Slightly relaxed

☐

Somewhat relaxed

☐

Quite relaxed

☐

Extremely relaxed

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

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

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

32. 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

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 _____?

33. excited

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

34. happy

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

35. loved

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

36. safe

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always

37. hopeful

☐

Almost never

☐

Once in a while

☐

Sometimes

☐

Frequently

☐

Almost always



38. 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.

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

☐ ☐

No Yes

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

☐ ☐

No Yes

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

☐ ☐

No Yes

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