



Panorama Social-Emotional Learning: Student Competency & Well-Being Measures

To better support you, your school would like to ask you some questions about how you think and feel. Adults in your school district will be able to see group responses. 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

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:**

6. 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

7. 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

8. 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



9. Liking the subjects you are studying

- | | | | | |
|-------------------------------|-----------------------------|-----------------------------|--------------------------|-------------------------------|
| <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 |

10. 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 |

11. 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...

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not carefully at all | Slightly carefully | Somewhat carefully | Quite carefully | Extremely carefully |

13. How much did you care about other people's feelings?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|---------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Did not care at all | Cared a little bit | Cared somewhat | Cared quite a bit | Cared a tremendous amount |

14. How well did you get along with students who are different from you?

- | | | | | |
|--------------------------|------------------------|-----------------------|-----------------------|--------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Did not get along at all | Got along a little bit | Got along somewhat | Got along pretty well | Got along extremely well |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all clearly | Slightly clearly | Somewhat clearly | Quite clearly | Extremely clearly |

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

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all respectful | Slightly respectful | Somewhat respectful | Quite respectful | Extremely respectful |

17. To what extent were you able to stand up for yourself without putting others down?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all | A little bit | Somewhat | Quite a bit | A tremendous amount |

18. To what extent were you able to disagree with others without starting an argument?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not at all | A little bit | Somewhat | Quite a bit | A tremendous amount |



19. How often did you compliment others' accomplishments?

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

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 _____?

20. excited

- Almost never Once in a while Sometimes Frequently Almost always

21. happy

- Almost never Once in a while Sometimes Frequently Almost always

22. loved

- Almost never Once in a while Sometimes Frequently Almost always

23. safe

- Almost never Once in a while Sometimes Frequently Almost always

24. mad

- Almost never Once in a while Sometimes Frequently Almost always

25. lonely

- Almost never Once in a while Sometimes Frequently Almost always

26. sad

- Almost never Once in a while Sometimes Frequently Almost always

27. worried

- Almost never Once in a while Sometimes Frequently Almost always



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

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

SAMPLE FORM